

# March Meal Plan

WEEK OF MARCH 13, 2023

Breakfast

M

Oatmeal With  
Pear and  
Almonds

T

Protein-  
Boosted  
Avocado Toast

W

Oatmeal With  
Pear and  
Almonds

T

Protein-  
Boosted  
Avocado Toast

F

Scrambled Eggs  
with Black  
Beans, Salsa  
and Avocado

## SNACK LIST

- Baby carrots dipped in protein-boosted mashed avocado.
- Apple slices sprinkled with cinnamon and drizzled with tahini.
- Frozen blueberries (thawed) with ricotta cheese.
- Red pepper strips with goat cheese.
- Unsweetened dried fruit and nuts or roasted chickpeas.

Lunch

Rotisserie  
Chicken  
Sandwich

Rotisserie  
Chicken Salad

Rotisserie  
Chicken  
Sandwich

Rotisserie  
Chicken Salad

Chili With  
Avocado and  
Tortillas

Dinner

Peanut Chicken  
Salad With Cold  
Brown Rice  
Noodles

Sheet-Pan  
Pineapple  
Chicken With  
Brown Rice

Sheet-Pan  
Flounder With  
Black Olives  
and Roasted  
Tomatoes With  
Baby Potatoes

Chili With  
Avocado and  
Tortillas

Avocado Cream  
Pasta With  
Arugula and  
Roasted Cherry  
Tomatoes