


## A CHILL VEGAN MEAL PLAN TO MAKE IN AUGUST

	breakfast	lunch	dinner	
mon	Monkey Mylk from Wild&TheMoon	Sunny Spinach Quinoa Salad	Lazy Monday Cumin Sweet Potato Soup	stay hydrated!
tue	café or matcha	Magical Watermelon Tomato Gazpacho	Chili Sin Carne (W&TM)	
wed	Matcha Pudding (W&TM)	Wild Tacos	Roasted Baby Cauliflower with Tahini Sauce, roasted chickpeas	matcha matcha matcha!
thu	matcha 	Hiyayakko -Chilled Tofu (JOC) & Salad with Carrot Ginger Dressing (Goop)	Curry Tomatoes and Chickpeas with Cucumber Yogurt(NYTC)	
fri	Hollyweed - a latte (W&TM)	Rawliflower (W&TM)	Smoked Mozzarella Jalapeno Pizza	Keep Calm and Eat Vegan
sat	matcha latte w/cacao	Romain Salad w/Vegan Caesar Dressing (Goop) & roasted chickpeas	Pistachio Pesto Soba & Matcha Nice Cream	
sun	Chickpea Flour Banana Pancakes (Goop)	recipes at <a href="http://charlotteblog.com">charlotteblog.com</a>	Spicy Summertime Ratatouille (French Revolution Food)	stay cool stay wild 