

August Meal Plan

WEEK OF AUGUST 21, 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
- Grape tomatoes and lentils seasoned with lemon juice or vinegar
- Pineapple and cottage cheese
- Red peppers with goat cheese-pesto dip (Mix store-bought pesto with goat cheese)
- Snap peas and hummus

Lunch

Tuna-Chickpea
Salad Sandwich

Leftovers

Pasta Salad

Tuna-Chickpea
Salad Sandwich

Pasta Salad

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

Sheet-Pan
Honey-Chile
Chicken With
Corn, Zucchini
and Peppers

Sunny's Black
Bean Burgers
With Baked
Carrot Fries