



# Weekly Meal Plan

MARCH 5TH-MARCH 11TH, 2018

## MONDAY

BREAKFAST DIY Vegan Sausage patties, tofu eggs, and grits jarred.  
LUNCH Vegan Egg Salad and Avocado Halves.  
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 Burrito 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 Vegan meatball sliders.

## 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.