



Weekly Meal Plan

JULY 2-8, 2018

MONDAY

BREAKFAST Banana & chocolate smoothies.
LUNCH Mason Jar Salads.
DINNER Spaghetti and meatballs

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 Mason Jar Salads
DINNER Black Bean Burgers, corn-on-the-cob, and broccoli slaw salad.

THURSDAY

BREAKFAST Banana smoothies.
LUNCH Buddha bowls, with iced water and energy balls for snack
DINNER Black Bean Burgers, corn-on-the-cob, and broccoli slaw salad.

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