



# Weekly Meal Plan

APRIL 30 - MAY 6TH 2018

## MONDAY

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

## TUESDAY

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