

SUNDAY

pesto quesadillas

- 4 medium-large tortillas
- Heaping 1/4 cup pesto, homemade or store-bought
- 1 1/3 cup shredded cheese
- 1 1/3 cup white beans
- 2-3 ripe tomatoes



MONDAY

kale salad

- 2 to 4 large eggs
- 2 heads lacinato kale
- 1 large sweet potato
- 1 large avocado
- 1/3 cup raw walnuts
- 1/4 cup raw pumpkin seeds
- 1/3 cup feta cheese crumbles, optional
- 1/3 cup olive oil
- 1/4 cup fresh lemon juice
- 2 tsp pure maple syrup
- 1/4 cup fresh parsley
- 1/4 cup fresh mint

TUESDAY

portabello burgers

- 2 large portobello mushrooms
- 1/2 cup vegetarian Worcestershire sauce
- 1/4 cup balsamic vinegar
- 1 Tbsp garlic powder
- 2 slices cheddar cheese or American cheese
- 2 medium burger buns
- Your favorite burger toppings

DESSERT

chocolate cookies

- 1 medium granny smith apple*
- 1 Tbsp granulated sugar
- 1 Tbsp dark brown sugar
- 1/4 tsp ground cinnamon
- 1 tsp cornstarch
- 2 Tbsp neutral oil or vegan butter
- 3 Tbsp all-purpose flour
- 3 Tbsp rolled oats
- 1 1/2 Tbsp dark brown sugar
- 1/8 tsp ground cinnamon

WEDNESDAY

korean tempeh bowls

- 1 cup brown rice
- 8 oz tempeh, cut into 3/4-inch cubes
- 1/4 cup + 2 tsp tamari
- 2 tbsp mirin
- 1 1/2 tbsp sesame oil
- 1 tbsp sugar
- 4 cloves garlic, minced
- 1 tbsp minced ginger
- 1-2 tsp red pepper flakes
- 1 tbsp grapeseed oil
- 2 large carrots
- 2 small zucchini
- 12 oz broccoli, cut into bite-sized florets
- 2 tbsp toasted sesame seeds
- For the sriracha mayo
- 1/3 cup mayonnaise
- 1 tbsp + 3 tsp rice vinegar
- 2 tbsp sriracha
- 1 garlic clove, grated

THURSDAY

veggies and noodles

- 1 yellow onion, diced
- 2 stalks celery, diced
- 1/2 cup diced carrots
- 4 cloves garlic, minced
- 3 cups vegetable broth
- 2 cups whole milk
- 1/2 tsp dried thyme
- 1/2 teaspoon paprika
- 8oz egg noodles
- 1 cup corn
- 1 cup peas

FRIDAY

lasagna soup

- 1 medium yellow onion, diced
- 8oz sliced mushrooms (2 cups)
- 2 cups cauliflower florets, chopped
- 1 bell pepper, diced
- 1 medium zucchini, diced
- 3 cloves garlic, minced
- 1 (15oz) can crushed tomatoes
- 2 tsp Italian seasoning
- 1 1/2 cups Tomato & Basil Pasta Sauce
- 8 uncooked lasagna sheets
- 2 cups fresh spinach