

SUMMER Slay

WEEK 3 SAMPLE MENU (VEGETARIAN)

BREAKFAST

MON	TUE	WED	THU	FRI
Peanut Butter Cup Smoothie	Pina Kale-Ada Smoothie	Peanut Butter Cup Smoothie	Pina Kale-Ada Smoothie	Avocado Toast with 1-2 Boiled Eggs

LUNCH

MON	TUE	WED	THU	FRI
Strawberry Basil Avocado Wrap	Summer Salad Rolls	Strawberry Basil Avocado Wrap	Summer Salad Rolls	Strawberry Basil Avocado Wrap

DINNER

MON	TUE	WED	THU	FRI
Easy Veggie Burgers	Lentil Bolognese with Zucchini Noodles	Easy Veggie Burgers	Lentil Bolognese with Zucchini Noodles	Zucchini Noodle Pad Thai (exclude chicken)

SNACKS

Easy Trail Mix Cookies	Veggies Dipped in Hemp Seed Ranch (click for recipe)	Peanut Butter Granola Bars
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