

pametarium

food for every body

veggie plan

MONDAY

lunch

grilled eggplant
bbq, olive
cremoleta,
quinoa and
green beans

dinner

tofu lemon
butter, baked
sweet plantain,
spinach, green
tomato,
pinapple salad
and mint
vinaigrette

TUESDAY

lunch

peruvian tofu
chaufa rice,
broccoli, peppers
and mushrooms

dinner

bbq mango
jackfruit, green
beans, nuts and
brussel sprouts

WEDNESDAY

lunch

sesame veggie
balls, pasta
salad and
tomato basil

dinner

pizza' egg
scramble with
fresh quinoa
arugula salad

THURSDAY

lunch

coconut curry
lentil, couscous
salad, roasted
peppers and red
onions

dinner

nopal tacos, pico
de gallo and
stuffed
tomatoes

FRIDAY

lunch

mushroom and
potato gratin pie
with sauteed
vegetables

dinner

lentil slow
cooked soup
with potato egg
salad

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MONDAY

lunch

dijon glazed
butternut
squash, carrots,
green apple,
brussel sprouts
and mashed
sweet potato

dinner

mediterranean
cauliflower
shawarma bow

TUESDAY

lunch

lentil burger,
sliced tomatoes,
arugula, onions,
pineapple,
potato wedges
and homemade
cilantro salsa

dinner

mushroom
ceviche, plantain
and kale salad

WEDNESDAY

lunch

seared tofu,
roasted sliced
tomatoes, rotini
pasta, pesto
sauce and
green vegetable
soup

dinner

pasta caprese
salad

THURSDAY

lunch

quinoa tabule
salad with grilled
broccoli steaks
and a side of
carrots hummus

dinner

eggplant teriyaki,
lime rice and
cauliflower

FRIDAY

lunch

vegetable
lasagna
(eggplant,
zucchini yellow
squash, spinach)

dinner

shirataki pasta
with chop suey
(celery, bok choy,
red peppers)

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veggie plan

MONDAY

lunch

lentil burgers,
bbq mango
sauce, mashed
potato, green
beans and
almond

dinner

tofu chimichurri
skewers, sweet
plantains and
sautéed
vegetables

TUESDAY

lunch

baked garbanzo
kofta, turmeric
quinoa and kale
salad

dinner

roasted loaded,
coliflor, crimini,
sweet potato
and asparagus

WEDNESDAY

lunch

seasoned tofu
tacos, pico de
gallo, fried
beans, yellow
rice and cilantro
jalapeño sauce

dinner

stuffed zucchini
boats, sautéed
crimini, spinach
topped, piccata
salsa, quinoa
and beans

THURSDAY

lunch

marinara natural
yeast covered
tofu pasta with
blanched french
beans

dinner

teteriyaki
eggplant (garlic,
ginger and
scallions) brown
rice, pepper,
carrots and
cabbage salad

FRIDAY

lunch

black bean, yucca
and vegetables
stuffed gratin
tomatoes

dinner

veggie balls in
red pepper
coulis, spaghetti
squash and nuts

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MONDAY

lunch

farfalle pasta,
eggplant and
asparagus bowl

dinner

carrot and
zucchini noodles,
tofu bolognese
with cherry
tomatoes

TUESDAY

lunch

falafel, turmeric
rice cauliflower,
cucumber,
carrots, pickel
onion and garlic
sauce

dinner

cranberry
couscous
arugula salad,
mango salsa
black beans

WEDNESDAY

lunch

tofu sofritas al
pastor, quinoa,
pineapple sauce
and non spicy
jalapeño cilantro
sauce

dinner

veggie burger,
tomato,
mozzarella
cheese and
garlic mustard
sauce

THURSDAY

lunch

potato salad with
broccoli stake

dinner

grilled portobello
mushrooms,
ranch sauce,
lentil celery,
broccoli and
cauliflower slaw

