

March Meal Planner

Sunday Soup/Slow Cooker	Monday Leftovers	Tuesday Chicken Meal	Wednesday Sheet Pan Meal	Thursday Fish Thursday	Friday Frugal Friday	Saturday Anything Goes
1 Vegetable and Quinoa Soup	2 Leftover Soup	3 Grilled chicken, sauteed mushroom/onion/garlic, rice, spinach	4 Sheet pan fajitas - (I'm making mine vegetarian)	5 Oven baked salmon, potatoes, asparagus	6 Vegetable stir fry (using cauliflower rice)	7 Burgers, homemade fries, veggie
8 Pot roast, carrots, potatoes	9 Leftovers	10 Chicken burrito bowls with grilled chicken and cauliflower rice	11 Roasted vegetables with organic sausage and quinoa	12 Oven baked salmon with butternut squash, broccoli and rice	13 <u>Out of town</u>	14 <u>Out of town</u>
15 <u>Out of town</u>	16 <u>Home Late -</u> Order in or pickup dinner	17 St. Patrick's Day Grilled chicken, sauteed mushroom/onion/garlic, rice, spinach	18 Sheet pan fajitas - (I'm making mine vegetarian)	19 Oven baked salmon, potatoes, asparagus	20 Vegetable stir fry (using cauliflower rice)	21 Burgers, homemade fries, veggie
22 Carrot and Ginger Soup	23 Leftover soup	24 Chicken burrito bowls with grilled chicken and cauliflower rice	25 Roasted vegetables with organic sausage and quinoa	26 Oven baked salmon with butternut squash, broccoli and rice	27 Spaghetti with salad	28 Cauliflower steaks, carrots, rice, grilled peppers
29 Lentil soup (Delish)	30 Leftovers	31 Grilled chicken and spinach salad with red cabbage and quinoa				

Breakfast Ideas	Lunch Ideas	Snack Ideas
<ul style="list-style-type: none"> ● Overnight oats with berries (Emily Rix) ● Quinoa and egg muffin cups (Emily Rix) ● Coconut flour pancakes (Ambitious Kitchen) <ul style="list-style-type: none"> ○ New recipe for me* ● 3 Ingredient pancakes (Ela Vegan) 	<ul style="list-style-type: none"> ● Kung Pao Chickpea and Brussels Sprouts Stir Fry (Ambitious Kitchen) <ul style="list-style-type: none"> ○ New recipe for me* ● Quinoa salad with chickpeas (Emily Rix) ● Hummus, Salsa and black bean quesadillas with side salad ● Roasted veggie bowl with cauliflower rice and grilled chicken ● Buddha bowl with seasonal veggies 	<ul style="list-style-type: none"> ● Hard boiled eggs with tomatoes and dijon mustard ● Peanut butter chocolate chip energy balls (will be using sunflower seed butter instead of PB) ● Guacamole and Mary's Gone Crackers/carrots ● Coconut yogurt, homemade granola (Live Simply) and berries ● Baked Oatmeal Cups (Live Simply) with veggies added ● Chocolate Granola Bars (Ela Vegan)
Dessert	Kids	
<ul style="list-style-type: none"> ● Easy apple crisp (Emily Rix) ● Sweet potato brownies (The Natural Nurturer) ● Vegan Coconut Cupcakes (Ela Vegan) 	<ul style="list-style-type: none"> ● Veggie loaded chocolate pancakes (The Natural Nurturer) ● Protein packed carrot muffins (The Natural Nurturer) ● Baked spaghetti cups (Happy Kids Kitchen) 	