

"LEFTOVERS"

meal plan

BREAKFAST

select one per day

One Bowl Berry Oatmeal Breakfast Cookies

key ingredients: oats, berries, egg

Blender Rice Waffles

key ingredients: eggs, leftover rice, banana

Cranberry Orange Smoothie

key ingredients: orange juice, raw cranberries, banana

Savory Slow Cooker Oatmeal

key ingredients: sweet potato, cherry tomatoes, bacon, avocado

LUNCH

select one per day

Easy Oriental Chicken Bok Choy Mason Jar Salads

key ingredients: leftover chicken, portabella mushrooms, baby bok choy, carrots, cabbage

Sweet Potato Cauliflower Patties

key ingredients: sweet potato, leftover cauliflower, green onion, cilantro

Paleo Avocado Egg Salad Wraps

key ingredients: avocado, cilantro, hard-boiled eggs, collard greens, bell pepper

Braised Green Beans

key ingredients: green beans, orange juice, black olives, garlic onion

DINNER

select one per day

Turkey Chow Fun Tamari Zoodles

key ingredients: cauliflower florets, onion, kale, carrots

Fall Panzanella Salad

key ingredients: bread, leafy greens, brush sprouts, beets, hazelnuts

Italian Egg Bake

key ingredients: pancetta, red onion, eggs, tomato

*Curried Cauliflower Rice Kale Soup

key ingredients: cauliflower florets, onion, kale, carrots

SNACKS/DESSERT

select one per day

Vegan Apple Pie Peanut Butter Mug Cake

key ingredients: peanut flour, coconut flour, apple, peanut butter

Naturally Sweetened Coconut Orange Oat Muffins

key ingredients: oat flour, orange juice, egg, shredded coconut

Tandoori Roasted Cauliflower Dip

key ingredients: garlic, parmesan, cilantro, greek yogurt, leftover cauliflower

Immunity Boosting Smoothie

key ingredients: carrot, orange juice, plain yogurt, ginger

Smashed Mexican Beans Avocado Toast

key ingredients: pinto beans, garlic, bread, avocado, tomatillo, cherry tomatoes, cilantro

Blender Blackberry Quinoa Cakes

key ingredients: leftover quinoa, eggs, blackberry jam, blackberries