nutri

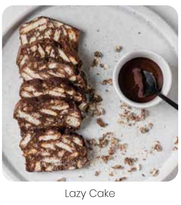
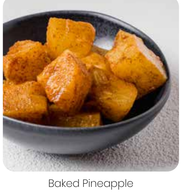
VEGETERIAN MEAL PLAN MAINS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast	 Spinach Fatayer	 Potato Waffles With Boiled Eggs	 Hummus Balila	 Baked Falafel Wraps	 Blueberry Walnut Overnight Oat
Lunch	 Vegeterian Okra Stew	 Vegetarian White Beans Stew	 Vegetables Stuffed Artichokes With Brown Rice	 Mexican Spiced Quinoa	 Vegan Burghul With Vegetables
Dinner	 Basil Tomato Tart	 Vegetable Biryani	 Roasted Pumpkin Freekeh Salad	 Sweet Potato Barley Pilaf	 Rainbow Quinoa Salad

VEGETERIAN MEAL PLAN SIDES

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Side Dishes	 Lentil Tabboule	 Cauliflower Soup	 Italian Artichokes Salad	 Harira Soup	 Zucchini Walnut Salad

VEGETERIAN MEAL PLAN SNACKS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Snacks	 Lazy Cake	 French Toast	 Brownie Energy Ball	 Knefe Cheescake Cups	 Baked Pineapple