



# Weekly Meal Plan

MARCH 12TH-MARCH 18TH, 2018

## MONDAY

BREAKFAST DIY Vegan Sausage patties, tofu eggs, and grits jarred.  
LUNCH Buddha Bowls.  
DINNER Moroccan Sweet Potato Soup with Naan.

## TUESDAY

BREAKFAST DIY Vegan Sausage patties, tofu eggs, and grits jarred.  
LUNCH Plant-based Sushi bowls with pickled ginger & brown rice.  
DINNER Moroccan Sweet Potato Soup with Naan.

## WEDNESDAY

BREAKFAST DIY Vegan Sausage patties, tofu eggs, and grits jarred.  
LUNCH Buddha Bowls.  
DINNER Vegan 3-Bean Chilli.

## THURSDAY

BREAKFAST DIY Vegan Sausage patties, tofu eggs, and grits jarred.  
LUNCH Plant-based Sushi bowls with pickled ginger & brown rice.  
DINNER Vegan 3-Bean Chilli.

## FRIDAY

BREAKFAST Blackberry, strawberry, chia smoothies.  
LUNCH Buddha Bowls.  
DINNER Vegan 3-Bean Chilli.

## SATURDAY

BREAKFAST Blackberry, strawberry, chia smoothies.  
LUNCH Plant-based Sushi bowls with pickled ginger & brown rice.  
DINNER Vegan Risotto.

## SUNDAY

BREAKFAST Blackberry, strawberry, chia smoothies.  
LUNCH Buddha Bowls.  
DINNER Vegan Risotto.