

MARCH MEAL PLAN

WEEK OF MARCH 11, 2024

BREAKFAST

M

**Avocado,
Spinach and Egg
Breakfast Tacos
with Black Beans**

T

**Broiled
Grapefruit with
Yogurt, Nuts and
Honey**

W

**Avocado,
Spinach and Egg
Breakfast Tacos
with Black Beans**

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**Broiled
Grapefruit with
Yogurt, Nuts and
Honey**

F

**Avocado,
Spinach and Egg
Breakfast Tacos
with Black
Beans**

LUNCH

**Cold Tahini
Noodle Salad**

**Caprese Caesar
Wrap**

**Cold Tahini
Noodle Salad**

**Caprese Caesar
Wrap**

Leftovers

DINNER

**Steak Caesar
Salad with Sugar
Snap Peas**

**Black Bean
Burgers**

Leftovers

Chicken Piccata

**Rotisserie
Chicken with
Roasted
Asparagus with
Pistachio Pesto**

SNACK LIST

- Apple slices and a cheese stick
- Sliced pear with cottage cheese
- Clementine and nuts or seeds (such as pumpkin seeds)
- Red pepper slices with tzatziki yogurt dip
- Grape tomatoes with a boiled egg