

March Meal Plan

WEEK OF MARCH 20, 2023

Breakfast

M

Avocado,
Spinach and Egg
Breakfast Tacos
With Black
Beans

T

Broiled
Grapefruit With
Yogurt, Nuts
and Honey

W

Avocado,
Spinach and Egg
Breakfast Tacos
With Black
Beans

T

Broiled
Grapefruit With
Yogurt, Nuts
and Honey

F

Avocado,
Spinach and Egg
Breakfast Tacos
With Black
Beans

SNACK LIST

- Baby carrots and roasted chickpeas.
- Pineapple cubes with cottage cheese.
- Clementine and nuts or seeds (such as pumpkin seeds).
- Red pepper slices with creamy taco dip. To make the dip, add some taco seasoning to Greek yogurt and mix.
- Grape tomatoes with a boiled egg.

Lunch

Cold Tahini
Noodle Salad
Lunch With
Edamame

Caprese Caesar
Wrap

Cold Tahini
Noodle Salad
Lunch With
Edamame

Leftovers

Caprese Caesar
Wrap

Dinner

Steak Caesar
Salad with
Sugar Snap Peas

Rotisserie
Chicken With
Roasted
Asparagus and
Pistachio Pesto

Chickpea
Burgers with
Creamy Sriracha
Sauce With
Roasted Carrots

Gluten-Free
Chicken Piccata

Baked Broken
Lasagna Pasta
with Spinach
With Salad