

# LITTLE ADAPTS BY JAX

## Sample Meal Plan:

\*Note: This is just an example so feel free to change this based on your food preferences + what makes you happy! Click [here](#) for more recipes.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<a href="#">Smoothie</a>	<a href="#">Granola</a> , <a href="#">muesli</a> , or <a href="#">trail mix</a> with non-dairy milk + berries	<a href="#">Smoothie</a>	<a href="#">Avocado toast</a>	<a href="#">Oatmeal</a> or <a href="#">cauliflower porridge</a> with nut butter and berries	<a href="#">Acai bowl</a>	Eggs with sautéed veggies + greens, avocado + hot sauce
LUNCH	"Little Adapts" Bowl ( <a href="#">Massaged Kale Bowl</a> ) or any green bowls on my website	<a href="#">Loaded baked sweet potato</a> or <a href="#">Mediterranean sweet potato boats</a>	<a href="#">Plant based chickpea "chicken salad"</a> on Ezekiel bread/rice cakes/lettuce wraps	<a href="#">Smoothie</a>	<a href="#">Loaded baked sweet potato</a> or <a href="#">Mediterranean sweet potato boats</a>	<a href="#">Plant based chickpea "chicken salad"</a> on Ezekiel bread/rice cakes/lettuce wraps	<a href="#">Smoothie</a>
SNACK	Handful of nuts	Veggies with hummus	Veggies with guacamole	<a href="#">Banana breakfast cookies</a>	Piece of fruit	Veggies with hummus	Fruit with nut butter
DINNER	<a href="#">Vegan Bolognese</a> over bean based pasta + spinach	<a href="#">Herb Olive Oil Cauliflower Steak</a> with <a href="#">Sweet Potato Fries</a>	<a href="#">Cashew Cauliflower Fried Rice</a>	<a href="#">Vegan Bolognese</a> over bean based pasta + spinach	<a href="#">Cashew Cauliflower Fried Rice</a>	<a href="#">Plant Based Plantain Guac Bowl</a>	<a href="#">Vegan Bolognese</a> over bean based pasta + spinach