

OCTOBER MEAL PLAN

WEEK OF OCTOBER 16, 2023

BREAKFAST

M

**Make-Ahead
Breakfast
Burrito**

T

**Power Protein
Smoothie**

W

**Make-Ahead
Breakfast
Burrito**

T

**Power Protein
Smoothie**

F

**Make-Ahead
Breakfast
Burrito**

LUNCH

**Veggie-Packed
Sandwich**

**Edamame-Tuna
Salad**

**Veggie-Packed
Sandwich**

Leftovers

**Edamame-Tuna
Salad**

DINNER

**Buffalo Chicken
Lettuce Cups**

**Garden Frittata
With Avocado
Toast**

**Pan-Roasted
Chicken Thighs
With Mushrooms
and Mashed
Cauliflower**

**Siri Daly's
Salmon and
Veggie Rice
Bowls**

**Leftovers or
Takeout**

SNACK LIST

- Baby carrots with creamy taco dip (taco seasoning and Greek yogurt)
- Ricotta cheese with grape tomatoes
- Frozen bananas with tahini
- Red peppers and edamame
- Medjool dates with nut butter