

Week 8 Meal Plan		
	LUNCH	DINNER
MONDAY	A Vegan Ricotta Pinwheels	B Sweet and Sour Chickpeas and Broccoli
TUESDAY	B Sweet and Sour Chickpeas and Broccoli	C Drive Thru Lentil Burgers
WEDNESDAY	A Vegan Ricotta Pinwheels	D Creamy Potato Soup with Tofu Bacon
THURSDAY	D Creamy Potato Soup with Tofu Bacon	E Cuban-Style Piccadillo
FRIDAY	F Chipotle White Bean Quesadilla	C Drive Thru Lentil Burgers
SATURDAY	E Cuban-Style Piccadillo	G Velvety Basil Pasta with Sundried Tomatoes
SUNDAY	F Chipotle White Bean Quesadilla	G Velvety Basil Pasta with Sundried Tomatoes
EXTRAS (OPTIONAL)	H Peanut Maple Oatmeal	I Oil-Free Chocolate Chip Cookies