



### DINNER

MONDAY



#### MEDITERRANEAN WHITE BEAN SOUP

This vegan soup is easy to make and it's so hearty and flavorful that it makes for a perfect and filling meal.

**TIP:** Make it creamy by stirring in some cashew milk! It adds a rich and creamy flavor while still keeping it vegan.

TUESDAY



#### TOFU TACOS

Meatless Monday or Taco Tuesday? Whichever day you choose, these tacos are quick, easy, and served with a zingy cabbage slaw!

**TIP:** Don't forget to press the tofu thoroughly to remove excess water, ensuring crispy pieces.

WEDNESDAY



#### VEGETARIAN GYRO BOWL

These chickpea feta gyro bites are served with lettuce, pita, bell peppers and creamy tzatziki!

**TIP:** Make patties instead of bites. Take larger scoops of the chickpea mixture and form them into equal sized patties.

THURSDAY



#### QUINOA STUFFED ZUCCHINI BOATS

A great healthy and nutrient-loaded weeknight dinner that the whole family will love!

**TIP:** Use medium sized zucchinis for better texture that won't become soggy after baking.

FRIDAY



#### SPINACH LASAGNA ROLL UPS

Loaded with the best spinach and ricotta filling and baked with marinara and melty cheese for a delicious family dinner and a new fun way to enjoy a classic.

**Side dish ideas:** Caesar Salad with Kale, Garlic Knots

### BREAKFAST

#### SHEET PAN EGGS



A quick, grab-and-go breakfast for busy mornings, enjoyed on toast, in a sandwich or wrap, or topped with veggies!

### SNACK/DESSERT

#### GRANOLA COOKIES



Crunchy, wholesome, and a more compact form of granola in a handheld form!