

## Week 9 Plant-Based Meal Plan Overview

	Breakfast	Lunch	Snack	Dinner
<b>Day 1</b>	Oatmeal or Porridge with fruit	Slow Cooker Sweet Potato Soup with Cheesy BBQ Chickpea Wrap	Apple or Pear Slices	Veggie Pizza
<b>Day 2</b>	Oatmeal or Porridge with fruit	Leftover Soup & Wrap	Dried Mango Slices	Creamy Polenta with Zucchini
<b>Day 3</b>	Oatmeal or Porridge with fruit	Leftover Pizza	Banana or Orange Slices	Lentil Soup with Sweet Potatoes
<b>Day 4</b>	Oatmeal or Porridge with fruit	Leftover Polenta	Grapes	C's Veggie Pasta
<b>Day 5</b>	Oatmeal or Porridge with fruit	Leftover Lentil Soup	Apple or Pear Slices	Big Salad
<b>Day 6</b>	Oatmeal or Porridge with fruit	Leftover C's Pasta	Dried Mango Slices	Lentil Bolognese over Spaghetti Squash
<b>Day 7</b>	Oatmeal or Porridge with fruit	Leftover Bolognese & Spaghetti Squash	Grapes or Orange Slices	Lasagna & Salad
<b>Day 8</b>	Oatmeal or Porridge with fruit	Leftover Lasagna	Apple or Pear Slices	Big Salad

**Dessert:** Oatmeal Raisin Chocolate Chip Cookies