



Weekly Meal Plan

MARCH 26TH-APRIL 1, 2018

MONDAY

BREAKFAST DIY Vegan Sausage patties, tofu eggs, and grits jarred.
LUNCH Vegan Egg Salad and Avocado Halves.
DINNER Buddha Bowls.

TUESDAY

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

WEDNESDAY

BREAKFAST DIY Vegan Sausage patties, tofu eggs, and grits jarred.
LUNCH Vegan Egg Salad and Avocado Halves.
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 Wedding Soup with baguette.

FRIDAY

BREAKFAST Blackberry, strawberry, chia smoothies.
LUNCH Vegan Egg Salad and Avocado Halves.
DINNER Buddha Bowls.

SATURDAY

BREAKFAST Blackberry, strawberry, chia smoothies.
LUNCH Plant-based Sushi bowls with pickled ginger & brown rice.
DINNER Tofu curry with snow peas and naan.

SUNDAY

BREAKFAST Blackberry, strawberry, chia smoothies.
LUNCH Vegan Egg Salad and Avocado Halves.
DINNER Vegan meatless stew with rice and corn.