

Family Dinner Plan - 4 weeks	Week One Dinner Meals	Week Two Dinner Meals	Week Three Dinner Meals	Week Four Dinner Meals
<b>Monday Dinner</b>	Peanut satay chicken with sweet potato (Calories: 384)	Au gratin chicken, bacon, and cauliflower casserole <b>(low-carb)</b> (Calories: 511)	Parma chicken melt <b>(low-carb)</b> Calories 354	Butter & sage fillet with roasted pumpkin <b>(low-carb)</b> (Calories: 518)
<b>Tuesday Dinner</b>	Cashew chicken chow mein (Calories: 557)	Taco mince bowl with roasted sweet potato (Calories: 451)	Sheet pan Italian sausage shakshuka with roasted peppers and brown rice (Calories: 370.5)	Deconstructed cheeseburger bowl <b>(low-carb)</b> (Calories: 412)
<b>Wednesday Dinner</b>	Chipotle steak bowl with roasted pumpkin <b>(low-carb)</b> (Calories: 447)	Sun-dried tomato chicken gnocchi (Calories: 393)	Low-carb beef stew <b>(low-carb)</b> (Calories: 410)	Pasta arrabiata with juicy meatballs (Calories: 609)
<b>Thursday Dinner</b>	Chicken cacciatore couscous (Calories: 620)	Asian apricot chicken with brown rice (Calories: 355)	Wrapped chicken taquitos <b>(low-carb)</b> (Calories: 329)	Keto chicken schnitzel with cauli 'rice' <b>(low-carb)</b> (Calories: 428)
<b>Friday Dinner</b>	Teriyaki ground beef skillet with white basmati rice (Calories: 426)	Beefy taco pie <b>(low-carb)</b> (Calories: 419)	Tandoori chicken wrap pizza (Calories: 442)	Beefy taco lasagne <b>(low-carb)</b> Calories: 440