WEEKLY MEAL PLANNER

MONDAY
Breakfast:
Lunch:
Dinner:
Snack:

TUESDAY
Breakfast:
Lunch:
Dinner:
Snack:

WEDNESDAY
Breakfast:
Lunch:
Dinner:
Snack:

THURSDAY
Breakfast:
Lunch:
Dinner:
Snack:

FRIDAY
Breakfast:
Lunch:
Dinner:
Snack:

SATURDAY
Breakfast:
Lunch:
Dinner:
Snack:

SUNDAY
Breakfast:
Lunch:
Dinner:
Snack:
WEEKLY MEAL PLANNER

MONDAY
Brkfast: Oatmeal & Blueberries
Lunch: Chickpea Salad Wrap
Dinner: Spaghetti & Beefless Crumbles
Snack: Kale Chips

TUESDAY
Brkfast: Grits & Sliced Apples
Lunch: Italian Sub & Cucumber Salad
Dinner: Curry Chickpea Stew
Snack: Trail Mix

WEDNESDAY
Brkfast: Waffles & Strawberries
Lunch: Tacos w/ Chips & Guac
Dinner: Stuffed Shells & Tofu Ricotta
Snack: Mandarin Orange Slices

THURSDAY
Brkfast: Granola Cereal w/Dried Fruit
Lunch: Chopped Salad w/Sesame tofu
Dinner: Veggie Stir-Fry & Summer Rolls
Snack: Roasted Chickpea Snacks

FRIDAY
Brkfast: Bagel w Cream Chz & Tomato
Lunch: Chickpea Salad w/crackers
Dinner: Veggie Pizza w/ Side Salad
Snack: Granola Parfait

SATURDAY
Brkfast: Pancakes w/ sliced mango
Lunch: Chk’n Burrito w/ Chips & Guac
Dinner: Spicy Lentil & Veggie Stew
Snack: Sliced Pears

SUNDAY
Brkfast: Tofu Scramble w/ Potatoes
Lunch: Grilled Chz Bagel
Dinner: Chk’n Noodle Soup
Snack: Fruit Salad

SHOPPING LIST
Oatmeal, Grits
Blueberries, Mangoes
Spaghetti Noodles
Chickpeas, Lentils
Beefless crumbles
Kale, Tomatoes
Whole Wheat Tortilla Wraps
Apples, Pears
Deli Slices
Cucumbers
Coconut Milk
Trail Mix
Guacamole
All Purpose Four
Non-dairy milk
Taco Shells, Tortilla Chips
Pasta Shells
Spaghetti Sauce
Tofu
Mandarin Oranges
Bagels, Sub Rolls
Non-Dairy Cream Cheese
Vegan Cheese Slices
Rice Crackers
Salad Mix
Granola
Non-Dairy Yogurt
Chik’n Strips
Salsa
Curry Powder
Pears, Strawberries
Nutritional Yeast
Rice, Rice Paper
Sub Rolls
Onions, Peppers
Potatoes