

April Meal Plan

WEEK OF APRIL 24, 2023

Breakfast

M

Oatmeal With
Pear and
Almonds

T

Protein-
Boosted
Avocado Toast

W

Oatmeal With
Pear and
Almonds

T

Protein-
Boosted
Avocado Toast

F

Scrambled Eggs
With Black
Beans, Salsa
and Avocado

Lunch

Rotisserie
Chicken
Sandwich

Rotisserie
Chicken Salad

Rotisserie
Chicken
Sandwich

Rotisserie
Chicken Salad

Veggie-Packed
Sandwich

Dinner

Peanut Chicken
Salad With Cold
Brown Rice
Noodles

Sheet-Pan
Flounder with
Black Olives,
Roasted
Tomatoes and
Baby Potatoes

Sheet-Pan
Pineapple
Chicken With
Brown Rice

Leftover Sheet-
Pan Pineapple
Chicken With
Brown Rice

Avocado Cream
Pasta With
Arugula and
Roasted Cherry
Tomatoes

SNACK LIST

- Baby carrots with mashed avocado-chickpea dip
- Apple slices sprinkled with cinnamon and drizzled with tahini
- Blueberries over ricotta cheese
- Red pepper strips with goat cheese.
- Unsweetened dried fruit and nuts or roasted chickpeas.