

APRIL 2019 MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Muffin-Tin Cheeseburgers	2 Parmesan Spinach Mac & Cheese	3 SC Seasoned Chicken, Potatoes & Green Beans Salad with Red Wine Vinegar Dressing	4 Tangy Salmon Sheet Pan Dinner	5 Fajita Chicken Kabobs Asparagus, Tomato, Feta Salad with Balsamic Vinaigrette	6 Crunchy Taco Cups
7 SC Slow Cooker Roast Salad with Creamy Balsamic Vinaigrette	8 Sage Pork Chops, Potatoes & Onions Sheet Pan Supper	9 Mandarin Orange and Spinach Pasta Salad	10 SC Slow Cooker Pulled Pork Creamy Crockpot Corn	11 LC Low-Carb Pepperoni Pizza Cups	12 Garlic & Rosemary Grilled Lamb Chops Grilled Corn on the Cob	13 Salmon Pasta with Spinach
14 SC Garlic Parmesan Chicken Carrots Salad w/ Copycat OG Dressing	15 Spaghetti & Meatballs Muffin Bites	16 LC Low Carb Chicken with Spinach and Feta	17 SC Cashew Chicken Sticky Rice	18 Sheet Pan Low Carb Fajitas with Shrimp	19 Avocado Stuffed Burgers Sweet Potato Fries	20 GF Caprese Sheet Pan Chicken Breast
21 Resurrection Sunday! Garlic & Rosemary Grilled Lamb Chops Grilled Corn on the Cob	22 Quinoa Spinach Power Salad with Lemon Vinaigrette	23 Sloppy Joe Bombs	24 SC Garlic Parmesan Chicken Carrots Salad w/ Copycat OG Dressing	25 Greek Burgers with Spinach, Feta and Sun-Dried Tomatoes	26 Grilled Garlic Herb Shrimp Skewers	27 Mini Taco Mac & Cheese Cups
28 SC French Dip Sandwiches Chips of choice Pickles	29 K KETO Cheese Shell Taco Cups	30 V, GF Muffin Tin Sushi Cups			W30 = Whole30 P = Paleo V = Vegan LC = Low Carb K = KETO	GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free

Breakfast Options:

- * [40+ Gluten-Free Breakfasts Recipes](#)
- * [50 Slow Cooker Breakfasts](#)
- * [Whole30 Breakfast Recipes](#)
- * [20 Easy Ideas for Make Ahead Grab & Go Breakfasts](#)
- * [44 Easy & Delicious Muffin Tin Breakfasts](#)

Snack Options:

- * [Honey & Peaches Yogurt Parfait](#)
- * [Honey Lime Fruit Toss](#)
- * [Spring Snack Mix](#)
- * [Dilly Cucumber Bites](#)
- * [75 Smoothie Recipes](#)
- * [175+ Snack Options](#)

Lunch Options:

- * [20 Must Try Panini Sandwiches](#)
- * [Try these 15 Recipes for Teaching Kids to cook](#)
- * [150+ Gluten-Free Lunch Ideas](#)
- * [30 Quick & Easy Lunches](#)
- * [15 Grown-up Grilled Cheese](#)

Dessert Options:

- * [20 Outrageously Delicious Skillet Desserts](#)
- * [20 Lasagna Inspired Desserts](#)
- * [Shortbread Lemon Tart](#)
- * [Soft Batch Glazed Lemon Cream Cheese Cookies](#)