



One-Week Meal Plan

	Breakfast	Lunch	Dinner	Snack or Dessert
Day 1	Baked Oatmeal Cups	Ten-Minute Mixed Veggie Stir-Fry	Quickie Quesadillas	Baby Carrots with Chickpea Guacamole
Day 2	Sweet Potato Hash	Pasta Salad	Costa Rican Rice and Beans	Banana Ice Cream
Day 3	Oatmeal with Fruit	Yes-You-Can Black Bean Chili	Black-Eyed Peas with Sweet Potatoes and Greens	Fruit Kebabs with Peach Cream Dip
Day 4	Banana-Ginger Pancakes	Kickstart Kale and Grains Bowl	Pita Pizzas	Fresh Fruit
Day 5	Berry Overnight Oats	Sweet Potatoes and Chickpeas in Chili Sauce	Spaghetti al Pisto	Raspberry Fudgy Brownies
Day 6	Huevos Rancheros	Lentil Cucumber Salad	Broccoli Burritos	Colorful Corn Salsa
Day 7	Breakfast Tofu Scramble	Easy Bean Salad	Red Beans and Rice with Collard Greens	Carrots and Apple Slices

The above recipes and many more can be found at [PCRM.org/Recipes](https://www.pcrm.org/Recipes).