

# HEALTHY CREATIONS

## Food Enthusiast Weekly Meal Plan

by Chef Ariel Bangs

### **Breakfast:**

Mango Banana stuffed Almond Pancakes w/Date Honee, Smoked Eggplant Bak'n

Sweet Potato Cinnamon Rolls w/Orange Banana Smoothie

Ethiopian Breakfast Wrap w/berbere lentils, garlic greens, cumin potatoes and grilled jalapenos

Breakfast Chilaquelles w/peppers, onions, black beans and tempeh bak'n

### **Lunch:**

Tangy White Bean and Pea Shoot Kibbeh Falafel w/cashew lemony cream, Carrot and Red Potato Chips

Moroccan Meat Balls w/Arugula Salad, creamy coconut harissa sauce

Sukuma Wiki (Collard Greens, Chile Flecked Mushroom Steak, and Mashed Plantain

Korean BBQ Tofu Sandwich w/Kimchi Potato Salad

### **Snack:**

Oven Roasted Chickpeas

Blueberry Flax Snack Cake

Cauliflower Chips w/Chile Dip

Coconut Almond Butter Chocolate Protein Cookie

### **Dinner:**

Brazilian Coconut Stew w/Cheese Balls

Vietnamese Vegetable Bahn Mi w/chili noodle salad

Chimichurri Roasted Vegetable Enchiladas w/Tomatillo Rice