

Week 8 Plant-Based Meal Plan Overview

	Breakfast	Lunch	Snack	Dinner
Day 1	Oatmeal or Porridge with fruit	Chickpea Quiche	Apple or Pear Slices	Veggie Pizza
Day 2	Oatmeal or Porridge with fruit	Leftover Veggie Pizza	Dried Mango Slices	Curried Veggie Patties, Oven Baked Mixed Potato Fries, Steamed Broccoli with
Day 3	Oatmeal or Porridge with fruit	Big Salad	Banana or Orange Slices	Slow Cooker 3 Bean Chili
Day 4	Oatmeal or Porridge with fruit	Leftover Veggie Patties	Grapes	Veggie Lasagna
Day 5	Oatmeal or Porridge with fruit	Leftover 3 Bean Chili	Apple or Pear Slices	Big Salad
Day 6	Oatmeal or Porridge with fruit	Leftover Lasagna	Dried Mango Slices	Instant Pot® Bombay Potatoes
Day 7	Oatmeal or Porridge with fruit	Leftover Bombay Potatoes	Grapes or Orange Slices	Veggie Cauliflower Fried Rice

Dessert: Cherry Apple Pie