Stuffed Portobello Mushrooms

Barley Salad with Roasted Vegetables

Falafel Wrap with Tahini Sauce

French Toast with Maple Syrup

Smoothie with Spinach and Avocado

Overnight Oats with Chia Seeds

Pesto Pasta with Broccoli

Smoothie Bowl with Granola

SUNDAY

SATURDAY

FRIDAY

THURSDSAY

WEDNESDAY

TUESDAY

|  |  |
| --- | --- |
| Trail Mix | Creamy Mushroom Risotto |
| Sliced Apple with Almond Butter | Vegetable Biryani |
| Dark Chocolate (1 oz) | Vegetable and Bean Chili |
| Nut Butter on Whole Grain Crackers | Zucchini Noodles with Marinara Sauce |
| Greek Yogurt with Granola | Vegetable Lasagna |

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# BREAKFAST LUNCH SNACKS DINNER

Black Bean and Sweet Potato Tacos

Oatmeal with Almonds and Maple Syrup

MONDAY

Peanut Butter Banana Smoothie Mixed Nuts (1/4 cup)

|  |  |
| --- | --- |
| Quinoa Salad with Chickpeas | Greek Yogurt with Honey and Berries |
| Vegetable Stir-Fry with Tofu | Hummus with Carrot Sticks |

Lentil Curry with Brown Rice

Chia Seed Pudding with Coconut Milk

Spinach and Feta Stuffed Peppers