

100 VEGETARIAN MEAL PREP RECIPE IDEAS

BREAKFAST

- Oatmeal packs
- Overnight oats
- Chia pudding
- Baked egg cups
- Boiled Egg Breakfast Box
- Frittata
- Breakfast burritos
- Pancakes
- Waffles
- Muffins
- Smoothie packs
- Yogurt bowl/parfait
- Energy bars
- Granola
- Egg strata
- Quiche
- Mashed chickpea toast
- Blueberry chia jam
- English muffin breakfast sandwiches
- Breakfast salad
- Nut and seed bread
- Banana bread
- Zucchini bread

LUNCH

- Vegetable soup
- Bean chili
- Hummus plate
- Edamame salad
- Chickpea salad
- Peanut noodles
- Chilled gazpacho soup
- Black bean quinoa salad
- Tomato mozzarella sandwiches
- Lentil salad
- Edamame "sushi" burritos
- Vegetable sushi
- Pita pocket sandwiches
- Bean burgers
- Kale salad
- Collard wraps
- Mason jar salads
- Egg salad sandwiches
- Grain bowls
- Fresh spring rolls
- Couscous salad
- Cold soba noodle salad
- Bean pesto sandwiches
- Corn chowder
- Greek Salad
- Lentil soup
- Black bean soup
- Pasta salad
- Cucumber avocado sandwiches
- Miso soup
- Tomato soup

DINNER

- Curry or dal
- Sheet pan dinner
- Baked tofu and vegetables
- Baked pasta
- Taco bake casserole
- Stuffed sweet potatoes
- Bean or lentil tacos
- Enchiladas
- Vegetable fried rice with eggs or tofu
- Stir-fry with edamame or tofu
- Vegetable paella
- Ramen noodle bowls
- Stuffed spaghetti squash lasagna
- Burrito bowl
- Bean tostadas
- Sesame tofu and broccoli
- Peanut stew
- Spaghetti and lentil meatballs
- Eggplant parmesan
- Stuffed peppers with lentils
- Pad Thai with tofu and vegetables
- Vegetable lasagna
- Stuffed shells
- Tofu peanut satay

SNACKS/DESSERT

- Roasted chickpeas
- Hard boiled egg
- Crackers and hummus or bean dip
- Pickles
- Chips and salsa, guacamole, and/or bean dip
- Roasted potato cubes and yogurt dip or hummus
- Edamame pods with sea salt
- Tofu jerky
- Dried apple chips
- Dried kale chips
- Buffalo cauliflower
- Apple wedges and nut butter
- Sliced bananas with peanut butter and chocolate chips
- Small fruit smoothie
- Chia fresca
- Fresh fruit with chickpea cookie dough dip
- Strawberries and coconut cream
- Chocolate peanut butter cups
- Cookies
- Chocolate dipped fruit
- Dessert parfait jars
- Chocolate avocado pudding