

# Kid-Friendly Whole Foods Vegetarian Meal Plan

*No meat, no processed junk, minimal added sugar, family-approved*

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## Day 1

**Breakfast:** Banana oat pancakes with a drizzle of almond butter and berries

**Lunch:** Hummus and veggie pinwheels (whole wheat wrap with hummus, shredded carrots, cucumber, and spinach)

**Dinner:** Baked sweet potato “boats” with black beans, corn, and avocado

**Snack:** Apple slices with cinnamon and sunflower seed butter

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## Day 2

**Breakfast:** Oatmeal with chopped apples, raisins, and a dash of cinnamon

**Lunch:** Mini veggie quesadillas with mashed pinto beans and corn

**Dinner:** Pasta with marinara, lentils, and steamed broccoli on the side

**Snack:** Frozen banana slices dipped in peanut butter

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## Day 3

**Breakfast:** Fruit smoothie with spinach, banana, berries, and oat milk

**Lunch:** DIY snack lunch: whole grain crackers, hummus, baby carrots, grapes, and cherry tomatoes

**Dinner:** Veggie stir-fry with tofu cubes and brown rice (let kids pick the veggies!)

**Snack:** Homemade trail mix (pumpkin seeds, raisins, dry oats, chopped almonds)

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## Day 4

**Breakfast:** Chia pudding with vanilla, bananas, and strawberries

**Lunch:** Grilled veggie sandwich with hummus on whole grain bread

**Dinner:** Baked “taco cups” (whole grain tortillas in muffin tins filled with beans, rice, and veggies)

**Snack:** Orange slices and a few cashews

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## Day 5

**Breakfast:** Whole grain toast with almond butter and banana slices

**Lunch:** Lentil soup with whole grain crackers and carrot sticks

**Dinner:** Make-your-own pizza night with whole grain crust, tomato sauce, and veggie toppings

**Snack:** Smoothie popsicles (blend fruit + spinach + oat milk and freeze)

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## Day 6

**Breakfast:** Oatmeal muffins (banana + oats + cinnamon, baked in muffin tins)

**Lunch:** Rainbow salad with chickpeas, shredded carrots, red cabbage, cucumber, and avocado

**Dinner:** Veggie-loaded spaghetti squash bowls with marinara

**Snack:** Sliced pear and a handful of pumpkin seeds

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## Day 7

**Breakfast:** Breakfast burrito (scrambled tofu or beans, potatoes, spinach in a wrap)

**Lunch:** Brown rice and veggie bowl with peanut sauce (kids can mix their own!)

**Dinner:** Creamy cauliflower and white bean soup with whole grain toast

**Snack:** Cucumber slices with hummus or ranch-style dip (made from blended cashews or white beans)