

# WHOLE FOODIE CHALLENGE

## Oh She Glows 30 Day Challenge

### Suggested Meal Plan – Week 3

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Steel Cut Cookie Dough Oats	Steel Cut Cookie Dough Oats	Green Monster Smoothie	Sunrise Scramble w/ Toast	Sunrise Scramble w/ Toast	Steel Cut Cookie Dough Oats	Steel Cut Cookie Dough Oats
LUNCH	Enchiladas with Avocado Cilantro Sauce	Crispy Quinoa Cakes with Fries and Aoili	Crispy Quinoa Cakes with Fries and Aoili	Veggie Summer Rolls w/ Peanut Lime Sauce	Summer Harvest Soup	Summer Harvest Soup	Chickpea Miso Bowl with Mushrooms
DINNER	Crispy Quinoa Cakes with Fries and Aoili	Enchiladas with Avocado Cilantro Sauce	Veggie Summer Rolls w/ Peanut Lime Sauce	Summer Harvest Soup	Veggie Summer Rolls w/ Peanut Lime Sauce	Chickpea Miso Bowl with Mushrooms	Avocado and Edamame Hummus Toast
SNACK	Blueberry Spelt Muffins	Hummus and Crudite	Peanut Butter Bites	Blueberry Spelt Muffins	Hummus and Crudite	Peanut Butter Bites	Blueberry Spelt Muffins
DESSERT	Herbal tea of choice and No Bake Elvis Bars or fresh fruit						

\*Please note that I like to prepare my meals ahead of time and eat them over the next few days – if you prefer variety, you may want to make a batch and freeze some for later in the week!