FRIDAY

lunch

asian chicken
with fried rice and
sautéed
vegetables

dinner

fajitas, red beans
and grilled elotes
and mozzarella
cheese

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MONDAY

lunch

eggplant gratin,
mushrooms,ses
ame seeds,
brown rice and
broccoli

dinner

lemon garlic
tofu, asparagus
skillet and
wheat pasta

TUESDAY

lunch

vegetarian
goulash (carrots,
peas and
potatoes)
parsley potatoes
and cauliflower

dinner

peas in parsley
sauce,
mushrooms,
sauteed spinach
and dried
tomatoes

WEDNESDAY

lunch

spaghetti and
chickpea
bolognese,
marinara and
cesar salad

dinner

potato casserole
and baked
vegetables

THURSDAY

lunch

roasted butternut
squash, mac and
cheese, nut
green beans and
cranberry sauce

dinner

tofu grill with
potato salad

FRIDAY

lunch

red kidney bean
bowl with
quinoa, black
beans, spinach,
corn and cherry
tomato

dinner

mushrooms
lomo salteado,
green beans and
brown rice

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MONDAY

lunch

creamy tuscan
tempeh,
mushrooms,
spinach, cherry
tomato and
pasta

dinner

avocado chicken
waldorf salad
chickpea waldorf
salad

TUESDAY

lunch

jerk tofu
skewers,
coconut rice,
grilled
vegetables.
ginger yogurt
sauce

dinner

asian quinoa
salad, honey
lemon
vinaigrette and
nuts

WEDNESDAY

lunch

chickpeas,
potato in
colombian
tomato sauce,
green beans
and carrots

dinner

broccoli, eggplant
bowl with corn
and vegetables

THURSDAY

lunch

chickpeas in leek
lime sauce, garlic
asparagus,
mashed sweet
potato and black
beans

dinner

lentil salad,
greek yogurt
cucumber salad
and quinoa

FRIDAY

lunch

mexican bowl
with sofritas,
pinto beans,
lettuce, cheese,
guacamole and
pico de gallo

dinner

eggplant
zucchini lasagna,
green beans and
cherry tomatoes

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MONDAY

lunch

chickpea
bolognese
spaghetti with
fresh salad

dinner

edamame
marinated poke
bowl with
chipotle mayo

TUESDAY

lunch

mediterranean
caprese salad,
cauliflower and
rice lentil
almond

dinner

sofritas with
pepper fajitas,
corn salad and
sour cream

WEDNESDAY

lunch

peruvian
creamed
eggplant, baked
potatoes,
broccoli and
asparagus

dinner

zoodles with
pesto tempeh
and steamed
green beans

THURSDAY

lunch

marinated red
beans, cole slaw,
grilled eggplant
and sweet
potato fries

dinner

veggie fritters
with mashed
potatoes and
broccoli

FRIDAY

lunch

baked tofu with
lemon creamy
sauce, quinoa
brown rice and
green beans

dinner

black bean
burgers, quinoa
hemp tabbouleh
salad and
hummus

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MONDAY

lunch

mushroom
noodles, carrots,
celery, peppers,
green onions,
bean sprouts
and chopped
Peanuts

dinner

oven baked
gratin broccoli
and eggplant
caponata

TUESDAY

lunch

sofritas burrito
bowl, lime
cilantro rice, corn
and pico de gallo

dinner

baked lentil
kibbeh and
cucumber
mango
tabbouleh salad

WEDNESDAY

lunch

black beans,
boiled cassava,
guasacaca and
watercress
salad

dinner

sautéed
vegetables with
garbanzo salad
stuffed
tomatoes

THURSDAY

lunch

vegetable stew,
hard boiled eggs,
peas, carrots,
parsley potatoes
and sliced green
beans

dinner

vegetable
patties,
mushroom wine
sauce, mashed
potatoes and
asparagus

FRIDAY

lunch

sautéed
vegetables,
seaweed salad,
mashed plantain
and pumpking
soup

dinner

garbanzo cesar
salad, shredded
beets, artichokes,
carrots and
walnuts

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veggie plan

MONDAY

lunch

bbq read beans
with corn potato
gratin and grilled
asparagus

dinner

grilled portobello
with onions and
peppers,
sautéed spinach
and basmati rice

TUESDAY

lunch

grilled tofu with
steamed sweet
potatoes,
broccoli, and
mushrooms

dinner

honey glazed
eggplant with
sautéed
zucchini and
quinoa

WEDNESDAY

lunch

curry lentil rice
with egg salad
and brussel
sprouts

dinner

quinoa with
broccoli in soy
sauce and
vegetables

THURSDAY

lunch

spaghetti squash
with chickpea in
pomodoro basil
sauce

dinner

grilled chickpea
burger with
baked sweet
potato fries

FRIDAY

lunch

grilled coriander
eggplant with
roasted gratin
zucchini boat,
cilantro sauce
and vegetable
soup

dinner

tofu tacos with
sautéed onions
and peppers

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MONDAY

lunch

ginger glazed mushrooms, basmati rice and garlic vegetables

dinner

slow cooked chicken, cole slaw and baked asparagus

TUESDAY

lunch

orange cannelloni, rosemary potatoes, zucchini and cherry tomato salad

dinner

eggs and potato and green beans casserole

WEDNESDAY

lunch

cream cajun tofu, sautéed spinach pasta and mushrooms

dinner

egg, kale caesar salad and garbanzo chips

THURSDAY

lunch

ropa vieja black beans, rice and lemon garlic broccoli

dinner

mushrooms quinoa chaufa and vegetables

FRIDAY

lunch

egg stuffed peppers stir-fry and quinoa

dinner

eggplant with marsala mushroom sauce and cherry roasted tomatoes