

# Plant Based Menu Planning

## MENU FOR THE WEEK

[Quinoa and Arugula Salad](#)

[Carbonara with Penne](#)

[Chickpea Tuna Salad Sandwiches](#)

Simple Salad with [Balsamic](#)

[Tofu Ricotta Manicotti](#)

[Chana Masala](#) with Rice

[Tofu Scramble](#) – Breakfast Tacos

[Potato and Leek Soup](#)

[Pesto](#) Pasta

Tostadas

Overnight Oats

[Roasted Green Beans with Sesame Sea Salt](#) - Side

[Baked Tofu](#) – For Sandwiches

[Grilled Asparagus with Vinaigrette](#) - Side

## MISE EN PLACE FOR THE WEEK

Sliced Red Peppers

Diced Onions

Diced Shallot

No Oil Mushrooms

Chickpeas

Snap Peas

Asparagus

## MAKE AHEAD OF TIME

Quinoa

[Basic Vegetable Stock](#)

[White Sauce](#)

[Chickpea Tuna Salad](#)

[Taco Filling for Tostadas](#)

[Balsamic Dressing](#)

[Plant-Based Parmesan](#)

[Manicotti](#) (freeze one for next week)

[Chana Masala](#)

White Rice

[Kale & Basil Pesto](#)

[Tofu Scramble](#)

[Potato and Leek Soup](#)

[Wine Pickled Onions](#)