**Vegetarian Menu**

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|  | **Breakfast** | **Snack** | **Lunch** | **Dinner** | **Snack** |
| Monday | Whole Grain Muffin | Grapes | [“Chili”](https://buildyourbite.com/vegetable-bolognese-recipe/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=355527656_11258848_216399) | “Fried Rice” w/egg  \*cauliflower Rice | Blackberries |
| Tuesday | Fav Cereal w/Soy Milk  My fav. is honeybunches of oats | Dried Mango | Zucchini Noodles with Pesto | [Veggie Pizza](https://stephaniesain.com/cauliflower-crust-veggie-pizza/) (cauliflower Crust) | Kale Chips |
| Wednesday | Eggs over medium w/sautéed veggies on top | Guacamole with Banana Chips | Salad:  Cranberries  Spinach  Onion  Egg | [Tofu Stir Fry](http://calolive.org/recipes/balsamic-tofu-stir-fry/) | Strawberries |
| Thursday | Tostada (cheese, beans, onion, eggs,  Strawberries | Veggie Straws | Lettuce Wrap-  Avacado, onion & Cheese | Lentil Soup w/Egg and sautéed onions | [Zucchini Bites](https://www.creationsbykara.com/mozzarella-parmesan-zucchini-bites/) |
| Friday | Whole Grain Muffin | Grapes | Leftover Chili | Thai Carryout | Kale Chips |
| Saturday | Fruit Smoothie | Banana | Tofu Stir Fry | [“Spaghetti” w/ “meat sauce”](https://buildyourbite.com/vegetable-bolognese-recipe/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=355527656_11258848_216399)  \*spaghetti squash as noodles | Popcorn |
| Sunday | Fruit | Kale Chips  Cashews | Spinach Salad:  Onions  Egg  Walnuts  Cranberries | [Zucchini](http://makingthymeforhealth.com/one-pot-zucchini-pasta/)  [Pasta](http://makingthymeforhealth.com/one-pot-zucchini-pasta/) | Fruit |
| Monday | Fruit Smoothie | Banana Chips w/guac  This is my fav snack | Lettuce Wraps | Lentil Soup w/eggs | Grapes |
| Tuesday | Cereal | Veggie Straws | Tom/Motz Panini + Soup  Either Homemade or Panera Bread | Leftovers | Roasted Chickpeas |
| Wednesday | Protein Shake | Sweet potato fries | Squash Soup | Couscous  w/vegmix | Hummus and Chips |
| Thursday | Protein Shake | Grapefruit | Couscous w/vegmix | Ramen  \*carryout | Salt/Vinegar Chickpeas |
| Friday | Oatmeal | Mango | Kale Salad | [BBQ Pulled “Pork”](http://www.organicauthority.com/recipe/how-to-make-the-ultimate-bbq-jackfruit-pulled-pork/) | Fruit Salad |
| Sunday | Eggs any Style | Pistachios | Leftover “pulled pork” | Carrots w/hummus | Frozen Yogurt |
| Monday | Boiled Eggs  Grapes | Skinny Pop | Veggie Burger  My favorite one is from Houston’s Restuarant | Any Leftovers | Fruit Salad |