

PLANT-BASED FAMILY MEALS

Week Of: _____ Theme: Whole Foods & Greenery

BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST

LUNCH LUNCH LUNCH LUNCH LUNCH LUNCH LUNCH

DINNER DINNER DINNER DINNER DINNER DINNER DINNER

SNACKS SNACKS SNACKS SNACKS SNACKS SNACKS SNACKS

Produce

Grains & Legumes

Essentials / Other