**WEEKLY EAT TO LIVE MEAL PREP PLAN**

**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:**

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