

Week 3 Plant-Based Meal Plan Overview

	Breakfast	Lunch	Snack	Dinner
Day 1	Oatmeal	Chickpea Salad Wrap	Grapes	White Bean Shepherd's Pie
Day 2	Millet Porridge	Leftover Shepherd's Pie	Pear or Apple Slices	Mushroom Quinoa Soup
Day 3	Oatmeal	Chickpea Salad Wrap	Dried Mango Slices	Veggie Pasta Alfredo
Day 4	Millet Porridge	Leftover Mushroom Soup	Oranges slices	Roasted Brussel Sprout Salad
Day 5	Oatmeal	Leftover Pasta Alfredo	Grapes	Slow Cooker Sweet Potato Soup & Salad
Day 6	Millet Porridge	Leftover Brussel Sprout Salad	Pear or Apple Slices	Veggie Pizza
Day 7	Oatmeal	Leftover Sweet Potato Soup & Salad	Dried Mango Slices	Quick Rice and Beans

Dessert: Homemade Chocolate Ginger Cashew Clusters