

Plant-Based Meal Plan - Week 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast: Banana Baked Oatmeal	Breakfast: Banana Baked Oatmeal	Breakfast: Avocado Toast; side of fruit	Breakfast: Banana Baked Oatmeal	Breakfast: Avocado Toast; side of fruit	Breakfast: Apple Overnight Oats	Breakfast: Apple Overnight Oats
Lunch: Chickpea Salad Sandwich ; apple slices	Lunch: LEFTOVER Vegan Mushroom Stroganoff	Lunch: Chickpea Salad Sandwich ; apple slices	Lunch: LEFTOVER Veggie Lo Mein	Lunch: LEFTOVER Chickpea Shawarma Wraps	Lunch: Easy Taco Bowl	Lunch: LEFTOVER Pasta Fagioli Soup
Dinner: Vegan Mushroom Stroganoff ; side of broccoli	Dinner: Vegetarian Tostadas	Dinner: Veggie Lo Mein	Dinner: Chickpea Shawarma Wraps	Dinner: Thai Peanut Quinoa Salad	Dinner: Pasta Fagioli Soup ; side of whole grain crusty bread or crackers	Dinner: Out to Eat (or make Homemade Pizza)