



# Weekly Meal Plan

MAY 21-27TH, 2018

## MONDAY

BREAKFAST Banana & chocolate smoothies.  
LUNCH Avocado, black bean, and mango salad.  
DINNER Curried tofu, lentils, rice, & steamed corn-on-the-cob.

## TUESDAY

BREAKFAST Overnight oats with dried bananas and cinnamon  
LUNCH Avocado, black bean, and mango salad.  
DINNER Curried tofu, lentils, rice, & steamed corn-on-the-cob.

## WEDNESDAY

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

## THURSDAY

BREAKFAST Banana smoothies.  
LUNCH Buddha bowls, with iced water and energy balls for snack  
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 Veggie dogs, kimchi, and lemonade

## 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 potato salad and BBQ tofu with broccoli slaw