

Sample Weekly Meal Plan

	BREAKFAST	LUNCH	DINNER	SNACK
MON	Classic Overnight Oats	Cheesy Broccoli Toast	Salmon & Herb Vegetables	Sweet Zucchini Muffins
TUE	Veggie Egg Scramble	Turkey & Vegetable Pita	Linguine With Veggies	Yogurt bark with berries
WED	Apple Pie Breakfast Bowl	Beef and Bean Burger	Turkey Chili	Fruit & Veggie Smoothie
THU	Simple Breakfast Soup	Tofu & Vegetable Stir Fry	Chicken & Bean Quesadillas	Peach Yogurt Pops
FRI	Strawberry Pancakes	Chickpea & Carrot Salad	Bayou Mushroom and Shrimp Pasta	Strawberry Lemonade
SAT	Fruit & Veggie Smoothie	Kale & Chickpea Curry	Quinoa & Vegetable Casserole	Fruit Skewers with Maple Yogurt Dip
SUN	Shakshouka (poached eggs recipe)	Macaroni and cheese with vegetables	Smoked Salmon Frittata	Berry Brunch Bake

Sample Weekly Vegetarian Meal Plan

	BREAKFAST	LUNCH	DINNER	SNACK
MON	Classic Overnight Oats	Cheesy Broccoli Toast	Braised lentils with greens	Sweet Zucchini Muffins
TUE	Veggie Egg Scramble	Orange Tofu Pockets	Three Sisters Tacos	Yogurt bark with berries
WED	Apple Pie Breakfast Bowl	Quinoa salad	Tofu & Vegetable Stir Fry	Fruit & Veggie Smoothie
THU	Simple Breakfast Soup	Kale & Chickpea Curry	Mediterranean Grilled Vegetables and Rigatoni	Peach Yogurt Pops
FRI	Strawberry Pancakes	Chickpea & Carrot Salad	Quinoa & Vegetable Casserole	Strawberry Lemonade
SAT	Fruit & Veggie Smoothie	Veggie Soup Topped with Eggs	Orzo Pasta Salad	Fruit Skewers with Maple Yogurt Dip
SUN	Shakshouka (poached eggs recipe)	Macaroni and Cheese with Vegetables	Miso Ramen Soup with Marinated Eggs	Berry Brunch Bake