

Day 1

Breakfast:	Oatmeal with Banana
Detail:	Oatmeal with BananaPrep Time: 5 minutes Cook Time: 10 minutes Servings: 2
Lunch:	Veggie Burger with Fries
Detail:	Veggie Burger with FriesPreparation Time: 10 minutes Cooking Time: 20 minutes Servings: 2
Dinner:	Baked Tofu and Veggies
Detail:	Baked Tofu and Veggies Prep Time: 10 minutes Cook Time: 25 minutes Servings: 2

Day 2

Breakfast:	Greek Yogurt with Fruit
Detail:	Greek Yogurt with Fruit Prep time: 5 minutes Cook time: 0 minutes Calories per
Lunch:	Vegetable Soup and Salad
Detail:	Vegetable Soup and Salad: Prep Time: 10 minutes Cook Time: 25 minutes Cal
Dinner:	Black Bean Burrito Bowl
Detail:	Black Bean Burrito Bowl Prep Time: 10 minutes Cook Time: 15 minutes Ingredi

Day 3

Breakfast:	Avocado Toast with Egg
Detail:	Avocado Toast with Egg Prep Time: 5 minutesCook Time: 5 minutes Yields: 1 s
Lunch:	Grilled Cheese Sandwich with Tomato Soup
Detail:	Grilled Cheese Sandwich with Tomato Soup Prep Time: 10 minutes Cook Time
Dinner:	Lentil Curry.
Detail:	Lentil Curry Prep Time: 10 minutes Cook Time: 40 minutes Ingredients: - 2 table