Day 1

**Breakfast**

* Scrambled tofu\*
* Whole wheat toast, spread
* Sautéed spinach

**Lunch**

* Pasta salad\*

**Dinner**

* Sweet potato\*, topped with
* Roasted garbanzo beans\*
* Green beans, from frozen
* Coconut milk “ice cream”

**\*Recipes**

**Pasta Salad:** 1-2c leftover cold pasta + ½-1c cooked, raw or thawed frozen vegetables (zucchini chunks or chopped peppers or thawed peas) + ½-1c garbanzo beans + 2-3 Tbsp vinaigrette or salad dressing.

**Roasted Garbanzo Beans:** Drain canned beans and air-dry in a single layer (or use paper towel). Toss with 2 tsp oil + ¼ tsp garlic powder + ½ tsp paprika. Roast in a 13X9 pan in a single layer at 400 degrees for ~35-45 minutes, stirring every 15 minutes, or until browned and slightly crunchy.

**Silken Tofu:** This is a very easy protein food. This type of tofu is in “juice box” type packaging, so is shelf stable. Great to have on hand because it doesn’t spoil. Just crumble with a fork right from the box onto hot pasta or “scramble” with sautéed vegetables.

Day 2

**Breakfast**

* Oatmeal
* Stir in peanut butter and banana
* High calcium orange juice

**Lunch**

* Hummus on tortilla with cucumber, tomato, avocado, or other vegetables
* Red grapes

**Dinner**

* Pasta with marinara sauce topped with
* Silken tofu\*

Day 3

**Breakfast**

* Granola with nuts and seeds
* Fresh, dried or frozen fruit
* Almond milk or other

**Lunch**

* Peanut butter and jelly sandwich
* Carrots, cucumbers, green pepper slices
* Chips

**Dinner**

* Fried rice

Day 4

**Breakfast**

* Smoothie\* with
* Fresh or frozen fruit
* Flax seed or nut butter

**Lunch**

* Main dish salad with beans and dressing
* Vegan cookie or brownie

**Dinner**

* Bean burritos\*
* Fresh fruit



**Recipes (continued)**

**Sweet Potato:** Scrub under running water. Prick with fork in 3 places. Place in center of microwave and cook on high for 5-10 minutes, or until soft in center (test with fork). If the oven is on for another food, place the potato in a pan or on foil to catch drips, and bake at 350-400 degrees for ~45 minutes, or until soft.

**Fried Rice:** Use leftover rice (should be cold to break apart). To prevent sticking, heat pan on med to medium high, then add 1 tsp oil. To this add ¼c cashews or sesame seed and stir-fry until browned, then remove from pan. Add more oil if needed to saute vegetables (onion, garlic, frozen peas with diced carrots or any other vegetable); when soft, remove from pan. Add 1-2c rice and heat. Season with 1-2 Tbsp soy sauce mixed with ½-1 tsp toasted sesame oil (gives an authentic flavor). If you have ginger, add ½ tsp. Add back the vegetables and nuts and heat through before serving.

**Smoothie:** Freeze several peeled bananas when they are on sale or if too ripe. Blend until smooth: ½-1 frozen banana, 1c almond milk, 1-2 Tbsp peanut butter, water for desired consistency. Sweeten if needed. There are no limits to the extras you can add: ¼c raw oatmeal, 1-2T ground flax (grind whole seeds in the dry blender first—very perishable once ground), spinach/kale, coconut flakes, chia seed, various fresh or frozen fruits (pineapple, berries, mangoes, avocado), flavorings (honey, sugar, cinnamon, nutmeg). You can find additional recipes online. Smoothies in a travel mug can be a discrete way to take a meal or snack to class or work.

**Burrito:** On tortilla, spread layer of canned refried beans, sprinkle with cooked rice mixed with taco seasoning, then fold. Microwave on medium until heated through. Top with diced tomatoes and/or avocado and/or salsa.

**Quick Tips for Busy People**

* Avoid cooking and cleaning up for just 1 meal. Make extras of all or part of the meal for leftovers/lunches or to freeze for another time. Chop extra veggies to use at another meal for a side dish, a salad, or a stir-fry. Certain foods, like brown rice and dried beans, require long cooking times; make a large batch and freeze in meal-sized portions.
* If you tend to over-eat if more is prepared, then pack extras into the freezer or refrigerator, before sitting to eat. Once it is cold, you are less likely to have more.
* Fresh vegetables can be expensive, especially if they go to waste. Consider stopping at the salad bar at the grocery or dining hall to get chopped vegetables in just the amount you need. Craving tacos? Just go to the salad bar for chopped lettuce, diced tomatoes, onions and peppers—easy, fast, no waste!
* Look online for a soup or chili recipe that you can make in the slow cooker. Freeze extras.