



OCTOBER
MEAL PLAN

BREAKFAST

blackberry walnut
overnight oats*

SNACK

1/2 cup shelled
edamame

1/2 cup cherry
tomatoes

LUNCH

salmon protein salad
with kelp noodles

DINNER

sheet pan chicken
and vegetables *

1/2 cup brown rice

109 grams **protein**

30 grams **fiber**

Recipes

Blackberry Walnut Overnight Oats

1/3 cup old fashioned oats
2/3 cup milk of choice
1 tsp chia seeds
1/2 tsp cinnamon
1/3 cup blackberries
1/4 cup chopped walnuts

- Stir together oats, milk, chia seeds, and cinnamon in a 16 ounce jar with a lid.
- Place in the refrigerator overnight.
- When you are ready to eat, top with blackberries and chopped walnuts.

serves 1

Sheet Pan Chicken with Vegetables

1 1/2 pounds chicken breast, cut into 2-inch pieces
2 cups broccoli florets
1 red onion, cut into 1-inch pieces
1 red pepper, cut into 1-inch pieces
2 zucchini, cut into 1-inch pieces
2 TB olive oil
1 TB Italian seasoning
1 tsp onion powder
1 tsp garlic powder
1 tsp salt
1/2 tsp pepper

- Preheat oven to 400°F. Line a rimmed sheet pan with parchment paper or foil.
- Place chicken, broccoli, onion, red pepper, and zucchini in a large bowl.
- Add oil, Italian seasoning, onion powder, garlic powder, salt, and pepper. Toss to coat.
- Transfer the chicken and vegetables to the sheet pan. Arrange in an even layer.
- Bake for 20 minutes, until chicken is cooked through.

serves 4