

APRIL 2018 MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 SC Slow Cooker Roast Salad with Creamy Balsamic Vinaigrette	2 Spring Vegetable Gnocchi	3 California Cobb Salad with Tarragon Vinaigrette	4 SC Cashew Chicken Sticky Rice	5 Pan Fried Cod in a Citrus and Basil Butter Sauce Spring Couscous Salad with Basil Vinaigrette	6 Quick and Easy Ratatouille Chicken Bowls	7 Orecchiette with Peas, Pancetta & Cream
8 SC Meatloaf Creamy Crockpot Corn Salad with Red Onion Salad Dressing	9 Bang Bang Shrimp Cilantro Lime Rice	10 Mini Empanadillas Green Salad if you choose	11 SC Slow Cooker Pulled Pork Creamy Crockpot Corn	12 Mediterranean Grilled Chicken Salad	13 Grilled Garlic Herb Shrimp Skewers	14 Spring Vegetable Quinoa Minestrone
15 SC Garlic Parmesan Chicken Carrots Salad w/ Copycat OG Dressing	16 Mexican Beef and Rice Casserole Green Salad	17 Lemon Asparagus Pasta with Grilled Chicken	18 SC French Dip Sandwiches Chips of choice Pickles	19 FlavCity Pulled Pork Nachos Green Salad	20 Garlic & Rosemary Grilled Lamb Chops Grilled Corn on the Cob	21 Peach Salad with Grilled Basil Chicken and White Balsamic-Honey Vinaigrette
22 SC Seasoned Chicken, Potatoes & Green Beans Salad with Red Wine Vinegar Dressing	23 Spicy Roasted Veggie & Chicken Buddha Bowls	24 Cherry Tomato, Leek and Spinach Quiche	25 SC Lasagna Salad w/ Homemade Creamy Italian Garlic Bread	26 Quick & Easy Chicken Gyros Greek Green Beans	27 Fajita Chicken Kabobs Asparagus, Tomato, Feta Salad with Balsamic Vinaigrette	28 Thai Pizza
29 SC Cheesy Salsa Chicken Green Salad with Cilantro Lime Dressing	30 Skillet Seared Salmon with Garlic Butter Sauce Springtime Veggie Pasta Primavera				W30 = Whole30 P = Paleo V = Vegan	GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free
Breakfast Options:	Snack Options:		Lunch Options:		Dessert Options:	
<ul style="list-style-type: none"> * Strawberry Sweet Rolls * Lemon-Berry Baked Oatmeal Cups * 40+ Gluten-Free Breakfasts Recipes * 50 Slow Cooker Breakfasts * Whole30 Breakfast Recipes * 20+ Quick & Easy Breakfasts 	<ul style="list-style-type: none"> * Honey & Peaches Yogurt Parfait * Honey Lime Fruit Toss * Spring Snack Mix * Dilly Cucumber Bites * 75 Smoothie Recipes * 175+ Snack Options 		<ul style="list-style-type: none"> * 68 Mouth-Watering Nacho Recipes * Try these 15 Recipes for Teaching Kids to cook * 150+ Gluten-Free Lunch Ideas * 30 Quick & Easy Lunches 		<ul style="list-style-type: none"> * Shortbread Lemon Tart * Soft Batch Glazed Lemon Cream Cheese Cookies * 39 Gluten-Free Desserts * 39 Gluten-Free Desserts * Lemon Cheesecake Mousse 	