

June Meal Plan

WEEK OF JUNE 5, 2023

Breakfast

M

Oatmeal With
Pear and
Almonds

T

Broiled
Grapefruit With
Yogurt, Nuts
and Honey

W

Oatmeal With
Pear and
Almonds

T

Broiled
Grapefruit With
Yogurt, Nuts
and Honey

F

Oatmeal With
Pear and
Almonds

Lunch

Veggie Burger

Buffalo Chicken
Salad

Leftovers

Veggie Burger

Buffalo Chicken
Salad

Dinner

Valerie
Bertinelli's
Roasted Cod With
Cashew-Coconut
Topping

Roasted
Vegetable and
Herbed Goat
Cheese Flatbread
With Hot Honey
Drizzle

Spaghetti Aglio
e Olio With
Sautéed Shrimp

Leftovers

Parmesan-
Crusted Chicken
Piccata

SNACK LIST

- Baby carrots and roasted chickpeas
- ½ grapefruit with nuts
- Grape tomatoes with cucumber
- Snap peas with avocado dip. To make dip: mash avocado, defrosted frozen peas, a squirt of fresh lime juice and salt and pepper to taste.
- Frozen blueberries (thawed) with ricotta cheese