

# MONTHLY MEAL PLAN

MARCH 2024

|        | MON  | TUE   | WED  | THU   | FRI  | SAT  | SUN   |
|--------|--|---|--|---|--|--|---|
| WEEK 1 |  |   |  |   | 1<br><u>Cilantro<br/>Lime<br/>Chicken</u>                | 2<br><u>Spinach<br/>Lasagna</u>            | 3<br><u>Gouda and<br/>Apple Stuffed<br/>Pork Chops</u>  |
| WEEK 2 | 4<br><u>Chicken<br/>Gyro<br/>Bowls</u>                           | 5<br><u>Grilled<br/>Steak and<br/>Veggie Kabobs</u>                 | 6<br><u>Zucchini<br/>Chicken<br/>Stir-Fry.</u>               | 7<br><u>Chili</u>   | 8<br><u>Cashew<br/>Chicken<br/>Lettuce<br/>Wraps</u>     | 9<br><u>Fish<br/>Taco<br/>Bowls</u>        | 10<br><u>Cheesy<br/>Ground Beef<br/>Cauliflower<br/>Casserole</u>   |
| WEEK 3 | 11<br><u>Stuffed<br/>Pork<br/>Tenderloin</u>                     | 12<br><u>Garlic Butter<br/>Chicken and<br/>Cauliflower<br/>Rice</u> | 13<br><u>Balsamic<br/>Steak and<br/>Gorgonzola<br/>Salad</u> | 14<br><u>Marry<br/>Me<br/>Chicken</u>                       | 15<br><u>Cashew<br/>Chicken<br/>Lettuce<br/>Wraps</u>    | 16<br><u>Chicken<br/>Burrito<br/>Bowls</u> | 17<br><br><u>Cabbage<br/>Rolls</u> |
| WEEK 4 | 18<br><u>Asian Beef<br/>with<br/>Mushrooms<br/>and Snow Peas</u> | 19<br><u>Chicken<br/>Alfredo<br/>with<br/>Broccoli</u>              | 20<br><u>One Pan<br/>Balsamic<br/>Chicken</u>                | 21<br><u>Strawberry<br/>Chicken<br/>Salad</u>               | 22<br><u>Baked<br/>Cod With<br/>Lemon and<br/>Garlic</u> | 23<br><u>Chicken<br/>Parmesan</u>          | 24<br><u>Tortilla<br/>Wrap<br/>Pizza</u>  |
| WEEK 5 | 25<br><u>Zuppa<br/>Tuscano<br/>Soup</u>                          | 26<br><u>Cauliflower<br/>Mash with<br/>Meatballs</u>                | 27<br><u>Extra Veggies<br/>Steak<br/>Stir-Fry.</u>           | 28<br><u>Grilled Chicken<br/>with<br/>Avocado<br/>Salsa</u> | 29<br><u>Caprese<br/>Chicken</u>                         | 30<br><u>Ranch Baked<br/>Pork Chops</u>    | 31<br><br><u>Easter Dinner</u>   |