

OCTOBER MEAL PLAN

WEEK OF OCTOBER 23, 2023

BREAKFAST

M

Avocado,
Spinach and Egg
Breakfast Tacos

T

Broiled
Grapefruit With
Yogurt, Nuts and
Honey

W

Avocado,
Spinach and Egg
Breakfast Tacos

T

Broiled
Grapefruit With
Yogurt, Nuts and
Honey

F

Avocado,
Spinach and Egg
Breakfast Tacos

LUNCH

Caprese Caesar
Wrap

Pesto Tortellini
Pasta Salad

Caprese Caesar
Wrap

Pesto Tortellini
Pasta Salad

Caprese Caesar
Wrap

DINNER

Chickpea
Burgers With
Creamy Sriracha
Sauce

Gluten-Free
Chicken Piccata

Steak Caesar
Salad With Sugar
Snap Peas

Rotisserie
Chicken With
Roasted
Asparagus With
Pistachio Pesto

Leftovers or
Takeout

SNACK LIST

- Red pepper slices with creamy taco dip (taco seasoning and Greek yogurt)
- Baby carrots and roasted chickpeas
- Pineapple cubes with cottage cheese
- Clementine and nuts
- Grape tomatoes with a boiled egg