

# April Meal Plan

WEEK OF APRIL 17, 2023

Breakfast

M

Baked Avocado  
Eggs With  
Smoked Salmon

T

Cold Brew  
Overnight Oats

W

Whole Grain  
Toaster Waffle  
With Greek  
Yogurt

T

Cold Brew  
Overnight Oats

F

Whole Grain  
Toaster Waffle  
With Greek  
Yogurt

Lunch

Waldorf Tuna  
Salad With  
Greek Yogurt

Rotisserie  
Chicken  
Sandwich

Waldorf Tuna  
Salad With  
Greek Yogurt

Leftovers

Rotisserie  
Chicken  
Sandwich

Dinner

Sheet-Pan  
Honey Mustard-  
Glazed Salmon  
With Broccoli  
and Sweet  
Potatoes

Edamame-  
Roasted Corn  
Succotash

Lemon Tarragon  
Chicken With  
Brown Rice and  
Roasted Veggies

Creamy Kitchen  
Garden Pasta

Caesar Chicken  
Thighs With  
Broccoli

## SNACK LIST

- Medjool dates with nut butter
- Blueberries over ricotta cheese
- Celery spread with cottage cheese
- Baby carrots with mashed avocado-chickpea dip
- Apple slices sprinkled with cinnamon and drizzled with tahini