

September Meal Plan

WEEK OF SEPTEMBER 25, 2023

Breakfast

M

Peanut Butter
and Banana
Overnight Oats

T

Veggie Omelet
With Cheese,
Spinach and
Cauliflower

W

Peanut Butter
and Banana
Overnight Oats

T

Veggie Omelet
With Cheese,
Spinach and
Cauliflower

F

Peanut Butter
and Banana
Overnight Oats

Lunch

Corn, Quinoa
and Feta Salad

Salmon Salad
With Lemony
Dijon-Caper
Vinaigrette

Leftover Soup

Salmon Salad
With Lemony
Dijon-Caper
Vinaigrette

Corn, Quinoa
and Feta Salad

Dinner

Cumin-Roasted
Pork Chops and
Brussels Sprouts

Taco Soup

Rotisserie
Chicken Sliders
With Salad

Vegan Stir-Fry
Noodles

Rotisserie
Chicken Fried
Rice

SNACK LIST

- Sliced apple with a slice of cheese
- Red pepper strips with black bean salsa (add a spoonful of black beans to store-bought salsa)
- Banana sprinkled with cinnamon and hemp seeds
- Cucumbers and roasted edamame
- Grape tomatoes and lentils seasoned with lemon juice or vinegar