

# Vegetarian Lunch & Dinner Meal Prep - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>							
<b>Lunch</b>	<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
<b>Dinner</b>	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>
<b>Snacks</b>							