



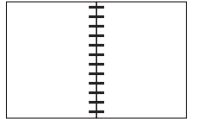
Meal Plan Week 1



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PLANT-BASED, GLUTEN-FREE

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	<p><u>Cardamom Chia Pudding, Orange Granola & Easy Fruit Salad</u></p> <p>Save the fresh orange juice from Granola making for other recipes this week, you can pour it into a glass container on its own or with citrus wedges</p>	<p><u>Seared Broccoli, Avocado & Pesto Toast</u></p> <p><i>Time saving tip:</i> use store-bought pesto</p> <p>Add fresh herbs to garnish</p> <p><i>Omnivore suggestion:</i> Add fried or poached egg</p>	<p>LEFTOVERS</p> <p><u>Cardamom Chia Pudding, Orange Granola & Easy Fruit Salad</u></p> <p>OR</p> <p><u>Orange Granola and milk</u></p> <p><i>Optional:</i> <u>Vanilla-Almond Milk</u></p>	<p><u>Everything Good Smoothie</u></p> <p>Add leftover spinach from Monday's dinner</p>	<p>REPEAT</p> <p><u>Seared Broccoli, Avocado & Pesto Toast</u></p> <p><i>Time saving tip:</i> use store-bought pesto</p> <p>Add fresh herbs to garnish</p> <p><i>Omnivore suggestion:</i> Add fried or poached egg</p>	<p>REPEAT</p> <p><u>Everything Good Smoothie</u></p> <p>Add leftover spinach from Monday's dinner</p>	<p><u>Banana Pancakes w/Mixed Berry Syrup</u></p> <p>Use frozen fruit you have from the smoothie</p>
Lunch	<p><u>Zucchini, Avocado & Roasted Garlic Soup</u></p> <p><i>Optional add-on:</i> <u>Easy Croutons</u></p> <p>Garnish with fresh herbs</p> <p>SUNDAY BAKE <i>Optional</i> <u>Multigrain Sandwich Loaf</u></p>	<p>LEFTOVERS</p> <p><u>Zucchini, Avocado & Roasted Garlic Soup</u></p> <p><i>Optional add-on:</i> <u>Easy Croutons</u></p> <p>Garnish with fresh herbs</p>	<p><u>Confetti Kale Salad with Spicy Candied Peanuts and Pomegranate Vinaigrette</u></p> <p><i>Optional add-on:</i> <u>Crispy Chickpeas</u></p>	<p><u>Chickpea Salad</u></p> <p><i>Serving options:</i></p> <ul style="list-style-type: none"> • on <u>Toasted Multigrain</u> • in butter lettuce cups • in a wrap • tossed with romaine, lemon juice, olive oil, salt + pepper to taste <p>Garnish with fresh herbs</p>	<p>LEFTOVERS</p> <p><u>Confetti Kale Salad with Spicy Candied Peanuts and Pomegranate Vinaigrette</u></p> <p><i>Optional add-ons:</i> <u>Crispy Chickpeas</u></p>	<p><u>Cucumber & Radish Salad</u></p> <p>Garnish with fresh herbs</p> <p><i>Omnivore suggestion:</i> Add shredded rotisserie chicken</p> <p><i>Optional:</i> serve with <u>Brown Rice</u></p>	<p>LEFTOVERS</p> <p><u>Chickpea Salad</u></p> <p>OR</p> <p>Wed-Thurs dinner</p>
Dinner	<p><u>Creamy Mac</u></p> <p><i>Optional add-ons:</i> <u>Seared Broccoli</u> <u>Crunchy Kale Chips</u> <u>Peas</u> <u>Meatless Crumbles</u> <u>Crispy Shallots</u> <u>Sriracha</u> <u>Truffle oil</u></p> <p><i>Omnivore suggestion:</i> Add cooked ground beef</p>	<p><u>Black Bean Stuffed Sweet Potatoes w/Creamy Cilantro Lime Sauce</u></p> <p>Use extra sauce for salad dressing or crudité's dip</p> <p><i>Optional add-on:</i> <u>Brown Rice</u></p> <p><i>Omnivore suggestions:</i> Add shredded chicken, or a fried or poached egg</p>	<p><u>Cauliflower Steaks with White Beans, Spinach, and Tomatoes</u></p> <p>Garnish with fresh herbs</p> <p>Save any broken bits of cauliflower for dinner Wednesday</p> <p>Serve with a smear of <u>Pesto</u></p>	<p><u>Sheet Pan Veggies with Lentils & Tahini Dressing</u></p> <p>Garnish with fresh herbs</p> <p>Use extra dressing for salads or crudité's dip</p> <p><i>Optional add-on:</i> <u>Brown Rice</u></p>	<p><u>Seared Veggie Rice Bowl with Orange-Sesame Sauce</u></p> <p>Chop and add any extra <u>Spicy Candied Peanuts</u> from <u>Confetti Kale Salad</u> to this bowl</p> <p>Garnish with fresh herbs</p> <p>Add any red cabbage leftover from last night</p>	<p><u>Build-Your-Own Pizza-Style Zucchini with Quick Pizza Sauce</u></p> <p><i>Optional add-ons:</i> <u>Meatless Crumbles</u> <u>S&P Crispy Lentils</u> <u>Mozzarella Bocconcini</u> <u>Pesto</u> <u>Cashew Cream Sauce</u></p>	<p>DINNER OUT</p>