

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

BREAKFAST



Coconut Cream Cashew & Mango Oats Pudding



Mushroom & Chickpea Scramble Sandwich



Pumpkin Chocolate Chip Banana Pancakes



Lentil & Sun-Dried Tomato Hummus Wrap



Banana Berry Beet Smoothie Bowl

LUNCH



Vegan Meatballs Pasta Bake



Vegan Chili with Seitan



Tofu In Pizzaiola Sauce & Spinach & Mushroom



Pumpkin Black Bean Chili Mac



Herbed Tofu & Quinoa BBQ Balls

DINNER



Three Bean Chili & Protein Crackers



Rainbow Veggie, Tofu Kebab & Spicy Guacamole



Edamame Tabbouleh Salad



Lemon & Mushroom Orzo with Edamame



Siracha Baked Tofu Rice Bowl

# SNACKS

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

SNACK 1



Peanut Cup Energy Bite



Protein Packed Chia Bites



Almond & Cashew Joy



Protein Bites



Dates & Nuts Roll

SNACK 2



Fresh Fruit Salad with Chia Seeds



Fruit Salad



Fresh Fruit Salad with Pumpkin Seeds



Pineapple & Watermelon Mix



Fresh Fruit Salad with Sunflower Seeds