



# Weekly Meal Plan

FEBRUARY 5-11, 2018

## MONDAY

BREAKFAST Steel Cut Oats Mason Jars with fruit and almond milk.  
LUNCH Oil-Free Roasted Veggie & Oil-Free Hummus Wraps.  
DINNER Moroccan Instapot Lentil Soup

## TUESDAY

BREAKFAST Tofu Egg Salad & Avocado Halves and almond milk.  
LUNCH Plant-based Sushi bowls with pickled ginger & brown rice.  
DINNER Vegan meatloaf, green beans, and roasted potatoes.

## WEDNESDAY

BREAKFAST Steel Cut Oats Mason Jars with fruit and almond milk.  
LUNCH Green Pea Guacamole Wrap & peppers; Fresh Fruit  
DINNER Curried lentils; Roasted Veggie Couscous; Green Salad

## THURSDAY

BREAKFAST Tofu Egg Salad & Avocado Halves and almond milk.  
LUNCH Pan Roasted Peppers & Mushrooms With Hummus Wraps.  
DINNER Instapot plant-based Etouffee with brown rice.

## FRIDAY

BREAKFAST Steel Cut Oats Mason Jars with fruit and almond milk.  
LUNCH Plant-based Sushi bowls with pickled ginger & brown rice.  
DINNER Vegan Black Bean Mole with brown rice & steamed corn.

## SATURDAY

BREAKFAST Tofu Egg Salad & Avocado Halves and almond milk.  
LUNCH Oil-Free Roasted Veggie & Oil-Free Hummus Wraps.  
DINNER Instapot 3-bean meatless chili with brown rice.

## SUNDAY

BREAKFAST Steel Cut Oats Mason Jars with fruit and almond milk.  
LUNCH Green Pea Guacamole Wrap; Fresh Fruit.  
DINNER Buddha Bowls with broccoli slaw and tahini dressing.