

MARCH MEAL PLAN MADNESS

Shrimp and Egg
Breakfast Burrito

Avocado-Crab
Benny

Easy Egg & Crab
Muffins

Cast Iron Smoked
Salmon Hash

Smoked Salmon
Deviled Eggs

Air Fryer Mac-n-
Cheese Tuna Bites

Baked Spinach &
Artichoke Shrimp Dip

Vietnamese Spring
Shrimp Rolls

BREAKFAST

SNACKS & APPS



MAY THE BEST DISH WIN



LUNCH

DINNER

Easy Lobster
Reuben

Salmon-Stuffed
Avocado Boat

Grilled Mediterranean
Cedar Plank Gyros

Air Fryer Thai
Coconut Shrimp

Baja Style
Fish Tacos

Seafood Paella

Gluten-Free Crab
Cakes

Spicy Sheet Pan
Salmon

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