



SUNDAY

broccoli tacos

- 3 heads broccoli, chopped into 1" pieces
 - ¼ teaspoon onion powder
 - ¼ teaspoon garlic powder
 - ¼ cup mayonnaise or Vegenaise
 - Juice from ½ lime
 - ¼ cup cilantro
 - 6 small flour or corn tortillas
- ½ cup shredded cabbage

MONDAY

lentil meatballs

- 1 cup black lentils
- ½ cup quinoa
- 1 teaspoon garlic powder
- 1 large egg
- 6 cloves garlic
- 1 tablespoon ginger
- ½ teaspoon turmeric
- 1 (14.5 oz) canned diced tomatoes
- 1 tablespoon dried fenugreek
- 1 13.5-ounce can coconut milk
- 1 tablespoon lime juice
- 1 tablespoon brown sugar

TUESDAY

cream of mushroom soup

- ¾ cup raw cashews
- 1 ½ cups chopped onion
- 1 ½ cups chopped carrot
- 1 ½ cup chopped celery
- 8 oz sliced mushrooms
- 4 cloves garlic, minced
- 1 tsp dried thyme
- ½ tsp dried sage
- ¾ cup uncooked wild rice
- 4 cups vegetable broth
- 1 tbsp soy sauce
- 2 cups fresh spinach, chopped

tortilla soup

- ½ yellow onion, diced
- 1 large green bell pepper, diced
- 1 large red bell pepper, diced
- 2 cloves garlic, minced
- 1 (14.5) oz can diced tomatoes
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1 teaspoon paprika
- ½ teaspoon smoked paprika
- ½ teaspoon granulated garlic
- ½ teaspoon onion powder
- ½ teaspoon dried Italian seasoning
- 3 cups vegetable broth
- 1 cup black beans
- 1 cup corn kernels
- Crispy Tortilla Strips
- 10 corn tortillas

THURSDAY

buddah bowls

- 1-½ cups red quinoa
- 2 cups green beans
- 1 medium sweet potato diced
- 1 large head cauliflower
- 1 ounce can chickpeas
- 1 teaspoon chili powder
- ¼ teaspoon paprika
- Pinch ground turmeric
- 1 cup raw cashews
- 2 tablespoons fresh lemon juice
- 1 clove garlic minced
- 2 tablespoons nutritional yeast
- 1 teaspoon pure maple syrup

FRIDAY

chickpea salad

- 1 14.5 oz can chickpeas
- ⅓ cup mayonnaise
- ¼ cup diced celery
- ¼ cup quartered grapes
- ¼ cup diced carrot
- ¼ cup chopped walnuts
- 1 Tbsp chopped fresh dill
- 6 slices bread of your choice

DESSERT

cookie granola

- 2 ¼ cups rolled oats
- ¾ cup unsweetened flaked coconut
- ¾ cup unsalted pecans, roughly chopped
- 1 cup dried cranberries
- 1 cup dark chocolate or semi-sweet chocolate chips
- 1 tsp ground cinnamon
- 1 tsp salt
- ⅛ cup white sugar
- ¼ cup maple syrup
- 4 Tbsp unsalted butter, melted
- 3 Tbsp coconut oil, melted
- 1 tsp vanilla extract