

MEAL WEEKLY PLANNER

CLICK ON THE UNDERLINED CONTENT TO FIND RECIPES,
ALL NON-UNDERLINED RECIPES CAN BE FOUND BELOW

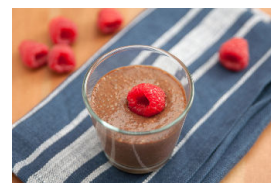
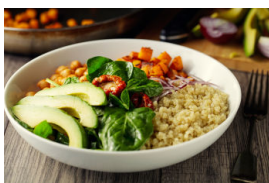
BREAKFAST

LUNCH

DINNER

SNACK*

MONTH 1



MON

Ki's blueberry baked oatmeal

Ki's Farro pilaf

Ki's shepherd's pie & Cauliflower mash

Ki's lemon ginger energy bombs

TUES

Ki's chocolate chia mousse

JL's quinoa bowl & JL's Caesar dressing

Ki's mushroom lentil bolognese

WED

JL's banana oat bake

Ki's Faux egg salad, serve with a warm salad or soup.

Ki's almond butter miso ginger stir fry.

JL's hummus with vegetables of choice

THURS

JL's granola with fruit of choice

JL's quinoa sushi
*please make ahead of time.

JL's quinoa risotto

FRI

Ki's Strawberries n cream chia

Red lentil wraps & JL's Chicken Tofu bites & Ki's lemon tahini dill sauce with 1 cup roasted vegetables of your choice

Ki's whole roasted cauliflower with veggies

JL's granola bars

SAT

Ki's crustless quiche

JL's tofu cups & JL's taco dip & Ki's veggie hash

Jean-Luc's lasagna

SUN

JL's chickpea blondie

JL's marinara barley/pasta salad

JL's meatloaf or lentil loaf stuffed spaghetti squash

**Notes

- Please adhere to the P3 Pantry list for approved sweeteners.
- Some of the recipes contain limited amounts of veggies. Please ensure that veggies are the MAIN ingredients in your meals.
- If you are a non-vegetarian you may add any of the P3 approved animal based proteins in the P3 recommended portion sizes to these meals ALONG with a plant based robust protein. For example, when making the Pad Thai meal please use tofu as the recipe recommends AND you may add some chicken or shrimp to it if you so choose.