

COUPLES + FAMILY MEAL PLANS FOR THE MONTH OF APRIL

apr 7th

buffalo chicken stuffed zucchini boats (gf)

entree southwest blackened chicken salad w/avocado lime dressing ranch dressing (gf)

black bean & rice burritos (veg)

chorizo & black bean & rice burritos

chilled asian veggie noodle bowls w/peanut ginger dressing (v can be gf)

chilled asian chicken & veggie noodles bowls w/peanut ginger dressing (can be gf)

baked tortellini primavera (veg)

baked tortellini primavera w/chicken sausage

chicken parmesan spaghetti squash casserole (gf)

spinach, & feta pie (veg)

tomato green chile bisque (veg and gf)

kale w/apples, walnuts & shaved parmesan w/lemon vinaigrette (veg and gf)

gf basil pesto biscuits (veg)

italian chickpea salad (v and gf) (*stacey see recipe in notebook)

cucumber & tomato salad w/basil vinaigrette (v and gf)

berry salad w/ goat cheese & candied almonds (veg and gf)

roasted red pepper & feta hummus (veg and gf) (8 or 16 oz)

mexican street corn salad w/cotijo cheese (veg and gf)

loaf sourdough- strong arm baking

gf blueberry lemon scones

banana chocolate pound cake

apple cinnamon loaf (cinnamon roll)

cranberry white chocolate macadamia nut cookies

peach coffee cake w/cinnamon brown sugar streusel

april 14th

southwest pulled pork tacos (choose flour or corn tortillas)

southwest pulled pork tacos (choose flour or corn tortillas)

chicken florentine stuffed peppers (gf)

chilled caprese noodle bowl (veg can be gf)

chilled chicken caprese noodle bowl (can be gf)

chicken fajita ready to grill quesadillas

veggie fajita ready to grill quesadillas (veg)

spinach & roasted tomato gnocchi w/basil pesto cream (veg)

spinach italian sausage & roasted tomato gnocchi w/basil pesto cream

entree antipasto salad w/balsamic vinaigrette (veg and gf)

entree antipasto salad w/cured meat & balsamic vinaigrette (gf)

curried cauliflower southwest potato & chickpea over rice (v and gf) (coconut milk)

arugula salad w/shaved beets, oranges & goat cheese w/pomegranate poppyseed dressing (veg and gf)

4 pack of michaels english muffins

southwest 3 bean salad (v and gf)

chopped italian salad (v and gf)

kale caesar salad (gf)

southwest slaw w/chipotle lime dressing (v and gf)

creamy tomato basil soup (veg and gf)

greek pasta salad (can be gf)

loaf of sourdough bread (veg)

jumbo apple cinnamon muffins

oreo brownies

seasonal fruit parfaits (veg and gf) (**layer fruit and yogurt)

cinnamon blueberry & banana coffee cake

rasberry cheesecake bars

apr 21st

roasted veggie spinach & green chili enchiladas (veg can be gf) (add chicken)

roasted veggie spinach & green chili enchiladas (veg can be gf) (add chicken)

quiche w/arugula tomato & goat cheese (veg)

frittata w/arugula tomato & goat cheese (veg and gf)

chilled mediterranean tortellini & kale salad (veg)

southwest chicken stuffed peppers (gf)

southwest black bean & rice stuffed peppers (veg and gf)

bbq pulled pork stuffed southwest potatoes (gf)

penne w/sausage spinach & tomato parmesan cream (can be gf)

chicken, broccoli & cheddar spaghetti squash casserole (gf)

chicken broccoli & cheddar mac & cheese

black bean & corn salad (v and gf)

basil pesto & roasted tomato scones (veg) (gf)

smashed chickpea & avocado spread (v and gf)

arugula & fresh berries w/goat cheese & candied almonds & pom poppy dressing (veg and gf)

buffalo chicken pasta salad (can be gf)

chipotle baked beans (veg and gf)

garden salad w/buttermilk ranch (veg and gf)

loaf strongarm sourdough bread

italian pasta salad with arugula (veg)

blueberry jumbo muffins

lemon pound cake

zucchini breakfast bread

gf butterfinger brownies

gf lemon bars

april 28th

southwest roasted veggie baked pasta w/cilantro cream sauce (veg can add chicken) can be gf

italian sausage & spinach stuffed manicotti w/ tomato basil sauce & mozz

spinach & ricotta stuffed manicotti w/tomato basil sauce & mozz (veg)

thai chicken entree salad w/ginger peanut dressing (gf) (contains nuts and soy)

thai veggie entree salad w/ginger peanut dressing (gf) (contains nuts and soy)

turkey & butternut squash enchilada pie (gf)

chilled caprese noodle salad (veg can be gf)

stuffed portobello mushroom w/spinach quinoa roasted tomatoes and parmesan (veg and gf) (can add chicken sausage)

breakfast burritos w/chorizo, tomatoes green chilies & cheddar

baby green salad w/berries goat cheese candied almonds

southwest chopped salad w/black beans & corn & chipotle lime ranch (veg and gf)

italian tortellini salad (veg)

chickpea cucumber & cilantro (v and gf)

4 pack michaels english muffins

thai carrot & ginger soup (v and gf--contains coconut milk)

kale caesar salad (gf)

loaf of strong arm sourdough (veg)

curried tomato soup (veg and gf)

banana nut jumbo muffins

lemon poppyseed breakfast bread (gf)

oreo brownies

blueberry oatmeal breakfast cookie

bowl of seasonal fruit (v and gf)