

September Meal Plan

WEEK OF SEPTEMBER 4, 2023

Breakfast

M

Coffee Chia Parfait

T

Pumpkin Overnight Oats With Greek Yogurt

W

Coffee Chia Parfait

T

Pumpkin Overnight Oats With Greek Yogurt

F

Joy Bauer's Broccoli Tots With Eggs and Fruit

Lunch

Green Grain Bowl

Open-Faced Smoked Salmon Sandwich With Cucumber Slices

Green Grain Bowl

Open-Faced Smoked Salmon Sandwich With Cucumber Slices

Leftovers or Takeout

Dinner

Lentil Tacos With Sautéed Kale

Cashew Chicken and Asparagus With Brown Rice

4-Ingredient Air Fryer Salmon With Broccoli and Brown Rice

Baked Chicken and Ricotta Meatballs With Broccolini

Grilled Corn and Avocado Salad With Cilantro-Lime Shrimp Skewers

SNACK LIST

- Grape tomatoes with creamy taco dip (mix taco seasoning into Greek yogurt)
- Red pepper strips with egg salad
- Cucumber slices and edamame
- Freeze-dried apple or strawberry chips with nuts
- ½ grapefruit with Greek yogurt