

# 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 Peach Oat Bake with Yogurt Sauce

Ki's Bajan curried chickpeas with Ki's creamy coleslaw and serve with 1/2 cup cooked farro or brown rice (nothing instant or quick cook).

Ki's callaloo stew

### TUES

JL's Apple Pie Granola

JL's taco salad

JL's butternut squash soup

### WED

JL's banagels

Ki's tofu scramble served with a side salad

Ki's Kitchari with Ki's coconut spinach and Stewed tomatoes

Ki's Maple pecan Pumpkin pie Energy bombs

### THURS

JL's Peach and strawberry cobbler

JL's mixed bean salad with JL's roasted vegetable medley

JL's Asian style noodles - Please serve with 1 cup of JL's tofu bites

### FRI

Ki's chocolate pancakes

Ki's veggie hash served with JL's rice paper bacon

JL's spring rolls with Ki's potato nachos

### SAT

JL's mini quiche

Ki's Cowboy Caviar over a bed of room temp salad greens

Ki's eggplant roll ups (to be served with JL's marinara sauce).

JL's Chicago style popcorn using JL's date caramel sauce

### SUN

Ki's Queen of Crumble

Ki's falafel with Ki's tabouleh and Ki's lemon tahini dill sauce

JL's cauliflower alfredo sauce served over 1 cup legume based pasta

### \*\*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.