

# Weekly Mealplan



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Buckweats +1 Apple + 1 tsp Cinnamon	Cereals + Coconut Milk + 1 Fresh Cut Banana	Glowing Green Smoothie ✓	Oatmeal: Oats +Milk/Water +Fruits	Oats +Smoothie ✓	Cereals + Coconut Milk + 1 Fresh Cut Banana	Vegan Pancakes
SNACK	1 Banana + Almonds	1 Apple + Almonds	2 Slices Bread + Avocado	1 Banana + Almonds	1 Apple + Almonds	Carrots + Hummus	Fruit Bowl
LUNCH	Potatoes + Green Salad	Spaghetti a la Puttanesca	French Fries + Ketchup	Potatoes + Hummus + Pepper	Pasta Salad +Fresh Veggies	Bread + Avocado + Flaxseeds	French Fries + Sesame Seeds + Green Salad + Falafels
SNACK	Nicecream	Dates	Banana + Peanutbutter	Nicecream	Fruitbowl	Dates	Nicecream + Dark Chocolate Topping
DINNER	Spaghetti a la Puttanesca	Bread + Avocado + Flaxseeds	Potatoe Salad ✓	Pasta Arrabiata	Peanutbutter + Jelly Sandwich	Spaghetti Aglio e Olio	Quinoa + Green Salat + Falafel

# Shopping List

<b>Carbs</b>	<b>Fruits</b>	<b>Veggies</b>	<b>Basics</b>
<b>Buckwheat</b>	<b>Apples</b>	<b>Greens &amp; Salad</b>	<b>Sesame Seeds</b>
<b>Pasta &amp; Spaghetti</b>	<b>Bananas (fresh &amp; frozen)</b>	<b>Peppers</b>	<b>Chickpeas</b>
<b>Potatoes</b>	<b>Strawberries (fresh &amp; frozen)</b>	<b>Hummus</b>	<b>Peanutbutter &amp; Jelly</b>
<b>Oats</b>	<b>Dates</b>	<b>Avocado</b>	<b>Flaxseeds</b>
<b>Quinoa</b>		<b>Spring Onions</b>	<b>Cinnamon</b>
<b>Bread</b>		<b>Garlic &amp; Onions</b>	<b>Plant Based Milk</b>
		<b>Green Olives/Capers</b>	<b>Dark Chocolate</b>
		<b>Carrots</b>	<b>Canned Tomatoes</b>
		<b>Black Olives</b>	