

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

BREAKFAST

Rye Bread



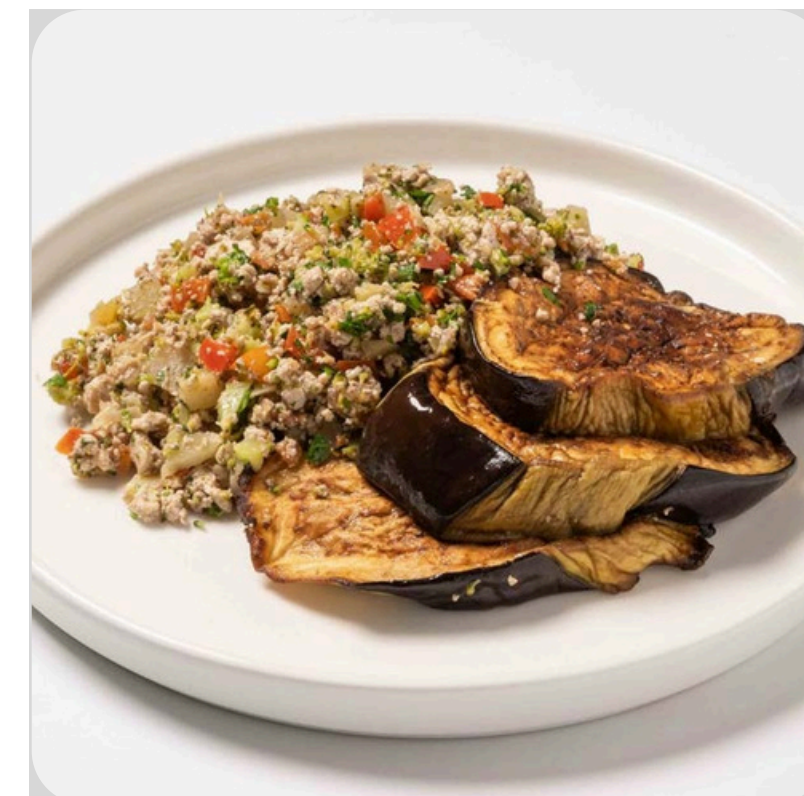
Nutty Apple Chia Pot



Sweet Potato Spanish
Tofu Omelette



Scrambled Tofu with
Mixed Vegetables



Plant Power
Quesadilla



LUNCH MEAL

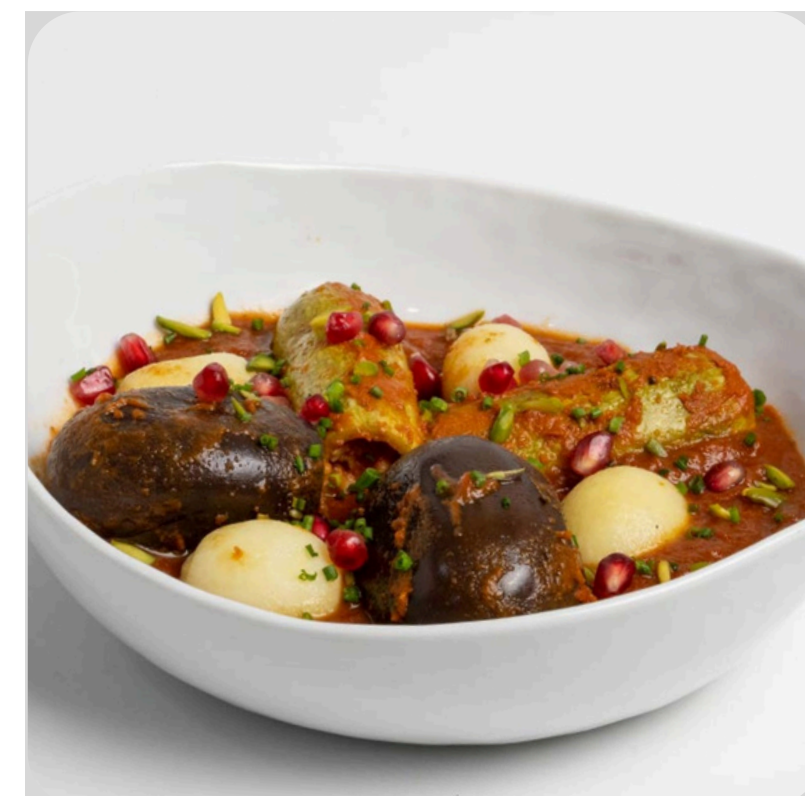
Marinated Tofu



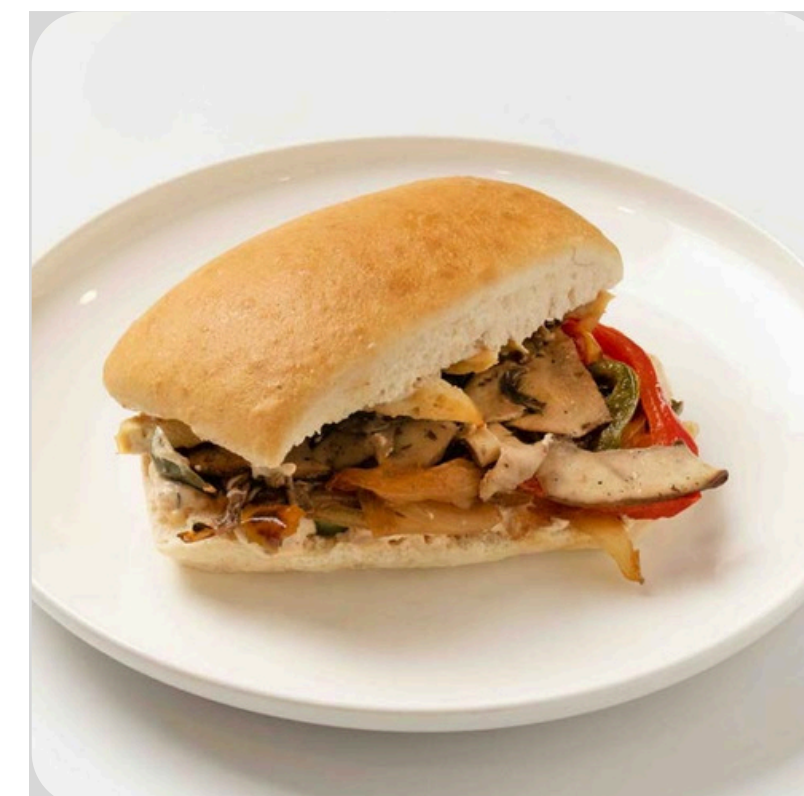
Vegetable Green
Thai Curry



Freekin' Good Stuff



Chipotle Tofu
Philly Ciabatta



