

SUMMER Slay

WEEK 4 SAMPLE MENU (VEGETARIAN)

BREAKFAST	MON	TUE	WED	THU	FRI
	Cherry Ginger Smoothie	Hummus Avocado Toast	Mango Chia Pudding	Cherry Ginger Smoothie	Hummus Avocado Toast

LUNCH	MON	TUE	WED	THU	FRI
	Kung Pao Quinoa Bowls	Rainbow Kale Quinoa Salad	Kung Pao Quinoa Bowls	Rainbow Kale Quina Salad	Curried Chickpea Bowls

DINNER	MON	TUE	WED	THU	FRI
	Spicy Chickpea Veggie Burgers	Raw Romaine Taco Boats	Spicy Chickpea Veggie Burgers	Raw Romaine Taco Boats	Easy Cauliflower Crust Pizza

SNACKS	Broiled Grapefruit	Veggies Dipped in Hemp Seed Ranch (click for recipe)	Watermelon Mint Salad	Matcha Vanilla Energy Bites
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