



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:

SHOPPING LIST



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 Flour
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