




MEAL WEEKLY PLANNER

CLICK ON THE UNDERLINED CONTENT TO FIND RECIPES

	BREAKFAST	LUNCH	DINNER
FALL			
MON	<u>Ki's pumpkin pie overnight oats</u>	<u>JL's samosas and a large dark leafy green salad</u>	<u>Ki's callaloo stew</u>
TUES	<u>Ki's Lemon Poppy Seed & Blueberry Overnight Oats</u>	<u>JL's sriracha cauli bites + JL's lentil wraps served with a dark leafy green salad</u>	<u>Ki's whole roasted cauliflower with root veggies, serve with 1 cup brown lentils</u>
WED	<u>Ki's peaches with baked oats</u>	<u>Ki's Bajan curried chickpeas with Ki's creamy coleslaw</u>	<u>Ki's red lentil daal stew</u>
THURS	<u>JL's chicken or tofu fried quinoa</u>	<u>Ki's tofu scramble served with a side salad</u>	<u>Ki's Kitchari with Ki's coconut spinach and Stewed tomatoes</u>
FRI	<u>JL's apple pie granola</u>	<u>JL's Asian style noodles served with garlic sauteed bok choy</u>	<u>JL's cauliflower alfredo sauce served over legume based pasta with green peas, green beans and broccoli</u>
SAT	<u>JL's roasted veg medley + JL's instapot quinoa</u>	<u>JL's taco dip + Ki's cowboy caviar + JL's quinoa tots</u>	<u>JL's turkey (lentil and mushroom) in a box.</u>
SUN	<u>JL's Peach and strawberry cobbler</u>	<u>Ki's Moroccan chickpea stew with a side salad</u>	<u>JL's lasagna</u>