

FEBRUARY MEAL PLAN

WEEK OF FEBRUARY 19, 2024

BREAKFAST

M

Sweet Potato Parfait

T

3-Ingredient Greek Omelet Scramble With Fruit

W

Sweet Potato Parfait

T

3-Ingredient Greek Omelet Scramble With Fruit

F

Sweet Potato Parfait

LUNCH

Edamame-Tuna Salad

Barbecue Chicken Quinoa Salad

Edamame-Tuna Salad

Barbecue Chicken Quinoa Salad

Leftovers

DINNER

One-Pot Vegetarian Chili

Sheet-Pan Salmon Niçoise Salad

Sheet-Pan Roasted Chicken and Brussels Sprouts

Savory Swedish Meatballs

Slow-Cooker Chicken and Wild Rice Casserole

SNACK LIST

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