

April Meal Plan

WEEK OF APRIL 10, 2023

Breakfast

M

Smoked Salmon Stack

T

Avocado Toast With Grapefruit and Pomegranate

W

Smoked Salmon Stack

T

Avocado Toast With Grapefruit and Pomegranate

F

Yogurt With Fruit and Nuts

Lunch

Smoked Salmon Poke Bowl

Pizza Toast

Carrot Ginger Soup

Pizza Toast

Carrot Ginger Soup

Dinner

Dylan's Green Noodles and Salad

Sheet-Pan Fish With Tomatoes and Green Beans

Lavash Pizza With Rotisserie Chicken

Lucky Greens Steak Salad

Chicken With Arugula, Potatoes and Garlic Yogurt

SNACK LIST

- Berries with ricotta cheese
- Trail mix made with no added sugar dried fruit, popcorn, and pumpkin seeds
- Snap peas with avocado dip.
- Celery spread with cottage cheese
- Baby carrots and edamame