





**Baked Avocado** Eggs With **Smoked Salmon** 

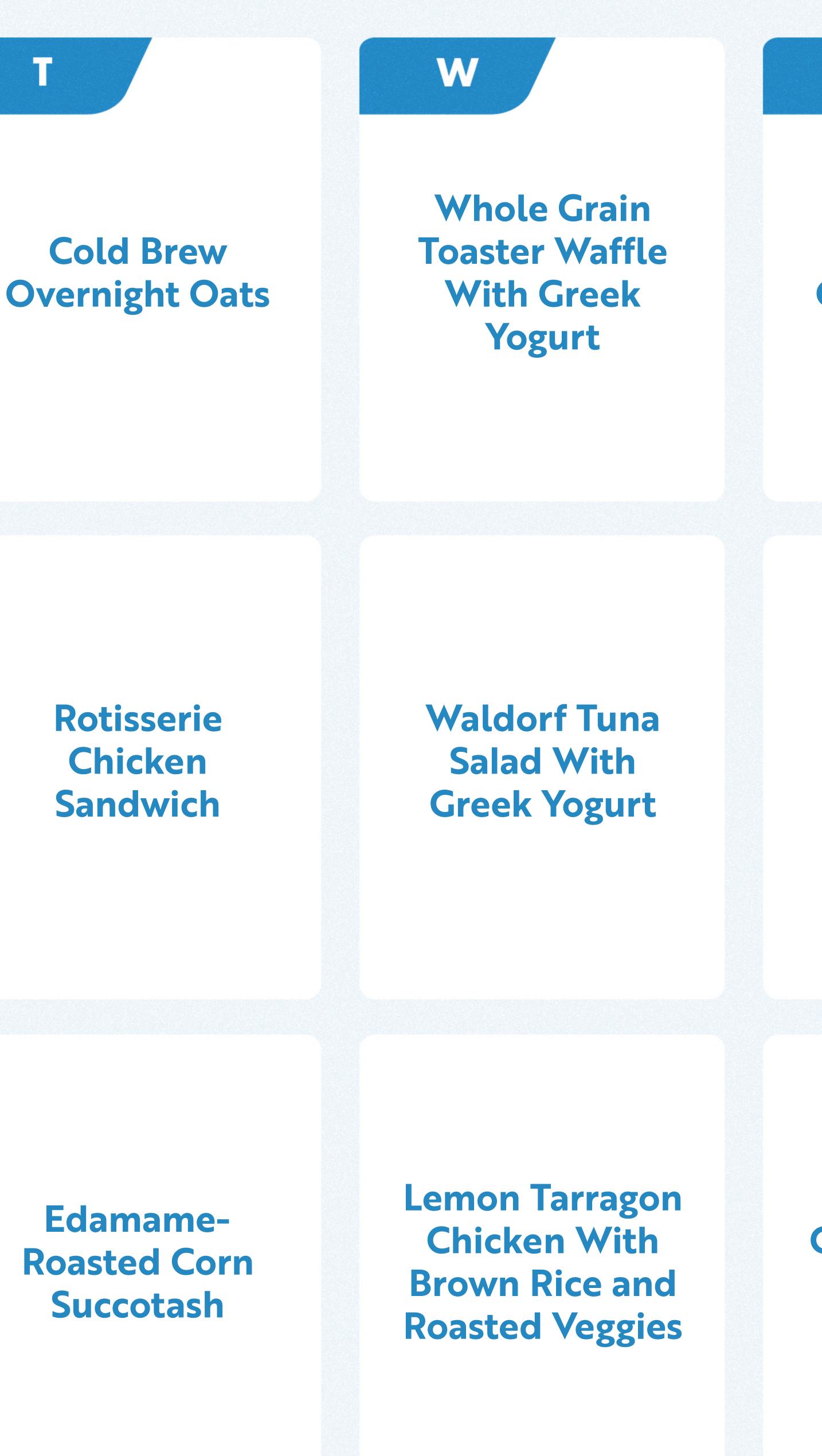
Waldorf Tuna Salad With **Greek Yogurt** 

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

# April Meal Plan

## WEEK OF APRIL 17, 2023





### **Cold Brew Overnight Oats**

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Whole Grain **Toaster Waffle** With Greek Yogurt

Leftovers

#### Rotisserie Chicken Sandwich

#### **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 avocadochickpea dip
- Apple slices sprinkled with cinnamon and drizzled with tahini

