

## **April Meal Planning**

### **Dinner - 21 Meals**

#### **Vegetarian (4)**

- Sweet potato healing bowl with broccoli or zucchini
- Green curry with spring veggies
- Veggie stir fry over cauliflower rice
- Large mixed dinner salad (loaded)

#### **Chicken (5)**

- Slow cooker butter chicken over cauliflower rice and broccoli
- Slow cooker basic chicken with mashed sweet potato and carrots
- Lemon chicken with asparagus and mushrooms
- BBQ - Chicken with mixed veggies
- Chicken, strawberry and bacon dinner salad

#### **Pork (4)**

- Egg roll in a bowl
- Bacon wrapped pork tenderloin with sweet potato and asparagus
- Rosemary and thyme pork chops with roasted sweet potato and asparagus
- Sweet and savoury pork chops with glazed carrots and sweet peas

#### **Beef (4)**

- BBQ - Hamburgers
- Steak with sweet potato fries and mushrooms or asparagus
- Beef and broccoli stir fry
- Kielbasa skillet with sweet potato and green pepper

#### **Fish (4)**

- Butter garlic salmon in foil over asparagus and tomatoes
- Fish tacos with honey mustard sauce (\*new)
- Scallops with asparagus (\$\$)
- Spicy salmon poke bowls (\$\$)

### **Lunch - 7 Meals**

**Lauren and Amelia (all include a fruit and a veggie)**

- Pesto pasta
- Grilled cheese
- Tomato sandwich
- Tuna salad
- Salmon salad
- Egg salad
- Soup and bread

### **Breakfast - 5 Meals**

**Lauren and Amelia (all include a fruit and a veggie)**

- Scrambled eggs and toast
- Mini souffles
- Oatmeal
- French toast
- Pancakes