

## MEAL PLAN



## WEEK ONE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday (flex)	Saturday
Breakfast	1 • Warm and nutty cinnamon quinoa • <b>Prep:</b> Soak beans for #4	5 • Cinnamon oatmeal	9 • Warm and nutty cinnamon quinoa	13 • Cinnamon oatmeal	17 • Warm and nutty cinnamon quinoa	21 • Cinnamon oatmeal	25 • Warm and nutty cinnamon quinoa
Lunch	2 • Graze for leftovers	6 • Leftover soup and focaccia	10 • Leftover wraps • Blueberries	14 • Leftover couscous salad	18 • Veggie wraps: carrots, cucumber, avocado, tomato, spinach, hummus	22 • Graze for leftovers	26 • Graze for leftovers
Snack	3 • Graze for leftovers	7 • Hummus and carrots	11 • Apple slices and nut butter	15 • Hummus and carrots	19 • Apple slices and nut butter	23 • Hummus and carrots	27 • Graze for leftovers
Dinner	4 • Rosemary white bean soup • Focaccia • Salad	8 • Mediterranean chickpea wraps	12 • Couscous salad with roasted vegetables and chickpeas	16 • Graze for leftovers	20 • Portobello and zucchini tacos (1/2 recipe) • Black beans	24 • Bean, corn and tortilla salad	28 • Mushrooms and tofu in paprika cream over noodles • Salad



**Tips for the week:** If you think of it, start soaking your beans Saturday night. If you forget, you can always use the quick soak method: after you rinse and pick through your beans for any little rocks or dirt, cover the beans with about an inch or two of water. Bring to a boil. Once they're boiling, cover and let sit for about 2 hours. Drain and proceed with your recipe. Quick as that. Make sure to store avocados in the refrigerator once they're ripe. Use anything you like for the wraps, the ingredients above are just suggestions based on what you may have left over. There's extra carrot, avocado, tomato and spinach in the shopping list for making salads or wraps. If you find you have a smaller appetite and aren't able to finish all the soup, tuck it away in the freezer for a flex day in the future.