

FEBRUARY MEAL PLAN

WEEK OF FEBRUARY 26, 2024

BREAKFAST

M

Coffee Chia Parfait

T

Pumpkin Overnight Oats With Greek Yogurt

W

Coffee Chia Parfait

T

Pumpkin Overnight Oats With Greek Yogurt

F

Joy Bauer's Broccoli Tots With Eggs and Fruit

LUNCH

Green Grain Bowl

Open-Faced Smoked Salmon Sandwich With Cucumber Slices

Green Grain Bowl

Open-Faced Smoked Salmon Sandwich With Cucumber Slices

Leftovers

DINNER

Lentil Tacos With Sautéed Kale

Easy Yogurt-Marinated Chicken Breasts and Roasted Vegetables

4-Ingredient Air Fryer Salmon With Broccoli and Brown Rice

Baked Chicken and Ricotta Meatballs With Broccoli

Grilled Corn and Avocado Salad With Cilantro-Lime Shrimp Skewers

SNACK LIST

- Grape tomatoes with taco dip (add taco seasoning to Greek yogurt)
- Red pepper strips with egg salad
- Cucumber slices and edamame
- Freeze-dried strawberry or apple chips with nuts
- ½ grapefruit with Greek yogurt