

WEEKLY MEAL CATEGORIES + FLARE

MONDAY : _____

IDEAS:

FLARE:

TUESDAY : _____

IDEAS:

FLOURISH:

WEDNESDAY : _____

IDEAS:

CREATE:

THURSDAY : _____

IDEAS:

INSPIRED BY:

FRIDAY : _____

IDEAS:

SPECIAL SOMETHING:

SATURDAY : _____

IDEAS:

UNIQUE:

SUNDAY : _____

IDEAS:

TWIST:

FOR RECIPES PLEASE VISIT: WWW.VEGETARIANTENDENCIES.COM