

## Plant-Based Meal Plan - Week 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>Breakfast:</p> <p>Mixed Berry Smoothie</p>	<p>Breakfast:</p> <p>Maple Oatmeal with Banana, and Pumpkin Seed and Flax Granola</p>	<p>Breakfast:</p> <p>Maple Oatmeal with Banana, and Pumpkin Seed and Flax Granola</p>	<p>Breakfast:</p> <p><a href="#">Strawberry Banana Smoothie</a></p>	<p>Breakfast:</p> <p><a href="#">Strawberry Banana Smoothie</a></p>	<p>Breakfast:</p> <p>Maple Oatmeal with Banana, and Pumpkin Seed and Flax Granola</p>	<p>Breakfast:</p> <p><a href="#">Peanut Butter Chocolate Chip Protein Bar</a>; large bowl of fruit</p>
<p>Lunch:</p> <p><a href="#">Mexican Fiesta Baked Potato</a>; side salad</p>	<p>Lunch:</p> <p>LEFTOVER Potato, White Bean &amp; Kale Vegan Soup</p>	<p>Lunch:</p> <p><a href="#">Garlic Smashed Potatoes</a> with salsa and avocado; side of roasted green beans</p>	<p>Lunch:</p> <p>LEFTOVER Golden Lentil Curry</p>	<p>Lunch:</p> <p>Amy's Organic Southwestern Vegetable soup; large handful of Triscuit crackers</p>	<p>Lunch:</p> <p>LEFTOVER Crispy Curried Chickpeas, Quinoa, and Kale Salad with Lemon Tahini Dressing</p>	<p>Lunch:</p> <p>LEFTOVER Black Bean and Corn Vegan Tacos</p>
<p>Dinner:</p> <p><a href="#">Potato, White Bean &amp; Kale Vegan Soup</a>;</p>	<p>Dinner:</p> <p><a href="#">Shredded Tofu Tacos</a>; side salad</p>	<p>Dinner:</p> <p><a href="#">1-Pot Golden Curry Lentil Soup</a>; side of <a href="#">Artisan, No Knead Crusty Bread</a></p>	<p>Dinner:</p> <p><a href="#">Crispy Broccoli Sweet and Spicy Sesame Tahini Noodles</a>; side of asparagus</p>	<p>Dinner:</p> <p><a href="#">Crispy Curried Chickpeas</a>, Quinoa, and Kale Salad with <a href="#">Lemon Tahini dressing</a></p>	<p>Dinner:</p> <p><a href="#">Black Bean and Corn Vegan Tacos</a> with <a href="#">Taco Slaw</a> and Habanero Pineapple salsa</p>	<p>Dinner:</p> <p>Out to Eat (or make <a href="#">Homemade Pizza</a>)</p>