

SUMMER Slay

WEEK 2 SAMPLE MENU (VEGETARIAN)

BREAKFAST

MON

Paleo
Pumpkin
Breakfast
Cookies

TUE

Vanilla Bean
Steel Cut
Oatmeal

WED

Paleo
Pumpkin
Breakfast
Cookies

THU

Vanilla Bean
Steel Cut
Oatmeal

FRI

Creamy
Turmeric
Smoothie

LUNCH

MON

Panera
Quinoa Broth
Bowl (use
veggie broth)

TUE

Vegan Kale
Caesar Salad

WED

Panera
Quinoa Broth
Bowl (use
veggie broth)

THU

Vegan Kale
Caesar Salad

FRI

Hummus
Collard Wraps

DINNER

MON

Vegan
Zucchini
Meatballs with
Veggie or GF
Noodles

TUE

Cauliflower
Fried Rice

WED

Vegan
Zucchini
Meatballs with
Veggie or GF
Noodles

THU

Cauliflower
Fried Rice

FRI

Grilled Peach
Flatbread with
Arugula

SNACKS

Crispy Ranch
Chickpeas

Blueberry
Muffin Energy
Bites

2 TBS Nut
Butter
with Celery