

RENEE'S MEAL MATRIX: Warm Season

Week A

Monday	Sheet pan (Renee)	Sausages or chix, alliums, root veggie, greens
Tuesday	Breakfast (Renee)	Pancakes with fresh fruit
Wednesday	Pasta + Salad (Renee)	Assorted
Thursday	Mexican (Jay)	Tacos, carnitas, etc
Friday	Grill + Rice (Renee)	Assorted
Saturday	Leftovers/take-out	Assorted
Sunday	Rice bowls (Jay)	Assorted/fridge clean-out

Week B

Monday	Instant pot (Renee)	Indian, braise over polenta
Tuesday	Breakfast (Renee)	Shakshuka, egg/veggie scramble
Wednesday	Pasta + Salad (Renee)	Assorted
Thursday	Buns (Jay)	Pulled pork, veggie burgers, meatball subs
Friday	Pizza (Renee)	Thin crust, deep dish, calzones
Saturday	Leftovers/take-out	Assorted
Sunday	Rice bowls (Jay)	Assorted/fridge clean-out