

## Week 3 Plant-Based Meal Plan Overview

	Breakfast	Lunch	Snack	Dinner
<b>Day 1</b>	Buckwheat Porridge	Cheesy BBQ Chickpea Wrap	Apple or Pear slices	Slow Cooker Cream of Broccoli Soup with salad and/or garlic toast
<b>Day 2</b>	Oatmeal	Leftover Broccoli Soup and garlic toast	Grapes	Rice Cooker Pasta
<b>Day 3</b>	Buckwheat Porridge	Leftover Cheesy BBQ Chickpea Wrap	Dried Mango Slices	Sweet Potato Veggie Burgers with salad
<b>Day 4</b>	Oatmeal	Leftover Rice Cooker Pasta	Oranges slices	Sweet Potato Green Salad
<b>Day 5</b>	Buckwheat Porridge	Veggie Chickpea Flour Scramble	Apple or Pear slices	Lentil Taco Salad
<b>Day 6</b>	Oatmeal	Leftover Lentil Taco Salad	Grapes	Quick Vegan Portobello Pizza
<b>Day 7</b>	Buckwheat Porridge	Big Salad	Dried Mango Slices	Veggie Quinoa Sushi Rolls

**Dessert:** Mini Raw Banana Cream Pies with Peanut Butter Crust