

Five Day Plant-Strong Menu

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	<p><i>Oatmeal with Cinnamon and Raisins</i></p> <p>Non-dairy milk of choice (Almond/Soy/Rice)</p> <p>Pumpernickel toast with jam</p> <p>Grapefruit</p>	<p>Whole-grain bagel with apple butter</p> <p>Veggie bacon</p> <p>Cantaloupe</p>	<p><i>Banana French Toast</i></p> <p>Orange</p> <p>Soy sausage</p>	<p><i>Tofu Scramble</i> with added vegetables (tomatoes, zucchini, etc.)</p> <p>Pumpernickel toast with jam</p> <p>Sliced bananas</p>	<p><i>Maple Walnut Granola</i></p> <p>Blueberries</p>
Lunch	<p><i>Eggless Salad</i> w/lettuce & tomato on whole wheat bread</p> <p>Blueberries</p>	<p><i>Red Pepper Hummus & veggies</i> in a whole wheat pita **use some of veggies from last night's stir fry**</p> <p>Apple</p>	<p><i>Vegetarian Chili</i></p> <p>Triscuits</p> <p>Grapes</p>	<p><i>African Kale & Yam Soup</i></p> <p>Triscuits</p> <p><i>Lunchbox Favorite Salad</i></p>	<p>Mixed Green Salad w/tomatoes, cauliflower, red cabbage, garbanzo beans, peas, carrots and broccoli</p> <p><i>Balsamic Dressing</i></p> <p>Whole-wheat pita chips</p>
Dinner	<p><i>Citrus Stir Fry w/Brown Rice</i> **Save some veggies for tomorrow's lunch**</p>	<p><i>Grilled Marinated Portobello Mushroom</i> on whole wheat bun</p> <p><i>Grilled Summer Vegetables</i></p>	<p><i>Quinoa Stuffed Peppers</i></p> <p>Mixed green salad w/ <i>Balsamic Dressing</i></p>	<p><i>Lentil Sloppy Joes</i> on a whole wheat bun</p> <p>Steamed broccoli & cauliflower</p>	<p><i>Fettuccine w/Grilled Asparagus, Peas & Lemon</i></p> <p>whole wheat garlic toast</p>
Snacks	<p>Whole-wheat pita chips with <i>Red Pepper Hummus</i></p>	<p><i>Smoothie: banana, non-dairy milk of choice, frozen berries, vanilla</i></p>	<p>Dried Figs</p>	<p>Mixed fruit salad</p> <p><i>Baked Corn Tortillas with Salsa</i></p>	<p><i>Plain Hummus</i> with carrots and cucumbers</p> <p>Carrots and raisins</p>

Italicized recipes available upon request

