



Weekly Meal Plan

APRIL 2-8, 2018

MONDAY

BREAKFAST Overnight oats, dried strawberries and bananas, and juice
LUNCH Vegan Egg Salad and Avocado Halves.
DINNER Gardein chicken and French Green beans over rice.

TUESDAY

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

WEDNESDAY

BREAKFAST Overnight oats, dried strawberries and bananas, and juice
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 Moroccan Sweet Potato Soup

FRIDAY

BREAKFAST Overnight oats, dried strawberries and bananas, and juice
LUNCH Vegan Egg Salad and Avocado Halves.
DINNER Buddha Bowls.

SATURDAY

BREAKFAST DIY Vegan Sausage patties, tofu eggs, and grits jarred.
LUNCH Plant-based Sushi bowls with pickled ginger & brown rice.
DINNER Tofu curry with snow peas and naan.

SUNDAY

BREAKFAST Overnight oats, dried strawberries and bananas, and juice
LUNCH Vegan Egg Salad and Avocado Halves.
DINNER Vegan meatless stew with rice and corn.