Hot Buddha Bowl



DINNER MEAL

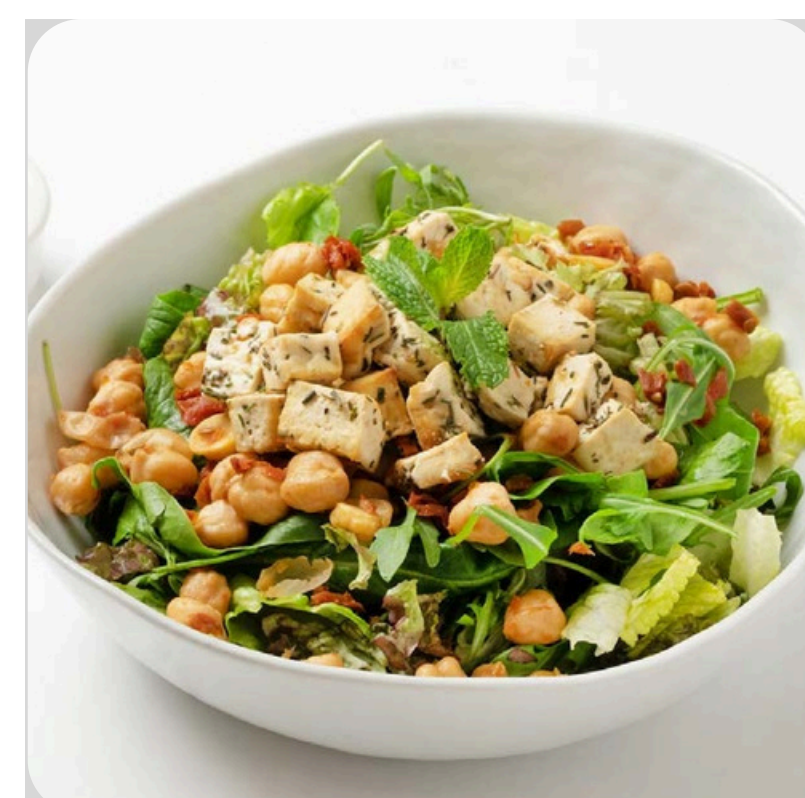
Soba Miso Noodles



Pad Thai



Chickpeas, Tofu and
Sun-Dried Tomato Salad



Stir Fried
Vegetables with Millet



Aromatic Chickpeas
and Spinach Curry



DAY 1



Roasted Cauliflower
with Tahina Dressing



DAY 2



Artichoke and
Potato Soup



DAY 3



Quinoa Tabbouleh



DAY 4



Baba Ghanouch



DAY 5



Greens and Beans



SIDE DISHES

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

