



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 Buddha Bowls with broccoli slaw and tahini dressing.

TUESDAY

BREAKFAST Tofu Scramble, fresh fruit, and almond milk.
LUNCH Plant-based Sushi bowls with pickled ginger & brown rice.
DINNER Black Beans & Rice, marinated tofu; Green Salad.

WEDNESDAY

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

THURSDAY

BREAKFAST Tofu Scramble, fresh fruit, and almond milk.
LUNCH Oil-Free Roasted Veggie & Oil-Free 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 Instapot Buttered Chicken with brown rice.

SATURDAY

BREAKFAST Tofu Scramble, fresh fruit, 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.