

WEEKLY EAT TO LIVE MEAL PREP PLAN

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CONDIMENTS:

- bean-based dressing _____
- nut-based dressing _____
- sauce for pitas _____

SOUP:

- bean or veggie based (no oil) _____

COOKED VEGGIES & CARBS:

- sweet potatoes
- eggplant, broccoli, onions, mushrooms, etc...
- brown rice and/or quinoa

SALAD BAR:

- chopped and/or shredded veggies, beans, seeds

BREAKFAST:

- tofu eggs
- frozen smoothie packets
- overnight oats

STRATEGY:

My meal prep day: _____

Make and pack your lunch salad every night when you make your dinner salad.

Hot dishes and soup can be portioned out for the week.

NOTES:

