

MONTHLY MEAL PLAN: JANUARY

Breakfasts: green smoothies, steel cut oatmeal (add flax seed); Lunch: leftovers, salads

Greens to try to get in: swiss chard, watercress, kale, spinach, collards, romaine lettuce

Snacks: fresh veggies, hummus, fruit, nuts

Healthy things to eat regularly: Brown rice sushi, tempeh, quinoa

January 5 - 9

Sarah's Sesame Dressing (Garden of Vegan 101)

Monday	Indian quinoa salad (Real Food Daily 103)
Tuesday	Sushi – with collard greens (Real Food Daily 52)
Wednesday	Mac and Cheese (Vegan Yum Yum) + Collard Green Coleslaw (Veg Times)
Thursday	Leftovers & Tarragon, Tomato and Leek bisque (Real Food Daily 88)
Friday	Grapefruit-Soba noodle salad with Spicy Peanut Sauce (Veg Times)

January 12 - 16

Monday	Pasta with Hide the Lentils tomato sauce (ED&BV 129) + spinach in sauce
Tuesday	Garlic mashed potatoes (Real Food Daily 142) Golden Gravy (Real Food Daily 68) Tempeh meat loaf (177) (with sautéed greens or salad)
Wednesday	Sweet and sour tempeh with vegetables (Real Food Daily 170) + rice
Thursday	Leftovers
Friday	Chili Burgers (Moosewood 173)

January 19 - 23

Maple Dijon Flax Oil Dressing (Garden of Vegan 98)

Monday	Eat out.
Tuesday	Sushi – with collard greens (Real Food Daily 52)
Wednesday	Sweet Potato lentil chili (ED&BV 101)
Thursday	Leftovers
Friday	Broccoli Cashew Teriyaki Tofu Stir-Fry (ED&BV 122)

January 26 - 30

Monday	Teriyaki Quinoa (ED&BV 167) + leek, veg and lentil stir fry
Tuesday	Yin and Yang salad with peanut sesame dressing (Real Food Daily 99)
Wednesday	Golden Split Pea soup (Moosewood 92)
Thursday	Leftovers
Friday	Sushi – with collard greens (Real Food Daily 52)