

Week 6 – Plant-Based Meal Plan Overview

	Breakfast	Lunch	Snack	Dinner
Day 1	Oatmeal or Porridge with fruit	Kale & White Bean Soup and Sloppy Jacks	Apple or Pear Slices	Chickpea & Vegetable Tagine
Day 2	Oatmeal or Porridge with fruit	Leftover Chickpea & Vegetable Tagine	Dried Mango Slices	Curried Cauliflower Soup and Black Bean Burgers
Day 3	Oatmeal or Porridge with fruit	Leftover Kale & White Bean Soup and Sloppy Jacks	Banana or Orange Slices	Arugula Pesto Pasta with Roasted Vegetables
Day 4	Oatmeal or Porridge with fruit	Leftover Curried Cauliflower Soup and Black Bean Burgers	Grapes	Zucchini Noodles with Avocado-Cashew Alfredo
Day 5	Oatmeal or Porridge with fruit	Leftover Arugula Pesto Pasta with Roasted Vegetables	Apple or Pear Slices	Moroccan Lentil Soup and Curried Chickpea Wrap
Day 6	Oatmeal or Porridge with fruit	Leftover Zucchini Noodles with Avocado-Cashew Alfredo	Dried Mango Slices	Cauliflower Steaks with Chermoula Sauce and Garlic Greens Sauté over brown rice
Day 7	Oatmeal or Porridge with fruit	Leftover Moroccan Lentil Soup and Curried Chickpea Wrap	Grapes or Orange Slices	Super Salad with Garlic Caesar Dressing and steamed tempeh

Dessert: Baked Apple Crumbles