



WFPB One week Meal Plan

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MONDAY



Breakfast Veggie & Tofu Tostada



Quinoa salad

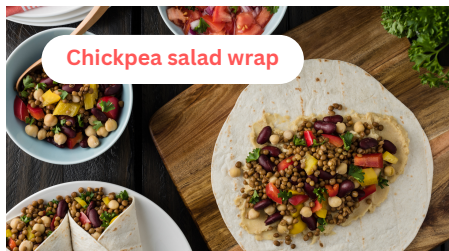


Veggie Quinoa Stuffed Peppers

TUESDAY



Overnight oats with fruits



Chickpea salad wrap



Power Bowl

WEDNESDAY



WFPB Pancakes with Berries



Lentil soup with whole wheat bread



Chickpea Curry

THURSDAY



Whole grain toast with avocado



Quinoa and black bean bowl



Power Bowl

FRIDAY



Veggie Fried Cauli-Rice



Taco Soup



Zucchini noodles with marinara sauce, mushrooms & spinach

SATURDAY



Green Smoothie



Falafel Wrap

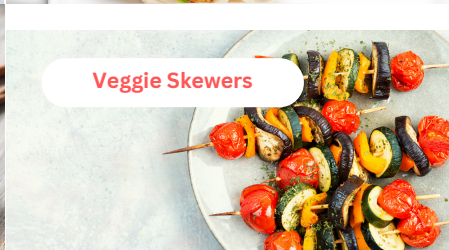


Cauli-rice Veggie Stir-Fry

SUNDAY



Overnight oats with fruits



Veggie Skewers



Blackbean Burger