

## Week 7 Plant-Based Meal Plan Overview

	Breakfast	Lunch	Snack	Dinner
<b>Day 1</b>	Oatmeal or Porridge with fruit	Ginger Butternut Carrot Soup and Chickpea Salad Wrap	Apple or Pear Slices	Vegan Kidney Bean One Pot Pasta
<b>Day 2</b>	Oatmeal or Porridge with fruit	Leftover Soup and Chickpea Salad	Dried Mango Slices	White Bean Shepherd's Pie
<b>Day 3</b>	Oatmeal or Porridge with fruit	Leftover One Pot Pasta	Banana or Orange Slices	Root Vegetable Mushroom Stew with Garlic Toast
<b>Day 4</b>	Oatmeal or Porridge with fruit	Leftover Shepherd's Pie	Grapes	Big Salad
<b>Day 5</b>	Oatmeal or Porridge with fruit	Leftover Root Vegetable Soup and Garlic Toast	Apple or Pear Slices	Lentil Taco Salad
<b>Day 6</b>	Oatmeal or Porridge with fruit	Big Salad	Dried Mango Slices	Stuffed Shells
<b>Day 7</b>	Oatmeal or Porridge with fruit	Leftover Lentil Taco Salad	Grapes or Orange Slices	Leftover Shepherd's Pie or Stuffed Shells

**Dessert:** Oatmeal Raisin Chocolate Chip Cookies