



# MEAL PLAN RECIPE LINKS



**WEEKS  
1,3**

**WEEKS  
2,4**

MON	TUE	WED	THU	FRI
B: <a href="#">PEACHES AND CREAM OVERNIGHT OATS</a> *Note: substitute DF yogurt	B: <a href="#">PEANUT BUTTER SMOOTHIE</a> *Note: add greens	B: EGGS/TOAST	B: <a href="#">BANANA CREAM PIE CHIA PUDDING</a>	B: <a href="#">DF YOGURT AND GRANOLA W/ FRUIT</a>
L: <a href="#">BENTO BOWL</a>	L: <a href="#">BLACK BEAN QUESADILLA</a> *Note: omit oil	L: <a href="#">BLACK BEANS AND RICE</a>	L: <a href="#">SALAD</a>	L: <a href="#">BURRITO</a>
D: <a href="#">SWEET POTATO TACOS</a> *Note: omit avocado oil	D: <a href="#">CHILI</a> *Note: substitute vegetable stock	D: <a href="#">VEGGIE TACO BOWL</a>	D: <a href="#">ENCHILADA BAKE</a> *Note: omit cheese or substitute with vegan option	D: <a href="#">VEGGIE PIZZA</a> *Note: add toppings

B: <a href="#">COCONUT PEACH SMOOTHIE</a> *Note: use DF yogurt	B: <a href="#">PEACH PIE SMOOTHIE</a> *Note: add greens	B: EGGS/TOAST	B: <a href="#">CHOCOLATE CHIA PUDDING</a>	B: <a href="#">DF YOGURT AND GRANOLA W/ FRUIT</a>
L: <a href="#">SALAD</a>	L: <a href="#">BURGER BOWLS</a> *Note: use leftover burgers	L: <a href="#">BLACK BEANS AND GRILLED VEGGIES</a>	L: <a href="#">BENTO BOWL</a>	L: <a href="#">ZUCCHINI NOODLE SALAD</a> *Note: omit oil
D: <a href="#">BLACK BEAN QUINOA BURGERS</a>	D: <a href="#">BAKED POTATO</a> *Note: add ground beef and toppings	D: <a href="#">BEAN AND RICE TACO SOUP</a>	D: <a href="#">ZUCCHINI BOATS</a> *Note: omit cheese or substitute with vegan option	D: <a href="#">MIXED VEGETABLE FAJITAS</a>