

# Week of Meals

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   | Sunday   |
|---|---|---|---|---|--|--|
| <ul style="list-style-type: none"> <li>- Mango Green Smoothie</li> <li>- Taste the Rainbow Salad</li> <li>- Cranberry Stuffed Acorn Squash</li> </ul> | <ul style="list-style-type: none"> <li>- Basic Green Juice and Avocado Toast</li> <li>- Pesto Toast and Peppers</li> <li>- Mango Buddha Bowl 2.0</li> </ul> | <ul style="list-style-type: none"> <li>- Gorgeously Green Smoothie</li> <li>- Mango Salad w/ tempeh</li> <li>- Baked Sweet Potato with Kale and Tomatoes<br/><small>*Simply bake the sweet potato until soft. Add cinnamon and coconut oil if desired.</small></li> </ul> | <ul style="list-style-type: none"> <li>- Beet Juice</li> <li>- Caesar Salad</li> <li>- Asian Style Noodles and Veggies</li> </ul> | <ul style="list-style-type: none"> <li>- Gorgeously Green Smoothie with Mixed Berries</li> <li>- Taste the Rainbow Salad</li> <li>- Spicy Asian Bowl</li> </ul> | <ul style="list-style-type: none"> <li>- Basic Green Juice, Overnight Oats</li> <li>- Tomato Basil Toast</li> <li>- Best Ever Brussels Sprouts, Roasted Beets, and Brown Rice<br/><small>*Peel and roast beets until soft. Cook rice as directed.</small></li> </ul> | <ul style="list-style-type: none"> <li>- Green Juice and Tofu Scramble</li> <li>- Caesar Salad</li> <li>- Vegan Meat (Nut) Loaf</li> </ul> |
| <p><i>Snacks</i><br/>(choose from two snacks each day)</p>  | <ul style="list-style-type: none"> <li>- Vegan Blueberry Ice Cream</li> <li>- Apple and Almond Butter</li> </ul>  | <ul style="list-style-type: none"> <li>- Avocado sprinkled with nutritional yeast</li> <li>- Energy Balls</li> </ul>  | <ul style="list-style-type: none"> <li>- Avocado and Multi-Grain Crackers</li> <li>- Dark Chocolate (2 pieces)</li> </ul>         | <ul style="list-style-type: none"> <li>- Hummus and Veggies</li> <li>- Vanilla Mango Shake</li> </ul>   | <ul style="list-style-type: none"> <li>- Almond Butter Date Bites</li> <li>- Apple with Strawberry Cashew Cream</li> </ul>   |  |

\*All recipes can be found on The House of Healthy blog ([www.thehouseofhealthy.com](http://www.thehouseofhealthy.com)) unless otherwise specified.