

STUDENT VEGETARIAN MEAL PLANNER

Week Of: _____ Budget Goal: \$ _____

DAY	BREAKFAST	LUNCH (CAMPUS FRIENDLY)	DINNER
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

DAY

BREAKFAST

**LUNCH (CAMPUS
FRIENDLY)**

DINNER

Sat / Sun

Prep Grains (Quinoa/Rice)
Wash & Chop Greens
Soak Beans/Legumes
Portion Snacks
Charge Reusable Coffee Cup
Check Pantry Staples

GROCERY LIST & PREP NOTES:

Minimalist Student Wellness Series