

# MARCH 2020 MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> SC <a href="#">Chicken with Mediterranean Roasted Vegetables</a>	<b>2</b> (LC, W30, P) <a href="#">Pork Egg Roll in a Bowl</a>	<b>3</b> <a href="#">One Pan Tomato Basil Chicken &amp; Rice</a>	<b>4</b> SC <a href="#">Irish Beef Stew</a>	<b>5</b> <a href="#">Grilled Chicken and Grape Spring Salad w/ Goat Cheese &amp; Honey-Balsamic Dressing</a>	<b>6</b> <a href="#">Garlic-Marinated Chicken Cutlets with Grilled Potatoes</a>	<b>7</b> <a href="#">Honey Lemon-Glazed Salmon Fillets with Lemon Dill Butter</a>
<b>8</b> SC <a href="#">Beef Brisket</a> SC <a href="#">Cheesy Potatoes</a> Green Beans Roll	<b>9</b> <a href="#">Healthier Broccoli Chicken Casesrole</a>	<b>10</b> <a href="#">Spring Quinoa Shrimp Salad with Honey Lemon Vinaigrette</a>	<b>11</b> SC <a href="#">Bahn Mi Pork Tacos</a>	<b>12</b> <a href="#">Spinach Artichoke Spaghetti Squash Boats w/ Chicken</a>	<b>13</b> <a href="#">Grilled Lobster Tails with Garlic Butter &amp; Corn on the Cob</a>	<b>14</b> (GF, P) <a href="#">Tomato &amp; Avocado Chicken Salad</a>
<b>15</b> SC <a href="#">Meatloaf</a> Green Salad	<b>16</b> <a href="#">Chicken Pot Pie Skillet Recipes</a>	<b>17</b> <b>Happy St. Patrick's Day!</b> <a href="#">Try one of these Traditional Recipes</a>	<b>18</b> SC <a href="#">Chicken Ratatouille</a>	<b>19</b> <a href="#">Healthy Korean Beef Bowls</a>	<b>20</b> <a href="#">Taco Lime Grilled Chicken Sticky Rice</a>	<b>21</b> <a href="#">Crispy Bean and Cheese Burritos</a>
<b>22</b> SC <a href="#">Portobella Mushroom Chicken</a>	<b>23</b> <a href="#">Sheet Pan Salmon with Charred Broccoli, Oranges &amp; Asian Dressing</a>	<b>24</b> <a href="#">BBQ Chicken and Pineapple Quesadillas</a>	<b>25</b> SC <a href="#">Pulled Pork Gyros</a> <a href="#">Tomato Cucumber Feta Salad</a>	<b>26</b> <a href="#">Carolina BBQ Chicken Salad</a>	<b>27</b> <a href="#">Grilled Coconut and Pineapple Sweet Chili Shrimp</a>	<b>28</b> <a href="#">Turkey Pesto Tortilla Pinwheels</a>
<b>29</b> SC <a href="#">Mongolian Beef</a> <a href="#">Sticky Rice</a>	<b>30</b> <a href="#">Chicken Tortilla Casserole</a>	<b>31</b> <a href="#">Crab Grilled Cheese</a> Green Salad		<b>W30</b> = Whole30 <b>P</b> = Paleo <b>V</b> = Vegan	<b>K</b> = KETO <b>LC</b> = Low Carb <b>SF</b> = Sugar Free	<b>GF</b> = Gluten-Free <b>GGF</b> = Gluten & Grain free <b>DF</b> = Dairy Free
<b>Breakfast Options:</b>		<b>Snack Options:</b>		<b>Lunch Options:</b>		<b>Dessert Options:</b>
<ul style="list-style-type: none"> <li>* <a href="#">Triple Cinnamon Scones</a></li> <li>* <a href="#">Quiche Toast Cups</a></li> <li>* <a href="#">Cheesy Egg Nests</a></li> <li>* <a href="#">Egg and Ham Puff Pastry</a></li> </ul>		<ul style="list-style-type: none"> <li>* <a href="#">10-Minute Chili Lime Almonds</a></li> <li>* <a href="#">Pineapple Guacamole</a></li> <li>* <a href="#">Chicken Salad on a Roll</a></li> <li>* <a href="#">Mediterranean Tuna Salad Bites</a></li> <li>* <a href="#">Hummus without Tahini</a></li> </ul>		<ul style="list-style-type: none"> <li>* <a href="#">Spring Chicken Caesar Pasta Salad</a></li> <li>* <a href="#">Lemony Cucumber Cream Cheese Sandwiches</a></li> <li>* <a href="#">Mango Quinoa Salad Recipe</a></li> </ul>		<ul style="list-style-type: none"> <li>* <a href="#">Lemon Thyme Cookies</a></li> <li>* <a href="#">Lemon Blueberry Bundt Cake</a></li> <li>* <a href="#">Spring M&amp;M Cookies</a></li> <li>* <a href="#">Lemon Raspberry Loaf</a></li> </ul>