

OCTOBER MEAL PLAN

WEEK OF OCTOBER 2, 2023

BREAKFAST

M

Oatmeal With
Pear and
Almonds and
Greek Yogurt

T

Key Lime Pie
Pudding

W

Oatmeal With
Pear and
Almonds and
Greek Yogurt

T

Key Lime Pie
Pudding

F

Oatmeal With
Pear and
Almonds and
Greek Yogurt

SNACK LIST

- Baby carrots and roasted chickpeas
- ½ grapefruit with nuts
- Grape tomatoes and edamame
- Snap peas with avocado dip (mash ⅓ avocado with ¼ cup defrosted frozen peas and lime juice)
- Frozen blueberries (thawed) with ricotta cheese

LUNCH

Veggie Burger

Buffalo Chicken
Salad

Leftovers

Veggie Burger

Buffalo Chicken
Salad

DINNER

Valerie Bertinelli's
Roasted Cod
With Cashew-
Coconut Topping

Roasted
Vegetable and
Herbed Goat
Cheese
Flatbread With
Hot Honey
Drizzle

Savory Swedish
Meatballs

Parmesan-
Crusted Chicken
Piccata

Spaghetti
Aglio e Olio With
Sautéed Shrimp
and Salad