

Vegetarian Lunch & Dinner Meal Prep - Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|--|--|--------------------------------|--|---------------------------------------|---------------------|---------------------------------------|
| Breakfast | | | | | | | |
| Lunch | <i>2nd Portion of Previous Saturday's Dinner</i> | <i>2nd Portion of Previous Sunday's Dinner</i> | Chili, Cornbread | Falafel Rice, Tzatziki, Tomatoes, Red Onion, Lettuce, Cucumber | Lasagna, Salad, 5 Minute Bread | Cashew Stir Fry | Creamy Vegetable Soup, 5 Minute Bread |
| Dinner | Chili, Cornbread | Falafel Rice, Tzatziki, Tomatoes, Red Onion, Lettuce, Cucumber | Lasagna, Salad, 5 Minute Bread | Cashew Stir Fry | Creamy Vegetable Soup, 5 Minute Bread | <i>Freezer Meal</i> | <i>Freezer Meal</i> |
| Snacks | | | | | | | |