

Mar 22 – 28

Sun 22	Mon 23	Tue 24	Wed 25	Thu 26	Fri 27	Sat 28
<p>Breakfast</p> <p>Sweet Potato Pancakes</p> <p>Blueberry-Banana Topping</p>	<p>Breakfast</p> <p>Overnight Oats</p>	<p>Breakfast</p> <p>Overnight Oats</p>	<p>Breakfast</p> <p>Modified Rip's Sweet Potato Bowl</p>	<p>Breakfast</p> <p>Overnight Oats</p>	<p>Breakfast</p> <p>Overnight Oats</p>	<p>Breakfast</p> <p>Overnight Oats</p>
<p>Lunch</p> <p>Smooth Simple Hummus</p> <p>Hummus - Collard Wrap</p> <p>Grandpa JD's Fruit Salad</p>	<p>Lunch</p> <p>Moong Dal Soup</p> <p>Indian Cauliflower and Green Beans</p> <p>Ginger-Coriander Spice Paste</p> <p>Fresh Fruit</p> <p>Bright Line Chai Tea</p>	<p>Lunch</p> <p>Smooth Simple Hummus</p> <p>Hummus - Collard Wrap</p> <p>Fresh Fruit</p> <p>Bright Line Chai Tea</p>	<p>Lunch</p> <p>Pimento Cheeze</p> <p>Apple</p> <p>Coleslaw</p>	<p>Lunch</p> <p>Fakin' Bacon Chili</p> <p>Shredded Beet, Carrot and Apple Salad</p> <p>Miso- Citrus Base Salad Dressing</p>	<p>Lunch</p> <p>Fakin' Bacon Chili</p> <p>Shredded Beet, Carrot and Apple Salad</p>	<p>Lunch</p> <p>Moong Dal Soup</p> <p>Green Beans</p> <p>Mixed Berries and Banana with Coconut Milk</p>
<p>Supper</p> <p>Cooked Veggie Bowl with Tofu Sauce</p> <p>Tofu Ricotta</p>	<p>Supper</p> <p>Cooked Veggie Bowl with Tofu Sauce</p>	<p>Supper</p> <p>Black Eyed Beans (Lobia)</p> <p>Indian Cauliflower and Green Beans</p> <p>Bright Line Chai Tea</p>	<p>Supper</p> <p>Full Dinner Salad</p>	<p>Supper</p> <p>Black Beans & Onions Bowl of Greens</p> <p>Basic Bright Line Dinner Salad</p>	<p>Supper</p> <p>Lentil Stew with Greens</p> <p>8 ounce Veggie Stir Fry</p>	<p>Supper</p> <p>Full Dinner Salad</p>
<p>Snacks</p>	<p>Snacks</p>	<p>Snacks</p>	<p>Snacks</p>	<p>Snacks</p>	<p>Snacks</p>	<p>Snacks</p>
<p>Notes</p> <p>Cooked Veggie Bowl with Tofu Sauce</p> <p>Defrost Frozen Meal (3/23) Moong Dal Soup</p> <p>Defrost Frozen Meal (3/23) Cooked Veggie Bowl with Tofu Sauce</p> <p>Make sure there are going to be 2 mangoes ripe in time for Rip's Sweet Potato Bowl. (3/25) Modified Rip's Sweet Potato Bowl</p>	<p>Notes</p> <p>soak garbanzo beans overnight (3/24) Smooth Simple Hummus</p> <p>Defrost Frozen Meal (3/24) Black Eyed Beans (Lobia)</p> <p>Soak black beans. (3/25) Modified Rip's Sweet Potato Bowl</p>	<p>Notes</p> <p>Cook black beans and refrigerate. (3/25) Modified Rip's Sweet Potato Bowl</p> <p>Bake sweet potato (3/25) Modified Rip's Sweet Potato Bowl</p>	<p>Notes</p> <p>Soak kidney beans for Bean & Tempeh Chili. (3/26) Fakin' Bacon Chili</p>	<p>Notes</p> <p>In the morning - cook the kidney beans. (3/26) Fakin' Bacon Chili</p> <p>Soak kidney beans for Bean & Tempeh Chili. (3/27) Fakin' Bacon Chili</p> <p>Defrost Frozen Meal (3/27) Lentil Stew with Greens</p>	<p>Notes</p> <p>In the morning - cook the kidney beans. (3/27) Fakin' Bacon Chili</p> <p>Defrost Frozen Meal (3/28) Moong Dal Soup</p>	<p>Notes</p> <p>Defrost Frozen Meal (3/29) Lentil Stew with Greens</p>