



A Week of Meals

	Sunday	Breakfast: Oatmeal with plant based milk, berries, chia seeds, and maple syrup Lunch: Sandwich with hummus, avocado, sprouts, and veggies Snack: Protein bar (like a Macrobar or Clif bar) Dinner: Quesadillas with beans, veggies, and spices
	Monday	Breakfast: Kashi cereal with plant based milk Lunch: Peanut butter sandwich, a pear, and some carrots Snack: Pretzels and hummus Dinner: Buddha bowl with quinoa, beans, and veggies
	Tuesday	Breakfast: Breakfast burrito with tofu and veggies Lunch: Vegan salad with quinoa, beans, and veggies Snack: Handful of almonds or cashews and an orange Dinner: Annie's or Daiya's vegan mac and cheese
	Wednesday	Breakfast: Bagel with vegan cream cheese (like Kite Hill or Go Veggie) Lunch: Sushi bowl with rice, edamame, veggies, and Sriracha Snack: Spiced popcorn with paprika, pepper, and cumin Dinner: Chili , a green salad, and a mango for dessert
	Thursday	Breakfast: Tofu Scramble Lunch: Falafel pitas , a green salad, and some grapes Snack: Roasted edamame Dinner: Vegan Nachos
	Friday	Breakfast: Smoothie Lunch: Quinoa and vegetable stuffed peppers Snack: Roasted chickpeas Dinner: Vegan pizza at Mellow Mushroom or Mod Pizza
	Saturday	Breakfast: Avocado Toast Lunch: Amy's vegan soup, a green salad, and an apple Snack: Chips and guacamole or salsa Dinner: Loaded sweet potatoes