

Spring Plant-Based Menu:

2 Pounds of Veggies!



Breakfast: Strawberry Oatmeal Bowl & Spinach Salad

- [Strawberry oatmeal bowl](#) from Oh My Veggies
- Baby spinach with strawberries and fig vinegar



Lunch: Tu-No Salad with Roasted Potatoes

- [Tu-no salad](#) from Straight Up Food
- Roasted baby potatoes (22 min @ 425F, flip once)
- Cucumber sticks, red pepper strips, and apple



Snacks: Popcorn, Cashews, & Carrots

- [DIY microwave popcorn](#)
- Baby carrots and cashews
- [42-calorie almond milk hot cocoa](#)



Dinner: Veggie Sammie, Soup, & Peppers

- [Ultimate veggie sandwich](#) from Shutterbean
 - McDougall low-sodium vegetable soup
 - Baby spinach & grated carrot salad
 - Red pepper strips & hummus
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