SNACKS

- Whole grain pita w/ hummus, carrots, and cucumber
- Whole wheat or seed crackers w/ avocado, cucumber, and tomatoes on top
- Fruit w/ peanut butter and toast
- Nuts or seeds w/ fruit
- Smoothie or smoothie bowl w/ granola
- Granola w/ nuts and milk or yogurt
- Homemade popcorn w/ fruit and seeds or nuts
- Vegetable sushi
- Apple w/ cinnamon, dates, and peanut butter
- Sweet potato w/ cinnamon and nut butter
- Salad w/ quinoa, spinach, tomatoes, and other add-ins of your choice
- Spaghetti squash w/ tomato sauce, spinach, and Brazil nut cheese (simple recipes like this one can be found online [here](http://nouveauraw.com/raw-recipies/spreads-cheeses/brazilian-nut-parmesan-cheese/))

*If vegan, use non-dairy milk and yogurt. Ex: almond milk and soy yogurt*
BREAKFAST

• Steel-cut oats cooked in milk w/ nuts and fruits
• Smoothie bowl w/ granola and nuts (add buckwheat or millet to your granola if you would like)
• Pancakes using spelt flour (or other whole grain flour)
• Whole grain waffles w/ fruit and nut butter
• Yogurt parfait w/fruit and granola
• Overnight oats
• Tofu scramble or scrambled eggs, w/ kale, tomato, bell pepper, and toast
• Millet porridge
• Chickpea flour omelet w/ bell peppers, green onions, asparagus
LUNCH AND DINNER

• Sushi bowl= brown rice w/ rice vinegar and soy sauce, edamame, sweet potato, spinach, cucumber, avocado green onion, and nori
• Whole wheat pasta w/ black-eyed peas (or beans), cherry tomatoes, spinach, olive oil, salt, pepper, and spices
• Soup w/ vegetable broth, bulgur, and beet greens (recipe found at [http://www.finecooking.com/recipes/beet-green-bulgur-soup-poached-eggs.aspx](http://www.finecooking.com/recipes/beet-green-bulgur-soup-poached-eggs.aspx) if vegan, omit the cheese and eggs in the recipe)
• Black beans, rice, spinach, tomato, and avocado w/ spices in a whole wheat tortilla
• Hummus w/ pita and a quinoa salad w/ spinach, hearts of palm, chickpeas, cucumber, carrots, and cherry tomatoes
• Vegetable panini w/ tomato paste, and (nut) cheese. Choose your vegetables- Ex: roasted zucchini, eggplant, and red bell pepper. Nut cheese can be made using cashews, almonds, or brazil nuts depending on the cheese you are trying to mimic. Kite Hill has a good cream cheese like spread that would work well
ADDITIONAL ENTRÉES

• Kale and walnut salad w/ sweet potato (cooked w/ olive oil, cinnamon, and paprika). A good version of this recipe can be found here http://www.movenourishbelieve.com/recipes/roasted-sweet-potato-and-massaged-kale-salad/. Serve w/ quinoa

• Tuscan bean, tomato, and kale soup (recipe online http://www.wholefoodsmarket.com/recipe/vegetarian-tuscan-kale-and-white-bean-soup) served w/ bread or a grain (i.e. rice, quinoa, barley, etc.)

• (Tofu) quiche

• Soba noodle or rice stir fry

• Bowl w/ quinoa, roasted vegetables (i.e. brussel sprouts, cauliflower, carrots), sauteed kale, and avocado topped w/ sauce made from tahini, olive oil, lemon, and garlic powder

• Lentil soup w/ bread and/or grains

• Vegetable pizza (w/o cheese if vegan) w/ whole grain base

• Vegetable chili made using vegetables, kidney beans, and tofu w/ cornbread