

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

BREAKFAST

Rye Bread



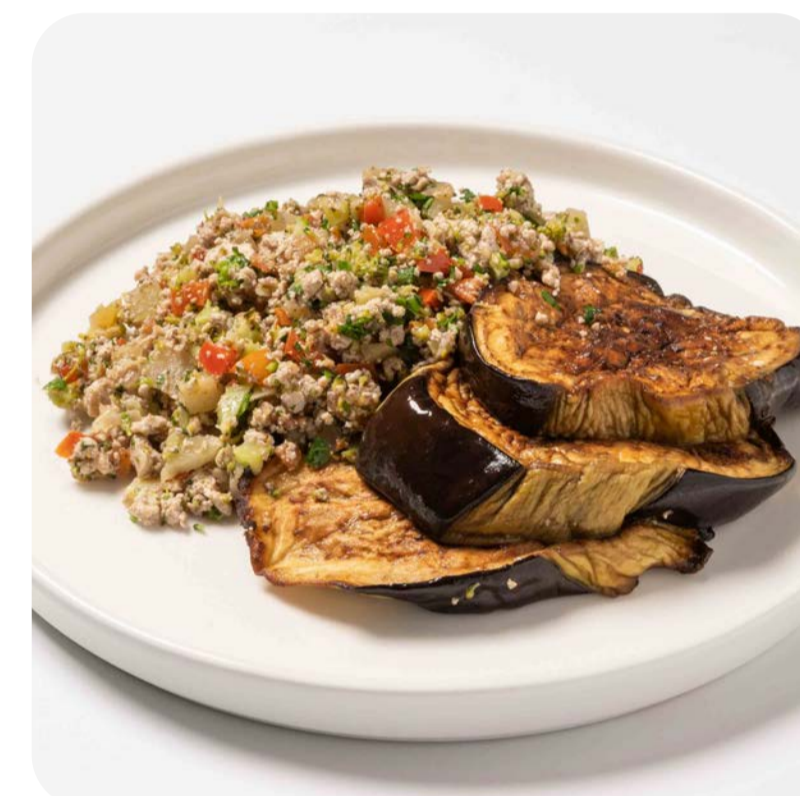
Nutty Apple Chia Pot



Sweet Potato Spanish Tofu Omelette



Scrambled Tofu with Mixed Vegetables



Plant Power Quesadilla



LUNCH MEAL

Marinated Tofu



Vegetable Green Thai Curry



Freekin' Good Stuff



Chipotle Tofu Philly Ciabatta



Hot Buddha Bowl



DINNER MEAL

Soba Miso Noodles



Pad Thai



Chickpeas, Tofu and Sun-Dried Tomato Salad



Stir Fried Vegetables with Millet



Aromatic Chickpeas and Spinach Curry



DAY 1

Roasted Cauliflower
with Tahina Dressing



