

VEGETARIAN WEEKLY PLANNER

Week Of: _____

Goal: _____

DAY	BREAKFAST	LUNCH	DINNER
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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

DAY

BREAKFAST

LUNCH

DINNER

Sunday

PROTEIN SOURCES TO INCLUDE

- Lentils/Beans
- Tofu/Tempeh
- Eggs/Dairy
- Nuts/Seeds
- Quinoa
- Chickpeas

GROCERY LIST / NOTES