



Week Two 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- Toasted Buckwheat Porridge
Lunch- Baked Falafel Sandwich with Mediterranean Salad
Dinner- Butternut Squash & Cauliflower Soup*

Day 2:

Breakfast- Green Smoothie with Chia and Flax
Lunch- Quinoa Pilaf*
Dinner- Roasted Veggies with herbs (try Rosemary, thyme and dill) and sauteed kale

Day 3:

Breakfast- Blueberry Banana Oatmeal
Lunch- Basil Tofu Stir-fry
Dinner- Tahini Miso Broccoli* over Quinoa

Day 4:

Breakfast- Sweet Potato Smoothie*
Lunch- Curried Lentils & Vegetables over brown rice
Dinner- Massaged Kale Salad*

Day 5:

Breakfast- Cracked Farro Porridge*
Lunch- Chipotle Black Bean Soup
Dinner- Arugula & Roast Squash Pasta

Day 6:

Breakfast- Tofu Scramble*
Lunch- Orange Glazed Tempeh with greens
Dinner- Kale, Potato and White Bean Soup



Day 7:

Breakfast- Pumpkin Waffles

Lunch- Lentil Salad with Fennel

Dinner- Sweet Potato Miso Soup*