

## Appendix C - Sample Weekly Meals

A sample menu ideal for Summer time. Warm weather calls for easy-to-make breakfasts, seasonal fruits, chilled soups, fresh and wholesome salads, and deliciously light dinners.

	Breakfast	Lunch	Dinner
<b>Monday</b>	Avocado Mindful Toasts	<ul style="list-style-type: none"> <li>- Shaved Fennel, Celery &amp; Pink grapefruit salad with Dill &amp; Yogurt Dressing</li> <li>- Edamame pilaf with ginger &amp; shaved almonds</li> </ul>	Cauliflower Ceviche with Coconut Passion Marinade
<b>Tuesday</b>	<ul style="list-style-type: none"> <li>- Watermelon Pizza</li> <li>- Cocada Smoothie</li> </ul>	Snap pea & daikon salad with cucumber and almond-ginger dressing	<ul style="list-style-type: none"> <li>- Jackfruit and Cauliflower Leafstalk Tacos</li> <li>- Domino Rice and Beans with Spicy Adobo Seasoning</li> </ul>
<b>Wednesday</b>	Loaded Breakfast Smoothie	<ul style="list-style-type: none"> <li>- Stuffed Squash Blossoms</li> <li>- Roasted Fingerling Potatoes with Caramelized Onions and Nuts</li> </ul>	Papaya Poke Stack with Wasabi Slaw
<b>Thursday</b>	Avocado Smoothie Bowl with Fresh Fruits	<ul style="list-style-type: none"> <li>- Chayote and green mango slaw with English peas</li> <li>- Corn lollipops with chipotle &amp; tofu cream sauce</li> </ul>	Tostones Nachos with Crumbled Sprouted Tofu
<b>Friday</b>	<ul style="list-style-type: none"> <li>- Pea Purée Mindful Toasts</li> <li>- Tamarind juice with chia seeds</li> </ul>	<ul style="list-style-type: none"> <li>- Mango &amp; ginger gazpacho</li> <li>- Nopal Cactus Pad &amp; Quinoa Salad</li> </ul>	Cauliflower Steaks with Herbed Succotash
<b>Saturday</b>	Tofu and Tomato Scramble (with pan-fried green tomatoes)	<ul style="list-style-type: none"> <li>- Fava Bean and Avocado Soup</li> <li>- Jicama &amp; Corn Salad with Fresno Pepper Vinaigrette</li> </ul>	Green Zucchini Noodles with Grilled Portobello Steaks
<b>Sunday</b>	Oat Waffles with Mango Sauce	<ul style="list-style-type: none"> <li>- Falafel Bites on Endive Boats</li> <li>- Roasted Radishes with Garlic and Parsley</li> </ul>	Arepas with King Oyster Mushrooms

## Appendix C - Sample Weekly Meals

A sample menu ideal for Winter time. Colder days call for comforting breakfasts, dry fruits, warm and hearty soups and stews, root vegetable salads, and homey dinners.

	Breakfast	Lunch	Dinner
<b>Monday</b>	Quinoa Porridge with Stewed Bananas and Prunes	- Millet & Okra Salad - Spiced Pumpkin Soup	Eggplant and Lentil Bolognese Stacks
<b>Tuesday</b>	- Veggie Mindful Toasts - Maca & cacao latte	- Swiss Chard & Lentil salad with Balsamic Dressing - Lentil Minestrone	Garbanzo and Potato Coconut Stew (served with brown rice)
<b>Wednesday</b>	Overnight Beet Oats	- Curried Cauliflower Salad with Apples and Celery - Stuffed Shiitake Mushrooms	Crispy Sprouted tofu with Stir-Fried Vegetables
<b>Thursday</b>	Coconut & Chia Bowl with Warm Ancient Grains	- White Bean and Kale Stew - Yuca with Leek Mojo	Creamy Farro Casserole with Broccoli and Butternut Squash
<b>Friday</b>	- Hummus Mindful Toasts - Spiced hibiscus tea	- Sweet Potato & Great Northern Bean Salad with Tahini Dressing - Broccoli Soup	Mushroom Bahn-Mi on Multi-Grain Rolls
<b>Saturday</b>	Oat Waffles with Mango Sauce	- Split-Pea Soup - Roasted Heirloom Carrots with tahini sauce	Purple Sweet Potato Gnocchi with Carrot-Top Pesto
<b>Sunday</b>	Amaranth Pancakes with Apple Compote	- Black Bean Chili - Plantain Dumplings	Quinoa-stuffed peppers with tomato jam & hearty greens