

September Meal Plan

WEEK OF SEPTEMBER 11, 2023

Breakfast

M

Smoked Salmon Stack

T

Avocado Toast With Grapefruit and Pomegranate Seeds

W

Smoked Salmon Stack

T

Avocado Toast With Grapefruit and Pomegranate Seeds

F

Yogurt With Fruit and Nuts or Seeds

Lunch

Pizza Toast

Butternut Squash Soup

Pizza Toast

Leftovers

Butternut Squash Soup

Dinner

Spanakopita Stuffed Peppers

Sheet-Pan Fish With Green Beans and Tomatoes

Chicken With Arugula, Potatoes and Garlic Yogurt

Lucky Greens Steak Salad

Lavash Pizza With Rotisserie Chicken

SNACK LIST

- Berries with ricotta cheese
- Trail mix made with no-added-sugar dried fruit, popcorn and pumpkin seeds
- Snap peas with avocado dip (Combine $\frac{1}{3}$ avocado, $\frac{1}{4}$ cup defrosted frozen peas, lime juice, salt and pepper)
- Celery spread with cottage cheese
- Baby carrots and edamame