

Meal Plan Menus for Four Weeks

Week #1 Meal Plan Menu							
Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Smoothie/ Breakfast	Tropical Collada Green Smoothie	Razzleberry Lemonade Green Smoothie	ChocoNana Green Smoothie	Tropical Collada Green Smoothie	Razzleberry Lemonade Green Smoothie	Florentine Tofu Scramble	Vegan Chocolate Buttermilk Pancakes
Salad	Falafel Salad with Quinoa Tabbouleh	Greek Chickpea Chopped Salad	Vegan Egg Salad over Baby Greens with Cheesy Crackers	Falafel Salad with Quinoa Tabbouleh	Greek Chickpea Chopped Salad	Vegan Egg Salad over Baby Greens with Cheesy Crackers	Falafel Salad with Quinoa Tabbouleh
Soup	Quinoa Minestrone	Creamy White Bean, Potato, and Kale Soup	Lightened-Up Vegan Laksa	Quinoa Minestrone	Creamy White Bean, Potato, and Kale Soup	Lightened-Up Vegan Laksa	Quinoa Minestrone
Snack	Hot Spinach Artichoke Dip with Fresh Vegetables	Oil-Free Hummus with Fresh Vegetables	Cucumber Tzatziki with Fresh Vegetables	Hot Spinach Artichoke Dip with Fresh Vegetables	Oil-Free Hummus with Fresh Vegetables	Cucumber Tzatziki with Fresh Vegetables	Hot Spinach Artichoke Dip with Fresh Vegetables
Main	Roasted Tofu and Vegetable Stir-Fry	Homestyle Mexican Casserole	Cheesy Cauliflower and Potato Bake	Roasted Tofu and Vegetable Stir-Fry	Homestyle Mexican Casserole	Cheesy Cauliflower and Potato Bake	Roasted Tofu and Vegetable Stir-Fry
Dessert	none	none	none	none	none	No-Bake No Stovetop Cookie Bites	Easy Applesauce Snack Cake

Week #2 Meal Plan Menu							
Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Smoothie/ Breakfast	Chocolate-Covered Blues Green Smoothie	Spotted Peach Green Smoothie	Blueberry Vanilla Green Smoothie	Chocolate-Covered Blues Green Smoothie	Spotted Peach Green Smoothie	Raw Neapolitan Overnight Oats	Vegetable Pudla
Salad	Black Bean Veggie Burger Salad	Lentil Taco Salad with Red Pepper Dressing	Hearty Vegetable Pasta Salad	Black Bean Veggie Burger Salad	Lentil Taco Salad with Red Pepper Dressing	Hearty Vegetable Pasta Salad	Black Bean Veggie Burger Salad
Soup	Abe's Hearty Lentil Soup	Chipotle Corn Chowder	Cream of Broccoli Soup	Abe's Hearty Lentil Soup	Chipotle Corn Chowder	Cream of Broccoli Soup	Abe's Hearty Lentil Soup
Snack	Baked Nacho Cheesy Kale Chips	Oil-Free Hummus with Fresh Vegetables	Cheesy Gluten-Free Crackers	Baked Nacho Cheesy Kale Chips	Oil-Free Hummus with Fresh Vegetables	Cheesy Gluten-Free Crackers	Baked Nacho Cheesy Kale Chips
Main	Cowboy Special One-Pot Pasta	Cheesy Herb and Vegetable Pizza	Raw Pad Thai	Cowboy Special One-Pot Pasta	Cheesy Herb and Vegetable Pizza	Raw Pad Thai	Cowboy Special One-Pot Pasta
Dessert	none	none	none	none	none	Cherry Garcia Soft-Serve	Happiness in a Cookie Bite

Week #3 Meal Plan Menu

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Smoothie/ Breakfast	Apple Pie Green Smoothie	Poppy's Jaffa Cake Smoothie	Creamy Mint Mojito Green Smoothie	Apple Pie Green Smoothie	Poppy's Jaffa Cake Smoothie	Apple and Chai Spice Meusli	Bananas Foster Pancakes
Salad	Asian Cabbage Salad	Chipotle Knock-Off Chopped Salad	The Ultimate Lentil Salad	Asian Cabbage Salad	Chipotle Knock-Off Chopped Salad	The Ultimate Lentil Salad	Asian Cabbage Salad
Soup	Cheesy Smoky Spicy Black Bean Soup	Moroccan Lentil Soup	Tomato Basil Bisque	Cheesy Smoky Spicy Black Bean Soup	Moroccan Lentil Soup	Tomato Basil Bisque	Cheesy Smoky Spicy Black Bean Soup
Snack	Hot Spinach and Artichoke Dip with Fresh Vegetables	Oil-Free Hummus with Fresh Vegetables	Cucumber Tzatziki with Fresh Vegetables	Hot Spinach and Artichoke Dip with Fresh Vegetables	Oil-Free Hummus with Fresh Vegetables	Cucumber Tzatziki with Fresh Vegetables	Hot Spinach and Artichoke Dip with Fresh Vegetables
Main	Cheesy Cauliflower and Potato Bake	Healthier Shepherd's Pie	BBQ Tofu and Avocado Spring Rolls	Cheesy Cauliflower and Potato Bake	Healthier Shepherd's Pie	BBQ Tofu and Avocado Spring Rolls	Cheesy Cauliflower and Potato Bake
Dessert	none	none	none	none	none	Blueberry Peach Tart	Chocolate Peanut Butter Cup Soft-Serve

Week #4 Meal Plan Menu

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Smoothie/ Breakfast	Annie's Da Cherry Bomb Smoothie	Mango Madness Green Smoothie	Green Julius	Annie's Da Cherry Bomb Smoothie	Mango Madness Green Smoothie	Carrot Cake Waffles	Quinoa Berry Banana Bowls
Salad	Green Goddess Spinach Salad	Curried Brown Rice Salad	Vegan Niçoise Salad	Green Goddess Spinach Salad	Curried Brown Rice Salad	Vegan Niçoise Salad	Green Goddess Spinach Salad
Soup	Cheesiest Potato Soup	Cozy Roasted Butternut Soup	Lightened-Up African Peanut Stew	Cheesiest Potato Soup	Cozy Roasted Butternut Soup	Lightened-Up African Peanut Stew	Cheesiest Potato Soup
Snack	Baked Nacho Cheesy Kale Chips	Oil-Free Hummus with Fresh Vegetables	Cheesy Gluten-Free Crackers	Baked Nacho Cheesy Kale Chips	Oil-Free Hummus with Fresh Vegetables	Cheesy Gluten-Free Crackers	Baked Nacho Cheesy Kale Chips
Main	Chiles Rellenos Casserole Bake	Grilled Eggplant and Zucchini Lasagna	Homestyle Mexican Casserole	Chiles Rellenos Casserole Bake	Grilled Eggplant and Zucchini Lasagna	Homestyle Mexican Casserole	Chiles Rellenos Casserole Bake
Dessert	none	none	none	none	none	Chocolate-Orange Silk Mousse	Luscious Creamy Lemon Tarts