

Week 2 Plant-Based Meal Plan Overview

	Breakfast	Lunch	Snack	Dinner
Day 1	Quinoa Porridge	Minestrone Soup with Garlic Toast	Grapes	Instant Pot® Bombay Potatoes over Kale
Day 2	Oatmeal	Leftover Bombay Potatoes	Pear or Apple Slices	Pesto Zoodles
Day 3	Quinoa Porridge	Leftover Minestrone Soup with Garlic Toast	Dried Mango Slices	Vegan Lentil Loaf, Mashed Potatoes, and Steamed Broccoli
Day 4	Oatmeal	Leftover Meat Loaf, Mashed Potatoes, Broccoli	Oranges slices	Big Salad
Day 5	Quinoa Porridge	Big Salad	Grapes	Plant-Based Coconut Curry over Rice Vermicelli
Day 6	Oatmeal	Leftover Coconut Curry	Pear or Apple Slices	Spaghetti Squash with Pinto Beans
Day 7	Quinoa Porridge	Leftover Spaghetti Squash and Pinto Beans	Dried Mango Slices	Spinach Hummus Pizza

Dessert: Chocolate Snack Cake with Dark Chocolate Avocado Frosting