



Week Three 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- Green Smoothie with Hemp Seeds
Lunch- Sweet Potato Black Bean Enchiladas*
Dinner- Roasted Green Beans with Shallots

Day 2:

Breakfast- Quinoa Porridge with Toasted Coconut
Lunch- Black Beans with Cilantro Coconut Rice*
Dinner- Butternut Squash Lasagna

Day 3:

Breakfast- Tofu Scramble
Lunch- Rosemary and Thyme Roasted Vegetables with Wild Rice*
Dinner- Cumin Red Lentil Soup

Day 4:

Breakfast- Blueberry Corn Muffin*
Lunch- Portabello Mushroom Burger
Dinner- Basil Vegetable Stir-fry

Day 5:

Breakfast- Mashed Avocado on Sprouted Wheat Toast
Lunch- Quinoa with Roasted Pear & Squash
Dinner- Split Pea Soup*

Day 6:

Breakfast- Coconut Yogurt & Berry Parfait*
Lunch- Farro with Roasted Carrots



Dinner- Jerk Tempeh over brown rice

Day 7:

Breakfast- Chai Spiced Chia Seed Pudding*

Lunch- Mediterranean Salad with Stuffed Grape Leaves

Dinner- Shredded Brussels sprouts with coconut