

# August Meal Plan

WEEK OF AUGUST 28, 2023

Breakfast

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Energizing Kale Smoothie

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Protein-Boosted Avocado Toast

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Energizing Kale Smoothie

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Protein-Boosted Avocado Toast

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Scrambled Eggs With Black Beans, Salsa and Avocado

Lunch

Rotisserie Chicken Sandwich

Rotisserie Chicken Salad

Veggie-Packed Sandwich

Rotisserie Chicken Sandwich

Veggie-Packed Sandwich

Dinner

Avocado Cream Pasta With Arugula and Roasted Cherry Tomatoes

Sheet-Pan Flounder With Black Olives and Roasted Tomatoes With Baby Potatoes

Sheet-Pan Pineapple Chicken With Brown Rice

Sheet-Pan Salmon Niçoise Salad

Leftovers or Takeout

## SNACK LIST

- Baby carrots dipped in avocado dip (mash chickpeas or white beans into avocado)
- Apple slices sprinkled with cinnamon and tahini
- Frozen blueberries with ricotta cheese
- Red pepper strips with goat cheese
- Unsweetened dried fruit and nuts or roasted chickpeas