

MONDAY

- Breakfast: Oatmeal
- Lunch: [Save Your Dollars Soup](#), sourdough bread
- Dinner: [Weeknight Tofu Stir Fry](#)

TUESDAY

- Breakfast: Oatmeal
- Lunch: Homemade Tomato Soup from “[Simple Feel Good Food](#)”, cheese quesadillas with homemade tortillas
- Dinner: [Chipotle-Style Taco Bowls](#)

WEDNESDAY

- Breakfast: Oatmeal
- Lunch: [Instant Pot Lentil Soup](#), sourdough bread
- Dinner: [Thai Panang Curry With Vegetables](#)

THURSDAY

- Breakfast: Oatmeal
- Lunch: [Black Bean Soup](#), cornbread
- Dinner: [Best Vegetable Lasagna](#), Caesar salad

FRIDAY

- Breakfast: [Blender Oatmeal Pancakes](#)
- Lunch: Bean and cheese burritos
- Dinner: West African Peanut Stew from “[Love Real Food](#)”

SATURDAY

- Breakfast: Breakfast tacos
- Lunch: Greek salad, hard boiled eggs
- Dinner: One-Pot Pasta “Bolognese” from [The Vegan Instant Pot Cookbook](#)

SUNDAY

- Breakfast: Skillet granola from [Simple Feel Good Food](#), yogurt, and berry parfaits
- Lunch: Huevos rancheros, homemade tortillas, home fries
- Dinner: Grilled steak, roasted vegetables, mashed potatoes