

April 2024

Monthly Meal Plan

All recipes are free on www.supermomeats.com!

MON	TUE	WED	THU	FRI	SAT	SUN
1 <u>Creamy Asparagus White Bean Soup (Vegan)</u>	2 <u>Easy Pinto Bean Burgers</u>	3 <u>Artichoke + Sun-dried Tomato Pasta</u>	4 <u>Falafel or Roasted Chickpea Pita Wraps With Instant Pot Turmeric Rice</u>	5 <u>Protein Pizza (Baby-Led Weaning Friendly)</u>	6 <u>Baked Couscous Casserole With Broccoli + Chickpeas</u>	7 <u>20-Minute Green Pea Pasta</u>
8 <u>Roasted Chickpea Salad With Tahini Dressing</u> <small>Deconstruct the salad for kids and serve with quesadillas</small>	9 <u>Vegetarian Fajita Bowls</u>	10 <u>Healthy Mac + Cheese</u>	11 <u>Sun-Dried Tomato Chickpea Patties</u>	12 <u>Quick Vegan Pinto Bean Soup</u>	13 <u>Asparagus Egg Casserole</u>	14 <u>Creamy Roasted Red Pepper Rigatoni</u>
15 <u>Tuscan White Bean + Kale Soup With Lentils</u>	16 <u>Vegetarian Taco Casserole</u>	17 <u>Sheet-Pan Gnocchi With Roasted Zucchini + Chickpeas</u>	18 <u>Vegan Cauliflower Potato Curry With Chickpeas</u>	19 <u>Eggplant Pizza</u>	20 <u>Black Bean Fritters With Quinoa</u>	21 <u>Vegetarian Mexican Lasagna</u>
22 <u>25-Minute Vegan Chili</u>	23 <u>Cheesy Vegetarian Flautas</u>	24 <u>Pesto Ricotta Pasta</u>	25 <u>Vegan One-Pot Red Lentil Curry</u>	26 <u>Gluten-Free Cheesy Broccoli Quinoa Patties</u>	27 <u>Lentil Walnut "Meat" Grilled Burritos</u>	28 <u>Potato Frittata With Caramelized Onions</u>
29 <u>Gluten-Free Broccoli Cheddar Soup</u>	30 <u>Kid-Friendly Refried Bean + Mushroom Tostadas</u>					



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