

May Meal Plan

WEEK OF MAY 22, 2023

Breakfast

M

Vegetable
Frittata Muffins
With Fruit

T

Whole Grain
Toaster Waffle
With Greek
Yogurt, Berries
and Chia Seeds

W

Vegetable
Frittata Muffins
With Fruit

T

Easy Muesli
With Greek
Yogurt

F

Whole Grain
Toaster Waffle
With Greek
Yogurt, Berries
and Chia Seeds

SNACK LIST

- Clementine and nuts
- Pear and prosciutto
- Pineapple and cottage cheese
- Red peppers with goat cheese-pesto dip. To make dip: Mix store-bought pesto with goat cheese.
- Snap peas and hummus

Lunch

Lentil Soup

Tuna-Chickpea
Salad Sandwich

Joy Bauer's
Burrito Bowls

Lentil Soup

Tuna-Chickpea
Salad Sandwich

Dinner

Joy Bauer's
Burrito Bowls

Super Green
Spaghetti With
Zucchini Pesto
With Shrimp

Valerie
Bertinelli's
Sheet Pan
Baked Salmon
With Potatoes
and Salad

Leftovers

Sunny's Black
Bean Burgers
With Baked
Carrot Fries