



Week Four Menu Plan

Use this menu plan as a rough guide to the dishes you can prepare over the next 7 days. Items with an asterisk (*) next to them have recipes in the corresponding download. I recommend making enough food at the beginning of the week to last for the week--both lunch and dinner-- if you are short on time. For breakfast, green smoothies and porridge (oats, quinoa, millet, buckwheat and rice) and granola rule. Many of the recipes can also be found on my blog, www.sweetpotatosoul.com

Day 1:

Breakfast- Banana Pear Chia Pudding*

Lunch- 3 Bean Chili

Dinner- Quinoa Stuffed Peppers

Day 2:

Breakfast- Chocolate, Almond & Banana Smoothie*

Lunch- Massaged/Sauteed Kale with Chickpeas and Tahini

Dinner- Veggie Stir-fry

Day 3:

Breakfast- Quinoa Porridge

Lunch- Carrot Chickpea Cakes*

Dinner- Butternut Squash Curry

Day 4:

Breakfast- Granola with Yogurt

Lunch- Ginger Scallion Soba Noodles

Dinner- Coconut Black Bean Soup*

Day 5:

Breakfast- Oat Bran Muffin with Fruit

Lunch- Tempeh Tacos*

Dinner- Minestrone Soup

Day 6:

Breakfast- Green Smoothie with Spirulina

Lunch- Sweet Potato Salad with Lentils*

Dinner- Butternut Squash Lasagna



Day 7:

Breakfast- Spiced Apple Oatmeal

Lunch- Buddha Bowl*

Dinner- Carrot Ginger Soup

Keep going! For more recipes visit sweetpotatosoul.com, and check out the resource page for even more fabulous websites and books to keep you excited in the kitchen.