












## Plant-Based Stress and Anxiety Support Program Meal Prep Guide

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Make the Coconut Hemp Seed Breakfast Pudding.	Divide between containers in the fridge for breakfasts.
		Make the Vegan Ranch Dressing and Cucumber Slices.	Follow directions to make the dressing then divide into portions and store in the fridge with cucumber slices for easy snacking.
		Make Chickpea Tikka Masala with Couscous.	Once cool, divide between containers and store in the fridge.
1 Mon		Pack your meals if you are on-the-go.	Coconut Hemp Seed Breakfast Pudding, Vegan Ranch Dressing and Cucumber Slices, Chickpea Tikka Masala with Couscous, and Pistachios.
		Make Tofu, Broccoli & Brown Rice for dinner.	Enjoy and store leftover portions in the fridge.

<b>2</b> <b>Tue</b>		Pack your meals if you are on-the-go.	Coconut Hemp Seed Breakfast Pudding, Vegan Ranch Dressing and Cucumber Slices, Chickpea Tikka Masala with Couscous, and Pistachios.
		Enjoy leftover Tofu, Broccoli & Brown Rice for dinner.	Reheat in a microwave or on the stove.
<b>3</b> <b>Wed</b>		Pack your meals if you are on-the-go.	Coconut Hemp Seed Breakfast Pudding, Vegan Ranch Dressing and Cucumber Slices, Tofu, Broccoli & Brown Rice, and Pistachios.
		Make the Spiced Cauliflower Rice Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make the Banana Chia Crisps.	Divide between containers and store in the fridge.
<b>4</b> <b>Thu</b>		Make the Chocolate Almond Butter Smoothie Bowl.	Enjoy!
		Pack your meals if you are on-the-go.	Chocolate Almond Butter Smoothie Bowl, Banana Chia Crisps, Spiced Cauliflower Rice Bowl, and Vegan Ranch Dressing and Cucumber Slices.
		Make the Burrito Bowl with Quinoa Tofu Taco Filling for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

<b>5 Fri</b>		Make the Chocolate Almond Butter Smoothie Bowl.	Enjoy!
		Pack your meals if you are on-the-go.	Chocolate Almond Butter Smoothie Bowl, Banana Chia Crisps, Burrito Bowl with Quinoa Tofu Taco Filling, and Apple with Almond Butter.
		Make the Roasted Cauliflower Burrito Bowls for dinner.	Enjoy and store leftovers servings in the fridge.
<b>6 Sat</b>		Make Breakfast Baked Potato with Sun Butter and Mushroom & Tofu Scramble for breakfast.	Store leftovers in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Breakfast Baked Potato with Sun Butter and Mushroom & Tofu Scramble, Banana Chia Crisps, Roasted Cauliflower Burrito Bowls, and Apple with Almond Butter.
		Make the Mediterranean Buddha Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
<b>7 Sun</b>		Pack your meals if you are on-the-go.	Breakfast Baked Potato with Sun Butter with Mushroom & Tofu Scramble, Banana Chia Crisps, Mediterranean Buddha Bowl, and Apple with Almond Butter.

	Shop and prep for the week ahead.	Set aside some time to plan and shop for next week.
	Enjoy leftover Roasted Cauliflower Burrito Bowl for dinner.	Reheat on the stovetop or in a microwave.

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