

# Weekly Meal Plan

January 5 - 11, 2019

**Saturday 5**

Kimchi Fried Rice  
& Frozen  
Dumplings

**Sunday 6**

Quiche & Salad  
  
**Meal Prep  
Weekday Dishes**

**Monday 7**

Chili & Cornbread

**Tuesday 8**

Mushroom,  
Broccoli & Tofu  
Stir-Fry with  
Kimchi

**Wednesday 9**

Sweet Potato  
Black Bean Bowls  
& Slaw

**Thursday 10**

Chickpea Fesenjan  
with Brown Rice &  
Salad

**Friday 11**

Homemade Pizza  
with Mushrooms,  
Onions & Peppers  
  
**Plan Next Week's  
Dishes**

## Sunday Meal Prep for this week

- Chili
- Cornbread
- Chickpea Fesenjan (make rice & salad at dinner time on day you're eating)
- Hummus (if making homemade)
- Pre-cut up hearty veggies like Carrots or Celery to dip in hummus.
- Make Quiche on Sunday to eat for dinner after meal prep

## Additional Notes

## Breakfasts for the Week:

- Smoothies
- Oatmeal with frozen berries
- Toast with peanut butter and jam

## Lunches for the Week:

- Leftover Chili & Cornbread
- Leftover Sweet Potato Black bean Bowls
- Leftover Chickpea Fesenjan
- Amy's soup from freezer
- Hummus & veggies (snack)
- Apples & peanut butter (snack)

**CASHEWS & KALE**  
for the love of plants

