WEEKLY MEAL PLAN

EAT® PLANT-BASED

WEEK OF: _____

MONDAY
Waffle Hashbrowns

Chickpea Tuna Salad Sandwich

Yes-You-Can Chili + salad

Snack: DateNuts

TUESDAY
Sweet Potato Muffins

Chili (leftovers) + corn on cob

Tofu Teriyaki + brown rice

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

SHOPPING LIST