

# HEALTHY CREATIONS

## Fit Weekly Meal Plan

by Chef Ariel Bangs

### **Breakfast:**

*Granola Parfait*

*Pepper-jack Biscuit Sandwich w/roasted vegetable eggs and tempeh bacon*

*Jamaican Apple Sage Sausage and Spinach Breakfast Patty w/Green Mango Protein Smoothie*

*Blueberry walnut Superfood Breakfast Bowl*

### **Lunch:**

*Asparagus Risotto with butternut squash, kale and garlicky Corona Beans Curry Apple Pear Soup w/Pesto Vegetable Sandwich*

*Greek Bright Salad w/crispy chickpeas, spinach, zucchini, almonds and tomatoes*

*General Tso's Cauliflower over quinoa*

### **Snack:**

*Walnut Chocolate Bread*

*Pumpkin Pie Muffin*

*Spiced kale chips and Pecans*

*Chinese Scallion Pancakes*

### **Dinner:**

*Pineapple Tacos with fresh lime*

*Ginger Stir Fry w/brown rice*

*Lebanese Chickpeas w/ Mushrooms, Artichokes and Tomatoes*

*Vegetable stuffed Chile Rellenos over Mexican Rice*