

Welcome to the...
WELLNESS

PLANT²

KICKSTART
WEEK 2 MENU

Breakfast

Blueberry Oatmeal Muffins
Overnight Oats
French Toast
Acai Smoothie Bowl
Breakfast Potato Casserole
Smoothie (go to smoothieshred.com)
Pineapple & Blueberry Bowl

Lunch

TexMex Burrito
Edamame & Sweet Potato Salad
MacNCheeze
Green Goddess Salad with Lime Cilantro Dressing
Avocado, Tomato & Cashew Buffalo Moz. Cheese Sandwich w/Sprouts
Fried Chicken Magic w/ Buffalo Sauce
Red Lentil Soup

Dinner

Cannellini Sausages w/ Coleslaw
Fire Roasted Chili w/Baked Potato
Raw Tacos
Grilled Veggies over Pasta
Veggie Pizza
Marinated Tofu w/ Rice and Sautéed Veggies
Mung-Quinoa Dal Soup



Dressings, Sauces & Desserts

Lime Cilantro Dressing

Nacho Cheese Sauce

Cashew Mayo

Peaches & Cream NICE CREAM

Snacks

Steamed potato

Apple

Sugar snap peas

Carrots

Steamed edamame

Broccoli, steamed

Raw almonds

Notes