

Colour My Plate Vegan Weekly Menu

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Breakfast	carrot cake oatmeal bake	waffles with homemade apple sauce	sea salt dark chocolate granola with oat milk	banana and chocolate overnight oats	sourdough toast with hummus and avocado	coconut chia pudding
Snack	fruit	fruit	fruit	fruit	fruit	fruit
Appetizer	green salad in orange lime dressing	lemon brocolli and carrots	green salad in lemon oil dressing	baked veggies	mixed greens with lemon oil dressing	coleslaw raisin salad in lemon dijon dressing
Lunch	Spicy coconut lentil dhal	Vegetarian biryani with yellow rice	Tofu teriyaki with stirfry veg and noodle	Carribbean veggie curry with fragrant rice	mexican beans with green rice and corn	vegan ratatouille with creamy polenta
Afternoon Snack	double chocochevy tahina cookie	spicy edamame	blueberry cheesecake	crunchy green peas	zesty lemon tartes	peanut butter and chia stuffed pear
Appetizer	lentil soup	roasted cauliflower	spiced butternut soup	cooked spinach in tahina sauce	fattoush salad with pomegranate dressing	roasted kale
Dinner	hawaiian bbq tofu bowl	falafel salad with tahina lime dressing	lentil millet tabbouleh salad in pomegranate molasses dressing	Black Bean Quinoa Bowl with Cilantro Honey Lime Vinaigrette	lentil and carrot lasagna	Thai Buddha Bowl with Peanut Red Curry Sauce