

Go Dairy Free Meal Plan

Allergy-Friendly Version (optionally free of top allergens)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Baked French Toast Sticks <i>(p 224)</i>	Back to School Breakfast Cookies <i>(p 226)</i>	Wild Blue Smoothie <i>(p 209)</i>	In an Instant Oatmeal Packets <i>(p 230)</i>	Just Peachy Power Smoothie <i>(p 211)</i>	Chunky Monkey Muffins <i>(p 237)</i>	Eggs Benedict (with egg-free option!) <i>(p 228)</i>
Lunch	Sweet Potato & Black Bean Taquitos <i>(p 344)</i>	Deconstructed Falafel Bowls with Tahini Sauce <i>(p 337)</i>	Pinwheels with Veggies & Five Star Ranch Dip <i>(p 272 & 285)</i>	Curried Cauliflower Bisque <i>(p 293)</i>	Lentil Curry in a Hurry <i>(p 338)</i>	Blackstrap Barbecue Beans Meal <i>(p 355)</i>	Spaghetti X's and O's <i>(p 324)</i>
Dinner	Mushroom & Sage Stuffed Bell Peppers <i>(p 335)</i>	Pasta Primavera <i>(p 321)</i>	Bring on the Bok Choy Stir-Fry Meal <i>(p 347)</i>	Pesto Polenta Pie <i>(p308)</i>	Mashed Potatoes & Miso-Mushroom Gravy Meal <i>(p 350)</i>	Lasagna Béchamel <i>(p 329)</i>	Veggie Tostadas with Avocado Crema <i>(p 345)</i>

Snacks:

- Fresh seasonal fruit
- Power Fudgies (p 270)
- Easy Cheesy Crackers (p 276)
- Steamed cauliflower and broccoli with Pizza Dip (p 279)
- Baby carrots, celery sticks, and sliced bell pepper strips with Baba Ghanoush (p 280)

Treats:

- Chocolate Frostee (p 213)
- Buttahscotch Dessert Pudding (p 392)
- Chia Berry Crumb Bars (p 367)
- Carrot Spice Cupcakes (p 378)