

This Week's MENU PLAN

Here are some ideas for fresh, frugal eating in the early Spring!

<p>SUNDAY</p> <p>B - smoothie D - cheesy lentil pie, salad PREP - thaw chicken, make caesar dressing</p>	<p>MONDAY</p> <p>B - toasted oatmeal D - chicken caesar salad, sweet potatoes</p>
<p>TUESDAY</p> <p>B - toasted oatmeal D - chicken, sweet potatoes, salad</p>	<p>WEDNESDAY</p> <p>B - smoothie D - leftovers</p>
<p>THURSDAY</p> <p>B - frittata, fruit or toast D - 10-minute soup, grilled cheese sandwich</p>	<p>FRIDAY</p> <p>B - baked oatmeal D - leftover frittata, spring mix salad</p>
<p>SATURDAY</p> <p>B - cinnamon roll french toast casserole D - leftovers</p>	<p>DESSERT</p> <p>chocolate dessert hummus or clean-eating freezer chocolate</p>

MEAL PREP	LUNCHES	SNACKS
<p><i>Optional step to make these ahead one afternoon</i></p> <p>Baked oatmeal Bone broth Dressing Chicken Sweet potatoes Bread OR Non-crumbly ww bread</p>	<p>Leftovers</p> <p>Snacky Lunches: Veggies with dip, fruit, sliced cheese, nuts, celery and peanut butter, etc.</p> <p>Spring vegetable pasta salad</p>	<p>Fruit - apples, oranges (whatever is in season or on sale) Celery with peanut butter Vegetables with frugal hummus or ranch dip Nuts Raisins</p>

This menu is meant for inspirational purposes only - adjust it for your particular health needs.
*If you are **dairy-free** or **gluten-free**, many of the links include allergy-friendly variations!*