

# September Meal Plan

WEEK OF SEPTEMBER 18, 2023

Breakfast

M

3-Ingredient  
Greek Omelet  
Scramble With  
Fruit

T

Sweet Potato  
Parfait

W

3-Ingredient  
Greek Omelet  
Scramble With  
Fruit

T

Sweet Potato  
Parfait

F

3-Ingredient  
Greek Omelet  
Scramble With  
Fruit

Lunch

Chickpea and  
Tuna Salad

Barbecue  
Chicken Quinoa  
Salad

Chickpea and  
Tuna Salad

Barbecue  
Chicken Quinoa  
Salad

Leftovers

Dinner

Slow-Cooker  
Chicken and Wild  
Rice Casserole

One-Pot  
Vegetarian Chili

Joy Bauer's  
Sheet-Pan  
Roasted  
Chicken and  
Brussels  
Sprouts

Sheet Pan  
Flounder With  
Roasted  
Tomatoes and  
Black Olives

Weeknight Turkey  
Bolognese

## SNACK LIST

- Apple slices with nutty dip (mix plain Greek yogurt with nut butter)
- Ricotta cheese topped with grape tomatoes
- Red peppers with goat cheese-pesto dip (mix store-bought pesto with goat cheese)
- Frozen spiced bananas with tahini (sprinkle cinnamon and cacao powder over banana slices and freeze until firm; drizzle with tahini)
- Baby carrots with hummus