SAMPLE MENU PLAN

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST	Scrambled Tofu Breakfast Tacos	Leftovers: Breakfast Tacos	Strawberry Banana Oatmeal	Green Smoothie	Overnight Oats	Sweet Potato Toast	Fluffy Whole Grain Pancakes w/ Blueberry Compote
LUNCH	Chickpea of the Sea	Leftovers: Chickpea of the Sea	Filling Salad	Filling Salad	Loaded Veggie Sandwich	Loaded Veggie Sandwich	Filling Salad
DINNER	Three-ingredient Bean Burgers	Leftovers: Three-ingredient Bean Burgers	Chickpea Noodle Soup	Leftovers: Chickpea Noodle Soup	Black Bean & Sweet Potato Quesadillas	Leftovers: Black Bean & Sweet Potato Quesadillas	Easy Veggie Stir Fry
SNACK	Tropical Fruit Salad	Leftovers: Tropical Fruit Salad	Air-popped Popcorn	2 Medjool dates stuffed with walnut halves	Roasted edamame	Apple with 1 tbsp peanut butter	Hummus and baby carrots

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YOUR MENU PLAN

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST							
LUNCH							
DINNER							
SNACK							

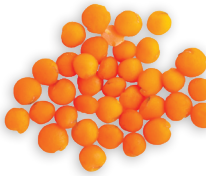
NOTES

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SAMPLE MENU PLAN TIPS



- Use Sunday or Monday as a batch cooking day. Items you can prepare ahead:
  - Chop vegetables for lunch salad and sandwiches.
  - Batch cook any grains or beans for salads.
  - Make a salad dressing to use throughout the week.
  - Prepare the Chickpea Noodle Soup.
  - Combine smoothie ingredients in a freezer bag so that you can just dump the ingredients into the blender in the morning.
  - Prepare overnight oats.
- To simplify the meal plan:
  - Choose just one breakfast recipe, one lunch recipe, and one snack to eat every day throughout the week. Batch cook the recipes you choose on Sunday.



- If you batch cook on Sunday, Monday is a day off from cooking. Enjoy!
- After you finish your first week, either repeat the meal plan again or swap in a few new recipes to try.
- Try a four week experiment: follow this plan for four weeks, swapping in new recipes as you wish, and take note of any changes in your mood, energy, or health.