

VEGETARIAN SELECTION CHART

Weekly Healthy Recipe Planning

Greens & Salads

- Kale & Quinoa Power Bowl
 - Mediterranean Chickpea Salad
 - Spinach & Pear with Walnuts
 - Roasted Beet & Arugula
 - Sesame Ginger Soba Salad
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Grains & Legumes

- Lentil Dahl with Brown Rice
 - Black Bean Sweet Potato Tacos
 - Mushroom Risotto with Peas
 - Chickpea Coconut Curry
 - Wild Rice Stuffed Peppers
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Comfort Mains

- Eggplant Parmesan Bake
 - Zucchini Noodle Lasagna
 - Cauliflower Steaks w/ Chimichurri
 - Butternut Squash Galette
 - Pesto Whole Wheat Pasta
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Soups & Stews

- Roasted Tomato Basil
 - Moroccan Spiced Lentil
 - Creamy Thai Carrot Soup
 - Minestrone with Spring Greens
 - White Bean & Kale Stew
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Protein Add-ons

- Smoked Firm Tofu
 - Tempeh Crumbles
 - Soft Boiled Eggs
 - Spiced Roasted Chickpeas
 - Hemp Seed Garnish
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Seasonal Sides

- Honey Glazed Carrots
 - Garlic Sauteed Broccolini
 - Balsamic Brussels Sprouts
 - Lemon Asparagus Spears
 - Mashed Root Vegetables
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Weekly Grocery Notes

Ref: RECIPE-CHART-2024 | Healthy Living Resource