

# JANUARY MEAL PLAN

WEEK OF JANUARY 15, 2024

BREAKFAST

M

**3-Ingredient  
Greek Omelet  
Scramble**

T

**Sweet Potato  
Parfait**

W

**3-Ingredient  
Greek Omelet  
Scramble**

T

**Sweet Potato  
Parfait**

F

**3-Ingredient  
Greek Omelet  
Scramble**

LUNCH

**Chickpea and  
Tuna Salad**

**Barbecue  
Chicken Quinoa  
Salad**

**Chickpea and  
Tuna Salad**

**Barbecue  
Chicken Quinoa  
Salad**

**Chickpea and  
Tuna Salad**

DINNER

**One-Pot  
Vegetarian Chili**

**Leftovers**

**Weeknight  
Turkey  
Bolognese**

**Sheet Pan  
Flounder With  
Roasted  
Tomatoes and  
Black Olives**

**Slow-Cooker  
Chicken and  
Wild Rice  
Casserole**

## SNACK LIST

- Apple slices with nutty dip (mix Greek yogurt with nut butter)
- Ricotta cheese and grape tomatoes
- Clementine and nuts
- Red peppers with goat cheese-pesto dip
- Baby carrots with hummus