



WEEKLY
MENU
PLANNING
SHEET

@LIVINGINCOLORBLOG

MONDAY

VEGGIE BOWL NIGHT

VEGGIE BOWL'S W/ ROASTED CHICKPEAS & QUINOA

TUESDAY

MEXICAN FOOD NIGHT

WALNUT TACOS W/ RICE

WEDNESDAY

SOUP NIGHT

EASY LENTIL SOUP

THURSDAY

VEGGIE BURGER NIGHT

VEGAN BBQ PULLED
PORK SANDWICHES

FRIDAY

PIZZA/ITALIAN NIGHT

VEGGIE CASHEW
ALFREDO PASTA

SATURDAY

DINNER OUT OR TRY A NEW RECIPE

DINNER OUT


SUNDAY

DINNER OUT OR BREAKFAST FOR DINNER

TOFU SCRAMBLE BOWLS

BREAKFAST:

LUNCH:



OATMEAL W/ BANANAS + WALNUTS, VEGAN BLUEBERRY
MUFFINS, BANANA NICE CREAM BOWLS

LEFTOVERS, RAW VEGGIE PLATES W/ NAAN BREAD,
AVOCADO + VEGGIE SANDWICHES.