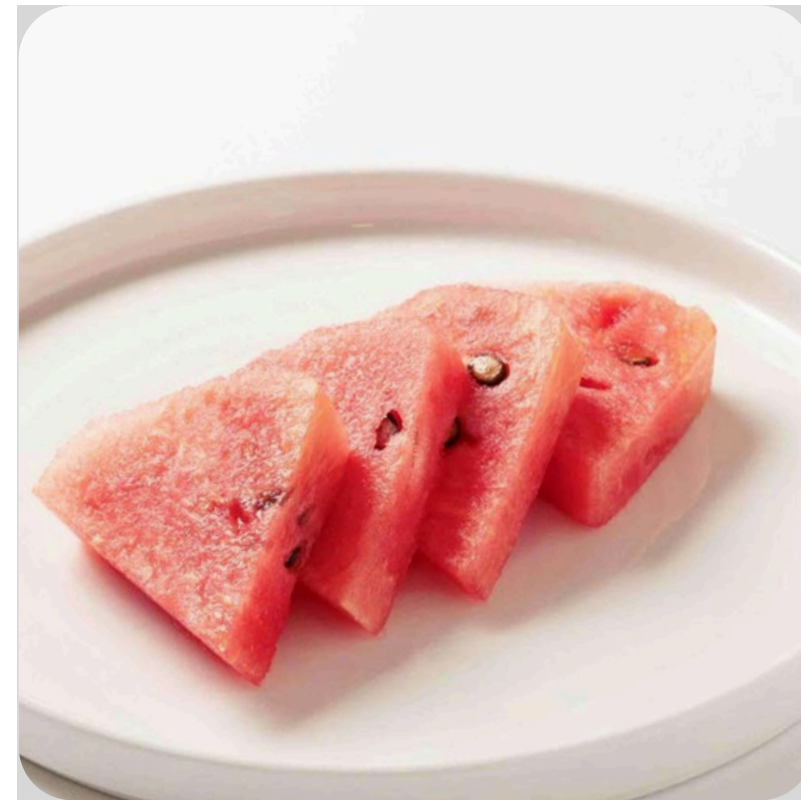
Grapes, Red

Watermelon Slices

Pineapple, Orange
and Grapefruit Salad

Grapefruit Slices

Seasonal Fruit Salad



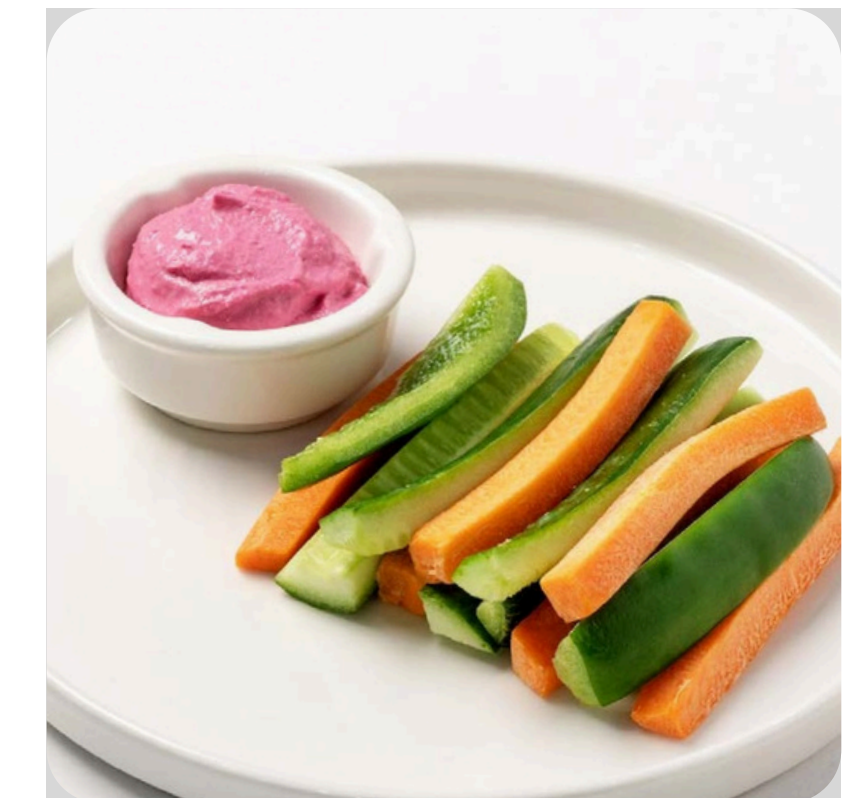
Chia Crackers with
White Bean Hummus

Peanut Butter and Dark
Chocolate Oats Bars

Healthy Bounty Bars

Sweet Potato Chips
with Greek Tofu Dip

Vegetable Crudité's with
Beetroot-Hummus Dip



MORNING
FRUIT SNACK

AFTERNOON
SNACK