

# MENU PLANNER

WEEK OF \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER
MONDAY	Weight Loss Breakfast Millet	Vegan Buddha Bowls	Healthy Tortellini Soup
TUESDAY	Protein Packed Tofu Scramble	Vegan Rice Bowls	Thai Curry Lentil Soup
WEDNESDAY	Weight Loss Breakfast Millet	Vegan Buddha Bowls	Healthy Pesto Avocado Pasta
THURSDAY	Protein Packed Tofu Scramble	Vegan Rice Bowls	Portobello Mushroom Burgers
FRIDAY	Weight Loss Breakfast Millet	Vegan Buddha Bowls	Fat Burning Cabbage Soup
SATURDAY	Protein Packed Tofu Scramble	Vegan Rice Bowls	Filling Kale Salad
SUNDAY	Weight Loss Breakfast Millet	Vegan Buddha Bowls	Stuffed Butternut Squash