



DINNER

MONDAY



MUSHROOM & PEAS RISOTTO

This version of risotto cooks faster and turns out super creamy with way less stirring.

TIP: Use rennet free parmesan to make this dish vegetarian.

TUESDAY



VEGETARIAN TORTILLA SOUP

One of my very favorite meatless soups! I use black beans and quinoa for a plant-based sources of protein and load it up with veggies!

TIP: For a smoother and thicker soup, blend before adding the quinoa, beans and corn.

WEDNESDAY



QUINOA AVOCADO SALAD

This combination of fiber, protein, and healthy fat creates a balanced dish you can enjoy as is or by adding some extra protein.

Extra protein ideas: [Crispy Tofu](#), [Lentil Cakes](#), [Air Fryer Falafel](#)

THURSDAY



CAULIFLOWER CURRY

An easy and quick dinner idea that's also vegan, low-calorie and packed full of flavor.

Side dish ideas: [Flatbread](#), [Basmati Rice](#)

FRIDAY



PASTA PRIMAVERA

Load your pasta with fiber-rich vegetables. The veggies and sauce cook in one pan for a quick, easy dinner.

TIP: You can follow my recipe or use up any leftover veggies from the week of recipes!

BREAKFAST

COTTAGE CHEESE TOAST



Try any of these toppings: cucumbers with pesto, tomatoes with za'atar, smoked salmon with dill, or avocado with sesame!

SNACK/DESSERT

TRAIL MIX



If you're like me, you (and your family) will go through trail mix fast! I usually make a double or triple batch.