



Breakfast

Tofu Breakfast Scramble
3-Ingredient Pancakes
Avocado Toast
Pesto Potatoes w/White Beans
Overnight Chocolatey Oats
Smoothie (go to smoothieshred.com)
Sweet Potato w/Hummus

Lunch

Chickpea Omelet
Asian Salad
Chickpea & Cucumber Salad
Tomato, Corn & Fresh Basil Soup
Greek Wrap
Sweet Potato, Mango & Quinoa Bowl
Smokey Black-eyed Peas w/Greens

Dinner

Mango Fried Rice
SW Taco Stuffed Bell Peppers
BBQ Lentil Loaf
Mediterranean Buddha Bowl
Tofu Spinach Subzi
Mung-Quinoa Dal Soup
Hearty Black Lentil & Potato Stew



Dressings, Sauces & Desserts

Hummus

Nacho cheese sauce

3:2:1 dressing

Dreamy sweet creamy cherry nice cream

Snacks

Steamed potato

Apple

Sugar snap peas

Carrots

Steamed edamame

Broccoli, steamed

Raw almonds

Notes