



Weekly Meal Plan

APRIL 30 - MAY 6TH 2018

MONDAY

BREAKFAST Banana smoothies.
LUNCH Buddha bowls, with iced water and energy balls for snack
DINNER Black Beans, Mojo Sauce, Steamed Corn, and Tostados.

TUESDAY

BREAKFAST Overnight oats with dried bananas and cinnamon
LUNCH Roasted sweet potatoes, sweet peppers, and couscous
DINNER Black Beans, Mojo Sauce, Steamed Corn, and Tostados.

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 Banana smoothies.
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 Black Bean Burgers, slaw, and sweet potato air fryer fries.

SATURDAY

BREAKFAST Banana Smoothies
LUNCH Roasted sweet potatoes, sweet peppers, and couscous
DINNER Black Bean Burgers, slaw, and sweet potato air fryer fries.

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