WEEK ONE BREAKFAST



Monday

- Breakfast Sushi
- Overnight Oats Breakfast Bowl

Tuesday

- Overnight Oats Breakfast Bowl
- Chocolate Chip Cookie Dough Hummus

Wednesday

- Chocolate Chip Cookie Dough Hummus
- Old-Fashioned Apple-Pie
 Oatmeal

Thursday

- Old-Fashioned Apple-Pie
 Oatmeal
- Chocolate Chip Cookie Dough Hummus

Friday

- Breakfast Sushi
- Overnight Oats Breakfast Bowl

#ForwardFoodChallenge

WEEK ONE LUNCH



#ForwardFoodChallenge

Monday

- Kick'n Chick'n Salad
- Sizzling Street Tacos with Cilantro Crema
- Loaded Beach Burger
- Fiesta Rice & Beans Bowl

Tuesday

- Black Bean Burrito Bowl
- Amazing Lo Mein
- Buddha Bowl

Wednesday

- Crazy Chickpea Salad Wrap
- Sweet Sloppy Joes with Lentils
- Sizzling Street Tacos with Cilantro Crema
- Energizing Edamame & Rice Shaker

Thursday

- Buffalo Chickpea Bowl
- Bahn Mi Bowl
- Savory Shepherd's Pie

- Rainbow Hummus Bowl
- Tropical Tofu with Pineapple & Rice
- Cool Corn Edamame Salad
- Zesty Pasta Salad

WEEK TWO BREAKFAST



#ForwardFoodChallenge

Monday

- Breakfast Sushi
- Overnight Oats Breakfast Bowl

Tuesday

- Overnight Oats Breakfast Bowl
- Chocolate Chip Cookie Dough Hummus

Wednesday

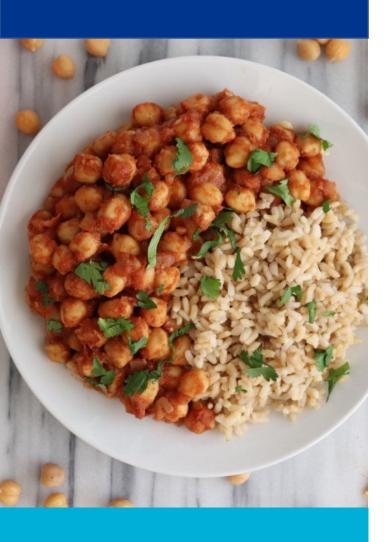
- Chocolate Chip Cookie Dough Hummus
- Old-Fashioned Apple-Pie
 Oatmeal

Thursday

- Old-Fashioned Apple-Pie
 Oatmeal
- Chocolate Chip Cookie Dough Hummus

- Breakfast Sushi
- Overnight Oats Breakfast Bowl

WEEK TWO LUNCH



#ForwardFoodChallenge

Monday

- Lo Mein Noodle Bowl
- Mediterranean Flatbread with Hummus
- Mighty Marinara with Tempeh

Tuesday

- BBQ Nacho Bowl
- Amazing Lo Mein
- Tropical Tofu with Pineapple & Rice

Wednesday

- Enchilada Chili Bowl
- Sizzling Street Tacos with Cilantro Crema
- Crazy Chickpea Salad

Thursday

- Bahn Mi Bowl
- Crunchy Thai Salad Shaker
- Sweet Sloppy Joes with Lentils

- Chana Masala
- Spinach and Artichoke Flatbread with Lemon Garlic Hummus
- Super Sweet Potato & Black
 Bean Chili

WEEK THREE BREAKFAST



Monday

- Breakfast Sushi
- Overnight Oats Breakfast Bowl

Tuesday

- Overnight Oats Breakfast Bowl
- Chocolate Chip Cookie Dough
 Hummus

Wednesday

- Chocolate Chip Cookie Dough Hummus
- Old-Fashioned Apple-Pie
 Oatmeal

Thursday

- Old-Fashioned Apple-Pie
 Oatmeal
- Chocolate Chip Cookie Dough Hummus

Friday

- Breakfast Sushi
- Overnight Oats Breakfast Bowl

#ForwardFoodChallenge

WEEK THREE LUNCH



#ForwardFoodChallenge

Monday

- Amazing Lo Mein
- Mighty Marinara with Chickpeas
- Crunchy Thai Salad Shaker

Tuesday

- Tropical Tofu with Pineapple & Rice
- Sweet Sloppy Joes with lentils
- Protein Packed Two Bean Chili

Wednesday

- Mediterranean Flatbread with Hummus
- Buddha Bowl
- Spinach and Artichoke Flatbread with Lemon Garlic Hummus

Thursday

- Protein Packed Pasta Marinara
- Bahn Mi Bowl
- Flavor Packed Ramen

- Protein Packed Chili with Tempeh
- Sizzling Street Tacos with Cilantro Crema
- Spectacular Sweet Potato Burrito