VEGETARIAN MEAL PLANNER

Vary meatless meals, protein sources, produce, and prep.

US LETTER

DAY	MEALS	PROTEIN SOURCE	PRODUCE	PREP
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

PROTEINS TO PREP

SAUCE / FLAVOR PLAN

VEGETARIAN MEAL PLANNER

Vary meatless meals, protein sources, produce, and prep.

A4

DAY	MEALS	PROTEIN SOURCE	PRODUCE	PREP
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

PROTEINS TO PREP

SAUCE / FLAVOR PLAN