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Let's find ways to make things better.

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST	Baked Oatmeal w/flax or chia seeds	Baked Oatmeal w/flax or chia seeds	Baked Oatmeal w/flax or chia seeds	Baked Oatmeal w/flax or chia seeds	Baked Oatmeal w/flax or chia seeds	Breakfast Salad	Breakfast Salad
SNACK	Fruit bowl	Fruit bowl	Fruit bowl	Fruit bowl	Fruit bowl	Fruit smoothie	Fruit smoothie
LUNCH	Frozen veggies, spinach, dry oats, nutritional yeast and salsa.	Sweet potato, quinoa, spinach & 3-2-1 dressing	Frozen veggies, spinach, dry oats, nutritional yeast and salsa.	Sweet potato, quinoa, spinach & 3-2-1 dressing	Frozen veggies, spinach, dry oats, nutritional yeast and salsa.	Sweet potato, quinoa, spinach & 3-2-1 dressing	Frozen veggies, spinach, dry oats, nutritional yeast and salsa.
SNACK	Hummus and veggies	Hummus and veggies	Hummus and veggies	Hummus and veggies	Hummus and veggies	Hummus and veggies	Hummus and veggies
DINNER	Black Bean Chili with steamed broccoli	BBQ Cauliflower w/vegan soup or chili	Blue Corn Chip Salad	Black Bean Chili with steamed broccoli	BBQ Cauliflower w/vegan soup or chili	Blue Corn Chip Salad	BBQ Cauliflower w/vegan soup or chili

Links to recipes or actual recipes are below.

[Baked Oatmeal](#)

[Breakfast Salad](#)

Fruit Bowl:

Pick 2-3 of your favorite fruits and mix them into a bowl together. Prepping them in advance makes them easy to grab from the fridge on your way out of the house in the morning. My favorite combinations below as examples.

Example Bowls:

Pear, kiwi, banana

Apple, grapes

Apple, pear, banana

Kiwi, canteloupe, honey dew

[3-2-1 Dressing](#)

[Black Bean Chili](#)

[BBQ Cauliflower](#)

[Blue Corn Chip Salad](#)