

**MENU PLANNING IDEAS**

BREAKFAST	LUNCH	DINNER
Oatmeal with berries and flax seed	Panini sandwich	Buddha bowls
Ezekiel toast with nut butter, avocado, or hummus	Sandwich with nut butter or chickpea salad or hummus and veggies	Veggie chili and grain
Tofu scramble with veggies	Veggie Burger, Ezekiel Bun	Any grain, Any green, Any bean
Smoothies – full meal	Pita pocket with hummus and veggies	Pasta and veggies
Muffins – WFPB, no oil	Quinoa salad	Veggie curry
Home fries and veggies	Bean salad	Potatoes and veggie stews
Breakfast burritos	Hummus wraps	Cheese-less pizza
Pancakes (1:1:1, nut milk, banana, oats)	Burritos	Loaded potato with veggies and salsa
Fresh fruit	Veggie soup	Bean burgers
Plant-based yogurt and granola	Spring rolls	Spaghetti with mushrooms
Whole wheat bagel with Kite Hill cream cheese	Loaded salad with beans and grains	Rice and beans and veggies