

Week 11 Meal Plan		
	<b>LUNCH</b>	<b>DINNER</b>
<b>MONDAY</b>	A Mock Tuna Salad	B Roasted Chickpea and Broccoli Burritos
<b>TUESDAY</b>	B Roasted Chickpea and Broccoli Burritos	C Black Bean Tortas with Coconut Chipotle Mayo
<b>WEDNESDAY</b>	A Mock Tuna Salad	D Buffalo Chowder
<b>THURSDAY</b>	D Buffalo Chowder	E Bean N Barley Stuffed Peppers
<b>FRIDAY</b>	G Soba Noodle Bowl with Peanut Sauce and Veggies	F 5-Spice Fried Rice
<b>SATURDAY</b>	E Bean N Barley Stuffed Peppers	C Black Bean Tortas with Coconut Chipotle Mayo
<b>SUNDAY</b>	F 5-Spice Fried Rice	G Soba Noodle Bowl with Peanut Sauce and Veggies
<b>EXTRAS (OPTIONAL)</b>	H Sourdough French Toast	I Mocha Latte Smoothie