

## Week 5 Plant-Based Meal Plan Overview

	Breakfast	Lunch	Snack	Dinner
<b>Day 1</b>	Oatmeal or Porridge with Fruit	Acorn Squash Soup and salad	Apple or Pear Slices	Tomato Eggplant Quinoa Bowl
<b>Day 2</b>	Oatmeal or Porridge with Fruit	Leftover Acorn Squash Soup with salad	Dried Mango Slices	Rice Cooker Vegan Lentil Bolognese
<b>Day 3</b>	Oatmeal or Porridge with Fruit	Leftover Tomato Eggplant Quinoa Bowl	Banana or Orange Slices	Sweet Potato Sushi Rolls
<b>Day 4</b>	Oatmeal or Porridge with Fruit	Leftover Vegan Lentil Bolognese	Grapes	Creamy Polenta with Zucchini
<b>Day 5</b>	Oatmeal or Porridge with Fruit	Big Salad	Apple or Pear Slices	Warm Teriyaki Quinoa Salad
<b>Day 6</b>	Oatmeal or Porridge with Fruit	Leftover Polenta with Zucchini	Dried Mango Slices	Big Salad
<b>Day 7</b>	Oatmeal or Porridge with Fruit	Leftover Teriyaki Quinoa Salad	Grapes or Orange Slices	Kale Veggie Patties with salad

**Dessert:** Cookie Dough Energy Bites