

## Week 1 Plant-Based Meal Plan Overview

	Breakfast	Lunch	Snack	Dinner
<b>Day 1</b>	Buckwheat Porridge	Black Bean Wrap	Apple Slices	Slow Cooker Lentil Soup
<b>Day 2</b>	Oatmeal	Leftover Lentil Soup	Dried Mango Slices	Curried Veggie Patties, Steamed Broccoli, Oven-Baked Mixed Potato Fries
<b>Day 3</b>	Buckwheat Porridge	Ginger Butternut Carrot Soup, Cucumber Sandwich	Orange Slices	Homemade Veggie Pizza
<b>Day 4</b>	Oatmeal	Leftover Ginger Butternut Carrot Soup, Cucumber Sandwich	Grapes	Instant Pot® Spinach Dal over Brown Rice
<b>Day 5</b>	Buckwheat Porridge	Leftover Spinach Dal over Brown Rice	Apple Slices	Big Salad
<b>Day 6</b>	Oatmeal	Big Salad	Dried Mango Slices	Slow Cooker 3 Bean Chili
<b>Day 7</b>	Buckwheat Porridge	Leftover Chili	Grapes or Orange Slices	Loaded Portobello Sandwich or wrap

**Dessert:** Oatmeal Raisin Chocolate Chip Cookies