

Vegetarian Lunch & Dinner Meal Prep - Week 5

	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>	Cheesy Spinach Quiche (with salad)	Polenta Bowls with Roasted Vegetables	Easy Alfredo Sauce with Broccoli & Cauliflower over Pasta	Cheesy Bean and Spinach Quesadillas	Artichoke and Sun Dried Tomato Pasta (with salad)
Dinner	Cheesy Spinach Quiche (with salad)	Polenta Bowls with Roasted Vegetables	Easy Alfredo Sauce with Broccoli & Cauliflower over Pasta	Cheesy Bean and Spinach Quesadillas	Artichoke and Sun Dried Tomato Pasta (with salad)	<i>Freezer Meal</i>	<i>Freezer Meal</i>
Snacks							