

APRIL MEAL PLAN

WEEK OF APRIL 15, 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

Chicken Quinoa Salad

Leftovers

Open-Faced Smoked Salmon Sandwich with Cucumber Slices

Chicken Quinoa Salad

Open-Faced Smoked Salmon Sandwich with Cucumber Slices

DINNER

Marinated Hawaiian Chicken with Quinoa and Roasted Veggies

Cashew Chicken and Asparagus and Brown Rice

Lentil Tacos with Sautéed Kale

Baked Chicken and Ricotta Meatballs with Broccoli

Green Curry Salmon with Swiss Chard and Peas

SNACK LIST

- Grape tomatoes with creamy taco dip.
- Red pepper strips with egg salad
- Cucumber slices and edamame
- Freeze-dried apple or strawberry chips with nuts
- ½ grapefruit with Greek yogurt