

Sample Weekly Meal Plan From MilkFreeMom.com

Breakfast

Lunch

Dinner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<u>Dairy-Free Vegan Banana Pancakes</u>	<u>Spinach Tomato Scramble Sandwich</u>	<u>Lemon Blueberry Oatmeal</u>	<u>Poached Eggs with Tomato, Basil, and Avocado</u>	<u>Apple Cinnamon Breakfast Quinoa</u>	<u>Oat Milk Smoothie with side of toast</u>	<u>Cinnamon Sugar Mini Donut Muffins</u>
Lunch	<u>Dairy Free Spaghetti-O's</u>	<u>Hummus & Veggie Wrap</u>	<u>Simple Strawberry Salad</u>	<u>Tropical Lentil Salad</u>	<u>Bean & Veggie Soup</u>	<u>Kid-Friendly Pasta Salad</u>	<u>Pizza Potato Skins</u>
Dinner	<u>Chicken in Mushroom Sauce with Wild Rice and Peas</u>	<u>Vegan Quinoa Sweet Potato Chili</u>	<u>Simple Seared Salmon with Baked Potato and Steamed Broccoli</u>	<u>Linguine with Turkey Ragù</u>	<u>Easy Chicken Meatloaf with MilkFreeMom's Roasted Butternut Squash and Peas</u>	<u>Fenway Style Sausage with Side Salad</u>	<u>Simple Vegan Enchiladas with Southwest Chopped Salad</u>