

# HEALTHY CREATIONS

## Executive Weekly Meal Plan

by Chef Ariel Bangs

### **Breakfast:**

*Mango Banana stuffed Almond Pancakes w/Date Honee, Smoked Eggplant Bak'n*

*Sweet Potato Cinnamon Rolls w/Orange Banana Smoothie*

*Ethiopian Breakfast Wrap w/berbere lentils, garlic greens, cumin potatoes and grilled jalapenos*

*Breakfast Chilaquelles w/peppers, onions, black beans and tempeh bak'n*

### **Lunch:**

*Quinoa Salad with Peas, Cucumber, Shaved Brussel Sprouts, Broccoli, Roasted Kale, Parsley & Pesto*

*Smothered Chicken Cameroon Plate (Curried Bananas, Jollof Rice and Black Beans Egusi Stew) Jamaican Peas and Rice, Steamed Cabbage and Curried Jackfruit Dominican Doubles w/pineapple slaw and Lorico Rice*

### **Snack:**

*Kale White Bean Pastilletes*

*Lebanese Chickpea Flatbread*

*Cauliflower Chips w/Chile Dip*

*Apple Cinnamon Protein Cake*

### **Dinner:**

*Korean Tacos w/Korean Chile BBQ Sauce and Cucumber Salad*

*Zucchini Pupusas w Mexican Street Corn Salad*

*Israeli Shwarma Bowl (seasoned vegan chik'n, tomato salad, kale cucumber salad and brazilnut creama) w/ Roasted Potatoes*

*Malaysian LoShu (Ground lentil walnut meat, soft springy noodles and crispy bean sprouts infused with Malay spices)*