

# June Meal Plan

WEEK OF JUNE 19 , 2023

Breakfast

M

Make-Ahead  
Breakfast  
Burrito

T

Power Protein  
Smoothie

W

Make-Ahead  
Breakfast  
Burrito

T

Power Protein  
Smoothie

F

Make-Ahead  
Breakfast  
Burrito

Lunch

Veggie-Packed  
Sandwich

Tuna Macaroni  
Salad

Veggie-Packed  
Sandwich

Leftovers

Tuna Macaroni  
Salad

Dinner

Spicy Shrimp and  
Turkey Lettuce  
Wraps With  
Brown Rice

Garden Frittata  
With Avocado  
Toast

Pan-Roasted  
Chicken Thighs  
With  
Mushrooms and  
Mashed  
Cauliflower

Siri Daly's  
Salmon and  
Veggie Rice  
Bowls

Leftovers or  
Takeout

## SNACK LIST

- Baby carrots with creamy taco dip (mix taco seasoning into Greek yogurt)
- Ricotta cheese topped with sliced grape tomatoes
- Frozen spiced bananas with tahini
- Red peppers and edamame
- Medjool dates with nut or nutless butter