

# April Meal Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup/Slow Cooker/IP	Leftovers	Tacos	Sheet Pan	Noodles	Bowl	Anything Goes
			1 Sheet pan salmon (or meat of choice), with roasted asparagus and potatoes	2 <i>Spaghetti w/ canned tomatoes, spinach, garlic, spices &amp; side salad. (@davinityross), Optional- add lentils to the spaghetti sauce for extra protein</i>	3 Burrito bowl with black beans	4 <i>Homemade Pizza Night using naan bread or this dough recipe (A Couple Cooks)</i>
5 <a href="#">Slow cooker chicken and butternut squash stew</a> (The Natural Nurturer)- 4 servings	6 Leftovers	7 Buffalo cauliflower tacos	8 <a href="#">Sheet pan vegetables and sausage</a> (Emily Rix)	9 <a href="#">Pasta with roasted tomatoes and zucchini</a> (Live Simply)	10 Burrito bowl with roasted chickpeas	11 Burgers, homemade sweet potato fries, seasonal veggie
12 <b>EASTER</b>	13 Leftovers OR <a href="#">Sweet Potato Nachos</a> (Emily Rix)	14 <a href="#">IP shredded chicken tacos</a> (Skip to my Lou)	15 <a href="#">Sheet pan salmon (or meat of choice), with sweet potatoes and broccoli</a> (The Seasoned Mom)	16 <a href="#">Spaghetti squash casserole</a> (Real Simple Good)	17 Burrito bowl with salmon	18 <i>Homemade Pizza Night using naan bread or this dough recipe (A Couple Cooks)</i>
19 <a href="#">Bean and Lentil Soup</a> (SkinnyMs) - 8 servings	20 Leftovers	21 <a href="#">Lentil vegan tacos</a> (A Couple Cooks)	22 <a href="#">Sheet pan vegetables and sausage</a> (Emily Rix)	23 <a href="#">Spaghetti with an olive oil and garlic sauce</a> with steamed or roasted broccoli (The Clever Meal)	24 <a href="#">Burrito bowl with chicken</a> (The Healthy Maven)	25 <a href="#">Sweet potato and black bean enchiladas</a> (Emily Rix)
26 <a href="#">Butternut Squash soup</a> (Minimalist Baker) - 4 servings and ½ sandwich	27 Leftovers	28 <a href="#">IP buffalo chicken tacos</a>	29 Repeat your favorite sheet pan meal!	30 Repeat your favorite noodle recipe!		

Breakfast Ideas	Lunch Ideas	Snack Ideas
<p><a href="#">Carrot Cake Loaf (Joyous Health)</a></p> <p>Breakfast burritos (@t.brush4)- 1lb sausage &amp; eggs &amp; whatever veggies you want- <a href="#">here is a recipe if you need one</a></p> <p><a href="#">Spinach and Oat Pancakes (or waffles) (Emily Rix)</a></p> <p><a href="#">Apple and Cinnamon Quinoa "Oats" (Emily Rix)</a></p>	<p><a href="#">Kale and Quinoa salad (A couple cooks)</a></p> <p><a href="#">Avocado grilled cheese sandwich</a> (A couple cooks)</p> <p><a href="#">Homemade Salad dressing</a></p> <p><a href="#">Sweet Potato Lunch Bowls</a> (Emily Rix)</p> <p><a href="#">Golden Soup</a></p> <p><a href="#">Butternut Squash Tacos (Chelsea's Healthy Apron)</a></p>	<p><a href="#">No bake granola bars Live Simply</a></p> <p><a href="#">Guacamole</a> and Mary's Gone Crackers/carrots</p> <p><a href="#">Peanut butter chocolate chip energy balls (Emily Rix)</a></p>
Dessert	Other	Kids
<p><a href="#">Chocolate chip cookies</a> (Rachl Mansfield)</p> <p><a href="#">Dark chocolate peanut butter cup snack bars</a> (Rachl Mansfield)</p>	<p><a href="#">Make your own 2 ingredient jam</a></p>	<p><a href="#">5 ingredient banana bread muffins</a></p> <p><a href="#">Spinach and Oat Pancakes (or waffles) (Emily Rix)</a></p> <p><a href="#">Easy french toast sticks</a> (Emily Rix)</p> <p><a href="#">Toddler Oatmeal with veggies</a> (Happy Healthy Casa)</p>