

MEAL WEEKLY PLANNER

CLICK ON THE UNDERLINED CONTENT TO FIND RECIPES

BREAKFAST

LUNCH

DINNER

SNACK*

SUMMER



MON

Ki's dark chocolate cherry oat bars

Ki's Faux egg salad, serve with a warm salad

Ki's falafels with Ki's tabouleh

Ki's chocolate chia mousse

TUES

Jean-Luc's Breakfast bake

Ki's Mexican spiced cauliflower taco

JL's chicken/tofu taco cups

JL's yogurt bark

WED

Jean-Luc's granola with fruit of choice

Ki's eggplant ricotta roll-ups with a green salad

JL's tofu lettuce wraps

JL's almond crunch cookies

THURS

Ki's veggie hash

JL's quinoa bowl

Ki's Tom Yum noodle soup

JL's blondies

FRI

Ki's Pina colada chia

JL's taco salad

Ki's potato nachos

Ki's nutritional yeast/tamari popcorn

SAT

Ki's chocolate pancakes

Ki's Farro pilaf with JL's bean salad

JL's root veggies poutine with JL's turkey burger

JL's chicago popcorn

SUN

Ki's crustless quiche

Ki's almond butter miso stir fry with JL's chicken/tofu bites

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

Ki's chocolate energy bombs

****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.