

OCT 26

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	01 Stuffed Sweet Potatoes	02 Veggie Wraps	03 Black Bean Burgers
04 Eggplant Lasagna	05 Mix & Match Vegetarian Meal Prep	06 Avocado Tacos	07 Zucchini Stew	08 Protein Lemon Pepper Pasta	09 Hot Honey Halloumi Chickpea Salad	10 Vegan Tuna Sushi Bowl
11 Upside Down Onion Tart	12 Moroccan Spiced Chickpeas	13 Chickpea Fajitas	14 Vegetarian Stuffed Zucchini	15 BBQ Chickpeas	16 Roasted Broccoli Caesar Salad	17 Chickpea Fritters
18 Coconut Kidney Bean Curry	19 Sheet Pan Chickpea Pesto Wraps	20 Vegan Lettuce Wraps	21 Teriyaki Chickpeas	22 Vegetarian Cevapcici	23 Tofu Nuggets	24 Cucumber Sushi Rolls
25 Creamed Spinach Casserole	26 Mediterranean Meal Prep	27 Pesto Butter Beans	28 Mediterranean Sweet Potatoes	29 Filipino Veggies in Coconut	30 Tabbouleh	31 Chickpea Nuggets



Just tap for
the recipes!



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MEAL PLAN