

# May Meal Plan

WEEK OF MAY 1, 2023

Breakfast

M

Coffee Chia Parfait

T

Pumpkin Overnight Oats With Greek Yogurt

W

Coffee Chia Parfait

T

Pumpkin Overnight Oats With Greek Yogurt

F

Joy Bauer's Broccoli Tots With Eggs and Fruit

Lunch

Chicken Quinoa Salad

Leftovers or Takeout

Open-Faced Smoked Salmon Sandwich With Cucumber Slices

Chicken Quinoa Salad

Open-Faced Smoked Salmon Sandwich With Cucumber Slices

Dinner

Easy Yogurt-Marinated Chicken Breasts With Quinoa and Roasted Veggies

Cashew Chicken and Asparagus With Brown Rice

Lentil Tacos With Sautéed Kale

Baked Chicken and Ricotta Meatballs With Broccoli

4-Ingredient Air Fryer Salmon With Broccoli and Brown Rice

## SNACK LIST

- Grape tomatoes with creamy taco dip (add taco seasoning to Greek yogurt)
- Red pepper strips with egg salad
- Cucumber slices and edamame
- Freeze-dried apple or strawberry chips with nuts
- ½ grapefruit with Greek yogurt