

MENU

Vegetarian Menu

SUNDAY

[Thai Curry Vegetable Soup](#) (omit brown sugar, use brown rice noodles)

Green Salad

MONDAY

[Potato, Mushroom and Kale Hash Skillet](#) (*omit regular potatoes and sub 1/2 lb of parsnips* )

Steamed Broccoli

TUESDAY

[Spicy Asian Zucchini Noodles](#) (omit carrots and sub red or orange bell pepper and reduce almond butter to 1/4 cup)

WEDNESDAY

[Spanish Chickpea and Spinach Stew](#)-(omit brown sugar sub. 1/2 packet of Stevia instead)

Green Salad

THURSDAY

[Tofu Black Bean Tikka Masala Bowl](#) (omit vegetable oil and butter and sub 2 TBSP of Olive Oil, omit brown sugar sub Stevia if needed, omit whole milk and sub canned coconut milk)

Brown Rice

Steamed Green Beans