

Go Dairy Free Meal Plan Comfort Cuisine Version

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Pillowy Wholesome Pancakes <i>(p 228)</i>	Pumpkin Pie Protein Shake <i>(p 212)</i>	Dukkah Avocado Toast <i>(p 227)</i>	Bakery-Style Blueberry Muffins <i>(p 224)</i>	Gingersnap Super Smoothie <i>(p 210)</i>	Double Chocolate Scones <i>(p 244)</i>	Best Darn Biscuits & Gravy <i>(p 231)</i>
Lunch	Sweet Potato & Black Bean Taquitos <i>(p 344)</i>	Homemade Cheeze Tortellini <i>(p 323)</i>	Roasted Sweet Potato & Greens Salad <i>(p 354)</i>	Blackstrap Barbecue Beans <i>(p 355)</i>	Lentil Curry in a Hurry <i>(p 338)</i>	Hawaiian Teriyaki Bowls <i>(p 341)</i>	Grilled Cheeze Sandwiches <i>(p 342)</i>
Dinner	Homemade Cheeze Tortellini <i>(p 323)</i>	Mashed Potatoes & Miso-Mushroom Gravy Meal <i>(p 350)</i>	Brazilian-Style Stroganoff <i>(p 326)</i>	Creamy Poblano Baked Risotto <i>(p 356)</i>	Roasted Ratatouille Pizza <i>(p 304)</i>	Almost Too Easy Alfredo <i>(p 320)</i>	Guacamole Enchiladas in Red Sauce <i>(p 334)</i>

Snacks:

- Fresh seasonal fruit
- Chocolate, Nuts & Sea Salt Nice Bars (p 267)
- Garlic & Herb Baby Cheezes (p 277)
- Baby carrots, celery sticks, and sliced bell pepper strips with Super Spinach & Artichoke Dip (p 282)

Treats:

- Soft and Chewy Oatmeal Cookies (p 361)
- Mini Berry Cheezecakes (p 383)
- Snickerdoodle Cashew Ice Cream (p 407)