

Curious what it's like to eat a completely "One Ingredient" Diet? These sample meal plans offer suggestions for breakfast, lunch, dinner, and snacks for each day of the week. Of course, you can make bigger batches of these recipes to eat for 2-3 days (+ leftovers for lunch) to reduce cooking time. Note: each meal links back to the original recipe on OneIngredientChef.com.

	Breakfast	Lunch	Dinner	Snack / Dessert
Monday	 <u>Banana Coconut Chia Pudding</u>	 <u>Zucchini Noodles with Avocado Pesto</u>	 <u>Tacos with slow-cooker pinto beans, avocado, lettuce, and corn tortillas</u>	 <u>One Ingredient Banana Ice Cream</u>
Tuesday	 <u>Hash Browns in a Waffle Iron</u>	 <u>Minty Millet & Chickpea Salad</u>	 <u>Sesame Rice Bowl</u>	 <u>Cashew Cheese with Veggies</u>
Wednesday	 <u>Nice Cream Superfood Sundae</u>	 <u>Salad with greens, tons of veggies, & a creamy cashew ranch dressing</u>	 <u>Lentil & Sweet Potato Shepherd's Pie</u>	 <u>Quinoa and Chia Granola Bars</u>
Thursday	 <u>Chocolate Peanut Butter Cup Oatmeal</u>	 <u>Spicy Quinoa Taco Bowl</u>	 <u>Whole Wheat Pasta with Creamy Lemon / Caper Sauce</u>	 <u>Baked McTofu Nuggets</u>
Friday	 <u>Quinoa Superfood Breakfast Skillet</u>	 <u>Super-Fresh Sunflower Chard Wrap</u>	 <u>Quinoa Power Bowl with Butternut Squash and Adzuki</u>	 <u>Vegan Parmesan Flax Crackers</u>
Saturday	 <u>Vegan Breakfast Burritos</u>	 <u>Sushi Roll in a Bowl</u>	 <u>Coconut Curried Sweet Potato & Chickpea Stew</u>	 <u>4 Ingredient Peanut Butter Cups</u>
Sunday	 <u>The "Perfect" Vegan Pancakes</u>	 <u>The 8-Minute Black Bean Soup</u>	 <u>Cream of Quinoa and Mushroom Soup</u>	 <u>Flourless Cacao-Chip Protein Cookies</u>