

MEAL WEEKLY PLANNER

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

BREAKFAST

LUNCH

DINNER

MONTH 3



MON

Ki's Pumpkin
Spiced
Overnight Oats

Jean-Luc's
Shepherd's Pie

Ki's Chocolate bbq mushrooms with
Ki's chimmichuri sauce served with
black rice and steamed green beans

TUES

Ki's Cherry
Oatmeal

JL's chicken or tofu
parm served with a
robust dark leafy
green salad

Ki's tofu scramble served in
JL's lentil wraps

WED

Jean-Luc's
Breakfast bake

Jean-Luc's
Chicken/Tofu
lettuce wraps

Ki's faux egg salad served
over JL's baked quinoa

THURS

JL's Strawberry
mango compote
served with JL's
granola

Ki's Mexican
spiced
cauliflower taco

Ki's Farro Pilaf served with
JL's roasted vegetable medley.

FRI

2 of JL's Almond
Crunch Cookies
with a bowl full
of fruit

JL's Root Veggie
Poutine served
with a robust salad

Ki's Bajan curried chickpeas
served with Ki's Callaloo
Stew

SAT

Ki's dark
chocolate cherry
oat bars

JL Quinoa Tots
served on top of
JL's mixed bean
salad

Ki's almond butter miso ginger stir
fry served with JL's Turkey or Lentils
& Butternut squash wontons

SUN

JL's chickpea
pesto with Ki's
veggie hash

Ki's Lentil
bolognese served
over roasted
spaghetti squash

JL's quinoa risotto served
with JL's butternut squash
soup

**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.