M O N T H L Y M E A L P L A N N E R

# W E E K 1



WH AT ' S F O R D I N N E R ?

B: Oatmeal L: Stir fried vegetables

**M O N**

D: Roast eggplant and tofu

B: Cereal

L: Tofu barbecue & garlic rice

**T U E**

D: Roasted sweet potato

B: Banana Ice Cream

**W E D**

L: Stir fried veggies D: Roast veggies

B: Cereal

L: Tofu barbecue & garlic rice

**T H U**

D: Roasted sweet potato

B: Oatmeal L: Stir fried vegetables

**F R I**

D: Roast eggplant and tofu

# W E E K 2

B: Oatmeal L: Stir fried vegetables

D: Roast eggplant and tofu

B: Oatmeal L: Stir fried vegetables

D: Roast eggplant and tofu

B: Oatmeal L: Stir fried vegetables

D: Roast eggplant and tofu

B: Oatmeal L: Stir fried vegetables

D: Roast eggplant and tofu

B: Oatmeal L: Stir fried vegetables

D: Roast eggplant and tofu

# W E E K 3

B: Oatmeal L: Stir fried vegetables

D: Roast eggplant and tofu

B: Oatmeal L: Stir fried vegetables

D: Roast eggplant and tofu

B: Oatmeal L: Stir fried vegetables

D: Roast eggplant and tofu

B: Oatmeal L: Stir fried vegetables

D: Roast eggplant and tofu

B: Oatmeal L: Stir fried vegetables

D: Roast eggplant and tofu

# W E E K 4

B: Oatmeal L: Stir fried vegetables

D: Roast eggplant and tofu

B: Oatmeal L: Stir fried vegetables

D: Roast eggplant and tofu

B: Oatmeal L: Stir fried vegetables

D: Roast eggplant and tofu

B: Oatmeal L: Stir fried vegetables

D: Roast eggplant and tofu

B: Oatmeal L: Stir fried vegetables

D: Roast eggplant and tofu

B: Oatmeal L: Stir fried vegetables

**S A T**

D: Roast eggplant and tofu

B: Oatmeal L: Stir fried vegetables

D: Roast eggplant and tofu

B: Oatmeal L: Stir fried vegetables

D: Roast eggplant and tofu

B: Oatmeal L: Stir fried vegetables

D: Roast eggplant and tofu