

| Week10 Meal Plan | | |
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| | LUNCH | DINNER |
| MONDAY | A Black Bean Chili Stuffed Sweet Potatoes | B Tu-No Casserole |
| TUESDAY | C Garlic Hash Browns with Kale | A Black Bean Chili Stuffed Sweet Potatoes |
| WEDNESDAY | B Tu-No Casserole | D Quinoa Primavera |
| THURSDAY | E Avocado & White Bean Salad Wraps | F Wedding Soup with White Bean Balls and Kale |
| FRIDAY | D Quinoa Primavera | G Penne with Tomato- Mushroom Sauce |
| SATURDAY | E Avocado & White Bean Salad Wraps | H Zesty Zucchini Pasta with Pesto and Tomatoes |
| SUNDAY | F Wedding Soup with White Bean Balls and Kale | G Penne with Tomato- Mushroom Sauce |
| EXTRAS (OPTIONAL) | I Dipp'n Falafels | J Chocolate Chip Banana Bread |