

# March Meal Plan

WEEK OF APRIL 3, 2023

Breakfast

M

Make-Ahead  
Breakfast  
Burrito

T

Power Protein  
Smoothie

W

Make-Ahead  
Breakfast  
Burrito

T

Power Protein  
Smoothie

F

Make-Ahead  
Breakfast  
Burrito

Lunch

Slow Cooker  
Farro Soup With  
Avocado Toast

Tuna-Macaroni  
Salad

Slow Cooker  
Farro Soup With  
Cheesy Toast

Tuna-Macaroni  
Salad

Veggie-Packed  
Sandwich

Dinner

Spicy Shrimp  
and Turkey  
Lettuce Wraps  
With Brown  
Rice

Garden Frittata  
With Avocado  
Toast

Pan-Roasted  
Chicken Thighs  
With  
Mushrooms and  
Mashed  
Cauliflower

Spicy White  
Bean Soup

Easy Beef  
Enchiladas With  
Tomato and  
Avocado

## SNACK LIST

- Baby carrots with creamy taco dip
- Ricotta cheese topped with sliced grape tomatoes
- Frozen spiced bananas
- Red peppers and edamame
- Medjool dates with nut or nutless butter