



Weekly Meal Plan

APRIL 23RD-29TH, 2018

MONDAY

BREAKFAST Banana, mango, and avocado smoothies, with juice
LUNCH Buddha bowls, with iced water and energy balls for snack
DINNER Curried Lentils and Snow Peas.

TUESDAY

BREAKFAST Overnight oats with dried bananas and cinnamon
LUNCH Roasted sweet potatoes, sweet peppers, and couscous
DINNER Curried Lentils and Snow Peas.

WEDNESDAY

BREAKFAST Banana, mango, and avocado smoothies, with juice
LUNCH Buddha bowls, with iced water and energy balls for snack
DINNER Vegan 3-Bean Chilli.

THURSDAY

BREAKFAST Overnight oats with dried bananas and cinnamon
LUNCH Roasted sweet potatoes, sweet peppers, and couscous
DINNER Vegan 3-Bean Chilli.

FRIDAY

BREAKFAST Banana, mango, and avocado smoothies, with juice
LUNCH Buddha bowls, with iced water and energy balls for snack
DINNER Vegan Dumpling, rice, and steamed snow peas, with salad

SATURDAY

BREAKFAST Overnight oats with dried bananas and cinnamon
LUNCH Roasted sweet potatoes, sweet peppers, and couscous
DINNER Falafel pitas, with salad

SUNDAY

BREAKFAST Banana, mango, and avocado smoothies, with juice
LUNCH Buddha bowls, with iced water and energy balls for snack
DINNER Vegan hot dogs, kimchi, on GF buns, with a side salad