

OCTOBER MEAL PLAN

WEEK OF OCTOBER 30, 2023

BREAKFAST

M

**Vegetable
Frittata Muffins
With Fruit**

T

**Whole Grain
Toaster Waffle
With Greek
Yogurt, Berries
and Chia Seeds**

W

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and Chia Seeds**

F

**Vegetable
Frittata Muffins
With Fruit**

LUNCH

Lentil Soup

**Veggie Stuffed
Pita**

Lentil Soup

**Veggie Stuffed
Pita**

Lentil Soup

DINNER

**Joy Bauer's
Burrito Bowls**

**Mojo Chicken
With Avocado
Salad**

**Super Green
Spaghetti With
Zucchini Pesto
With Shrimp**

**Valerie
Bertinelli's
Sheet Pan Baked
Salmon With
Potatoes and
Salad**

**Sunny's Black
Bean Burgers
With Baked
Carrot Fries**

SNACK LIST

- Clementine and nuts
- Pear and prosciutto
- Pineapple cubes with cottage cheese
- Red peppers with goat cheese-pesto dip (Mix store-bought pesto with goat cheese)
- Snap peas and hummus