

MEAL PLAN

M	T	W	T	F
Breakfast: Tofu Scramble with mixed veggies (mushrooms, bell peppers, onions, garlic) with potatoes and beans	Breakfast – Peanut butter and jelly sandwich.	Breakfast – Breakfast burrito with leftovers	Breakfast – Over night oats. 1/4 cup rolled oats to 3/4 cup almond milk. Mix with fresh berries or chopped apple, cinnamon	Breakfast – Avocado smashed and spread on toast with a little bit of salt and pepper. (optional: tomato slices)
Snack – Fresh apple	Snack – Trail mix with mixed dried fruits, raw nuts and seeds	Snack – Hummus and cucumbers/celery/carrots	Snack – Apple slices and peanut butter	Snack – Fresh orange or apple
Lunch – Avocado sandwich on whole grain bread with side of carrots.	Lunch – Left over dinner	Lunch – Mediterranean salad (Fresh greens, kalamata olives, vegan feta cheese, red onions, cucumbers, & tomatoes) OR salad of choice	Lunch – Bean chilli soup and crackers	Lunch – Loaded baked potato with black beans, rice, chopped veggies.
Dinner – A whole seasoned and roasted cauliflower topped with cilantro lime sauce. Side of black beans, brown rice and cooked greens.	Dinner – Bean chilli soup	Dinner – Marinated tofu, brown rice cooked with veggie broth, and greens (Roasted asparagus, brussels sprouts, or broccoli)	Dinner – Tacos using walnut taco filling. Top with onions, cabbage, cilantro, & salsa.	Dinner – Spaghetti with whole grain pasta (check ingredients on all packaged goods) Sautee onion, garlic, bell peppers, mushrooms and simmer with vegan marinara sauce.