



## Week One 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 following the menu plan. 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. Some of the recipes can also be found on my blog, [www.sweetpotatosoul.com](http://www.sweetpotatosoul.com)**

Day 1:

Breakfast-Green Smoothie\*

Lunch- Whole Wheat or Gluten-free pasta with mixed veggies and arugula

Dinner- Red Thai Curry with sauteed baby bok choy

Day 2:

Breakfast- Quinoa Porridge with almond milk and maple syrup

Lunch- Mexican Millet Pilaf\*

Dinner- Lentil Soup with Arugula & Pear Salad

Day 3:

Breakfast- Peaches and Cream Oatmeal\*

Lunch- Sweet Potato Falafel with tahini with pita

Dinner- Mushroom Farro Risotto\* with sauteed spinach and kale

Day 4:

Breakfast- Pumpkin Waffles

Lunch- Pomegranate Tabbouleh\*

Dinner- Anti-Inflammatory Lentil Soup\*

Day 5:

Breakfast- Tofu Scramble

Lunch- Chickpea Tuna Salad on bread or butter lettuce\*

Dinner: Black Eyed Peas and Smokey Greens

Day 6:

Breakfast- Oatmeal

Lunch- Carrot Chickpea Patties

Dinner- Tempeh Tacos\*



Day 7:

Breakfast- Homemade Granola with yogurt and fruit

Lunch- Roasted Vegetable and Hummus wrap

Dinner- Radiant Quinoa Salad \*