



DINNER

MONDAY



HIDDEN VEGGIE MAC AND CHEESE

A classic comfort food with a twist. The cheese sauce is made with blended veggies and added nutrition...but that's our secret!

TIP: Use a high speed or immersion blender for an ultra smooth sauce

TUESDAY



TOFU TACOS

Seasoned pressed tofu served in tortillas with a fresh and zingy cabbage slaw that's ready in 20 minutes!

Side dish ideas: [Guacamole](#), [Black Bean Salsa](#), [Cilantro Lime Rice](#)

WEDNESDAY



SPAGHETTI SQUASH ALFREDO

I love a good veggie-heavy dinner, especially with a creamy cheesy sauce! Easy to bake and blend a simple sauce to add on top.

TIP: Make sure the squash is still warm when you toss it with the sauce and butter so everything combines nicely.

THURSDAY



VEGETARIAN BURRITO BOWLS

This plant-forward recipe skips the tortilla and piles all the good stuff into a bowl! It's easy to prep and perfect for a stress-free dinner.

TIP: Use up any leftover rice and salsa from taco Tuesday you may have left to build your bowls.

FRIDAY



QUINOA STUFFED PEPPERS

Made with plant-based protein including quinoa and beans for a healthy, hearty and delicious meal that even non-vegetarians will love!

TIP: Let the quinoa sit in the pan before fluffing and making the stuffing. This will help to absorb extra moisture.

BREAKFAST

OVERNIGHT OATS



Serve them plain or try one of my 6 add in ideas! It's a quick, simple breakfast that you can prep for the week!

SNACK/DESSERT

NO BAKE ENERGY BITES



An easy snack made with 6 ingredients all rolled up into a ball to give you plenty of energy as a mid-day snack