

## ON THE MENU THIS WEEK

### BREAKFAST

**Red Velvet Cake**  
with fresh raspberries and  
a dollop of yogurt

**Instant Pho**

**Chana Masala**  
with brown rice

### LUNCH

**Instant Pho**

**Mushroom Walnut  
Lentil Balls**  
over spaghetti in marinara sauce

**Mushroom Walnut  
Lentil Balls**  
on a whole-grain sub roll with  
marinara sauce and fresh basil

**Mushroom Walnut  
Lentil Balls**  
in vegetable soup

**Chana Masala**  
and fresh cilantro in a roti

**Dairy- & Gluten-Free  
Mac & Cheese**  
with your choice of salad

**Roasted Buffalo Chickpeas**  
sprinkled over a Caesar or  
garden salad (get our CE vegan  
Caesar dressing recipe at  
[cleaneating.com/vegandressing](http://cleaneating.com/vegandressing))

### DINNER

**Mushroom Walnut  
Lentil Balls**  
over spaghetti in marinara sauce  
with a toasted whole-grain baguette

**Chana Masala**  
with brown rice or whole-wheat naan

**Chana Masala**  
over a bed of steamed lemon spinach

**Dairy- & Gluten-Free  
Mac & Cheese**  
with your choice of salad

### SNACKS

**Instant Pho**

**Roasted Buffalo Chickpeas**

**Red Velvet Cake**

### PREP SUNDAY

**CHANA MASALA** – will  
keep until Thursday in  
the refrigerator or up to  
3 months in the freezer

**DAIRY- & GLUTEN-FREE  
MAC & CHEESE** – will keep  
until Thursday in the  
refrigerator or up to  
3 months in the freezer

**INSTANT PHO** – will  
keep until Friday in the  
refrigerator

**MUSHROOM WALNUT  
LENTIL BALLS** – will keep  
until Thursday in the  
refrigerator or up to  
3 months in the freezer

**RED VELVET CAKE** – will  
keep until Friday covered  
in the refrigerator

**ROASTED BUFFALO  
CHICKPEAS** – will keep up  
to 2 weeks in a resealable  
bag in a cool, dry place