



Vegetarian Weekly Meal Plan

Meals for the Week

SUN	<p>B: Veggie & cheese omelets w/ English muffin (peppers, onions, spinach, tomatoes) *chop extra of veggies for dinner tonight and lunch tomorrow!</p> <p>L: Store bought black bean burger on whole wheat bun (ketchup & mustard), sweet potato fries, & a piece of fruit</p> <p>D: Vegetarian flatbread pizzas (whole wheat flatbreads, shredded mozzarella, marinara sauce, leftover chopped veggies from breakfast)</p>
MON	<p>B: Eggs & English muffins w/ a piece of fruit</p> <p>L: Cottage cheese, fruit (of your choice), Taco salad (lettuce, spinach, cheese, taco seasoning on chickpeas, peppers, tomatoes, corn, salsa & Greek yogurt dressing)</p> <p>D: Vegetarian Sheppard's pie made w/ lentils and Yukon potatoes Make enough for leftovers! (add leftover corn, cheese, and peppers from lunch) + frozen peas/diced carrots https://www.spendwithpennies.com/easy-lentil-shepherds-pie-vegetarian/</p>
TUE	<p>B: Greek yogurt parfaits (pb, honey, frozen berries, granola)</p> <p>L: Leftover Sheppard's pie & a piece of fruit</p> <p>D: Black bean quesadillas (whole wheat tortillas, black beans, onions, peppers, cheese. Top with lettuce, Greek yogurt, & salsa) <u>Allow for leftover ingredients to use for breakfast tomorrow!</u></p>
WED	<p>B: Veggie black bean breakfast burritos (eggs with leftover ingredients from black bean quesadillas ex. black beans seasoned with taco seasoning, onions, pepper, and cheese in a whole wheat tortilla)</p> <p>L: 3-bean chili (black beans, kidney beans, chickpeas, onion, garlic, any/all veggies, tomato paste, chili powder, cumin, salt, pepper) Make enough for leftovers! & a piece of fruit https://www.allrecipes.com/recipe/254689/three-bean-vegetarian-chili/</p> <p>D: Veggie teriyaki stir fry (brown rice (on the side), tofu, teriyaki sauce, peppers, onions, broccoli, carrots) https://brokebankvegan.com/teriyaki-tofu-stir-fry/</p>
THU	<p>B: Avocado, egg, & cheese on an English muffin</p> <p>L: leftover 3-bean chili (w/ cheese, Greek yogurt, opened avocados from breakfast if available), whole wheat crackers, & a piece of fruit</p> <p>D: Eggplant parmesan Make enough for leftovers! (eggplant, whole wheat pasta, marinara, breadcrumbs, egg, flour, parmesan cheese) https://www.allrecipes.com/recipe/25321/eggplant-parmesan-ii/</p>

FRI	B: <i>Boxed cereal, milk, bananas</i>
	L: <i>Eggplant parmesan leftovers w/ garden salad</i>
	D: <i>Curried veggies</i> (peppers, onions, stewed tomatoes, broccoli, any other veggies in the freezer or fresh that are beginning to wilt) & chickpeas with brown rice (reheated from Wednesday's dinner) *Make lots because big batches reheat/freeze well https://www.spendwithpennies.com/curried-chickpeas/
SAT	B: <i>Smoothie</i> (spinach, Greek yogurt, milk, frozen berries, pb, banana)
	L: <i>Leftover curried veggies and chickpeas added to cooked quinoa, mixed, baked with cheese on top</i>
	D: <i>Treat yourself to a night out with the family!</i>

Shopping List

Fruits/Veggies	<ul style="list-style-type: none"> • Romain • Spinach • Peaches/cuties/apples/pineapple (personal preference w/ fruit) • Frozen berry medley • Peppers • Onions • Bananas • Broccol • Grape tomatoes • Avocado 	<ul style="list-style-type: none"> • Frozen mixed veggies (carrots, corn, peas) • Stewed tomatoes • Eggplant • Sweet potatoes • Yukon potatoes
Protein	<ul style="list-style-type: none"> • Canned Black beans • Canned Kidney beans • Canned Northern beans • Canned Chickpeas • Peanut butter 	<ul style="list-style-type: none"> • Eggs • Firm tofu • Frozen black bean burgers • Lentils

Dairy	<ul style="list-style-type: none"> • Greek yogurt (non-fat plain) • Shredded cheeses (Mexican & mozzarella) • Cottage cheese • Skim milk (to drink or for oats, cereals, pancakes, etc.) 	
Starches/Grains	<ul style="list-style-type: none"> • Whole wheat English muffins • Breakfast cereal (less than 6g added sugar per serving, 10 g protein) • Granola (again, lower sugar content) • Whole wheat flatbreads • Whole wheat pasta • Brown rice 	
Fats/oils	<ul style="list-style-type: none"> • Butter • Olive oil • Avocado oil • Pam 	
Herbs, spices, condiments, sauces, etc.	<ul style="list-style-type: none"> • Taco seasoning • Salt • Pepper • Italian seasoning • Chili powder • Cumin • Mrs. Dash 	<ul style="list-style-type: none"> • Ketchup • Mustard • Salad dressing • Salsa • Curry spices • Teriyaki sauce • Soy sauce