DAY 2

Artichoke and
Potato Soup



DAY 3

Quinoa Tabbouleh



DAY 4

Baba Ghanouch



DAY 5

Greens and Beans



SIDE DISHES

DAY 1

DAY 2

DAY 3

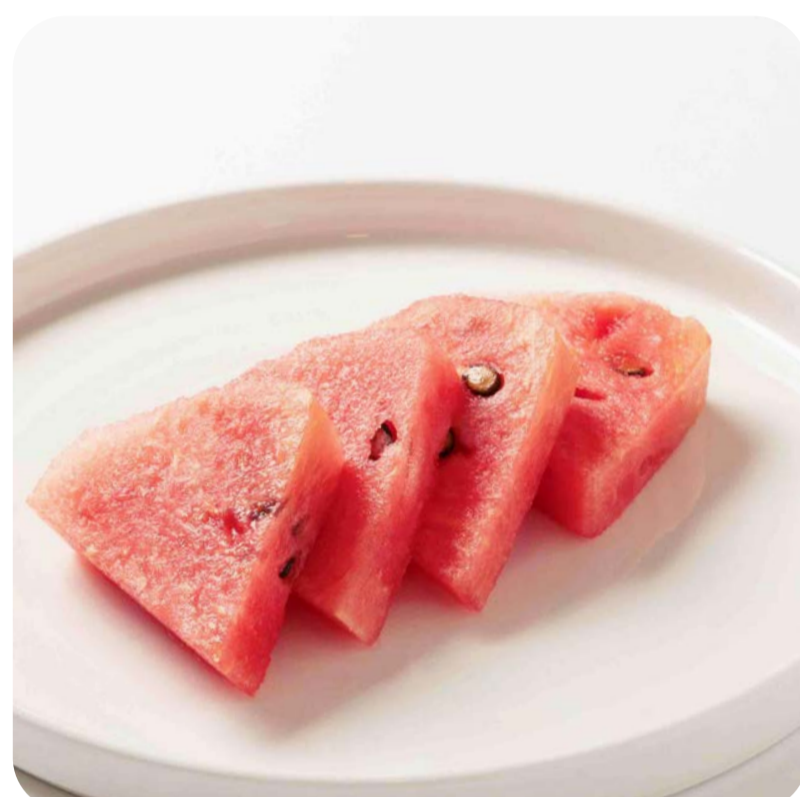
DAY 4

DAY 5

Grapes, Red



Watermelon Slices



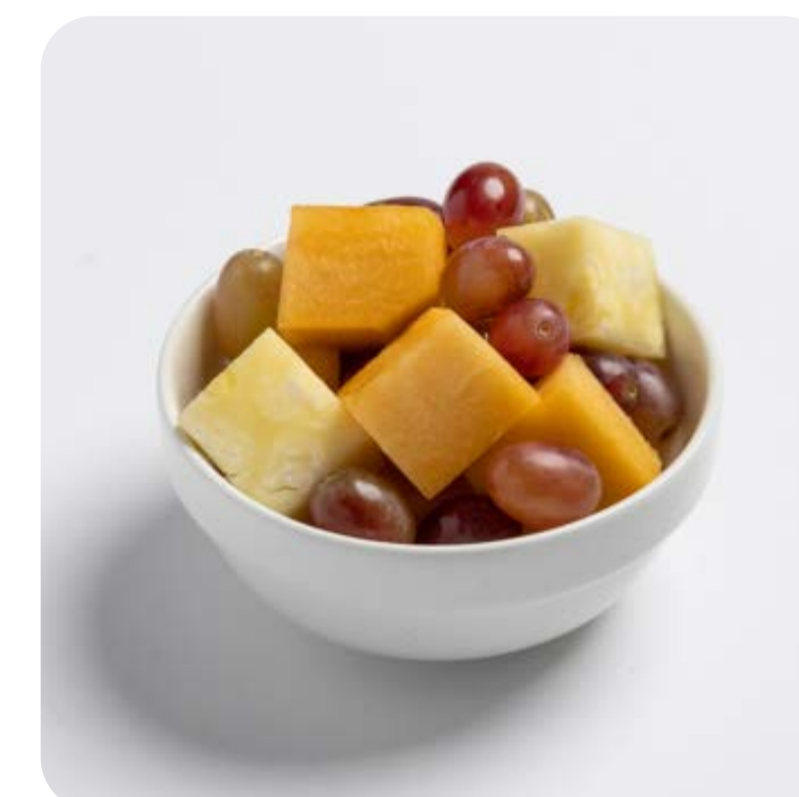
Pineapple, Orange
and Grapefruit Salad



Grapefruit Slices



Seasonal Fruit Salad



MORNING
FRUIT SNACK

Chia Crackers with
White Bean Hummus



Peanut Butter and Dark
Chocolate Oats Bars



Healthy Bounty Bars



Sweet Potato Chips
with Greek Tofu Dip



Vegetable Crudité's with
Beetroot-Hummus Dip



AFTERNOON
SNACK