

APRIL MEAL PLAN

WEEK OF APRIL 2, 2024

BREAKFAST

M

Smoked Salmon Stack

T

Avocado Toast With Grapefruit and Pomegranate

W

Smoked Salmon Stack

T

Avocado Toast With Grapefruit and Pomegranate

F

Yogurt With Fruit and Nuts

LUNCH

Poke Bowl

Pizza Toast

Carrot Ginger Soup

Pizza Toast

Carrot Ginger Soup

DINNER

Dylan's Green Noodles

Sheet-Pan Fish with Green Beans and Tomatoes

Lavash Pizza With Rotisserie Chicken

Lucky Greens Steak Salad

Chicken With Arugula, Potatoes and Garlic Yogurt

SNACK LIST

- Berries with ricotta cheese
- Trail mix made with no added sugar dried fruit, popcorn, and pumpkin seeds
- Snap peas with avocado dip
- Celery spread with cottage cheese
- Baby carrots and edamame