LAZY VEGAN MEALS

@djblatner

PROTEIN PASTA

garbanzo pasta + broccoli + marinara sauce + walnuts

GUAC + GREENS TACOS

vegan refried beans + corn tortillas + spinach + guac + salsa

EGGROLL BOWL

tempeh + brown rice + coleslaw mix + ginger dressing

LAZY BOWLS

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RANCH BOWL

black beans + sweet potato croutons + romaine/tomatoes + ranch dressing

COBB BOWL

hard boiled egg + quinoa + kale/cucumber + blue cheese/lemon

THAI BOWL

edamame + brown rice + slaw mix/cilantro + cashews/lime

LAZY LUNCHES

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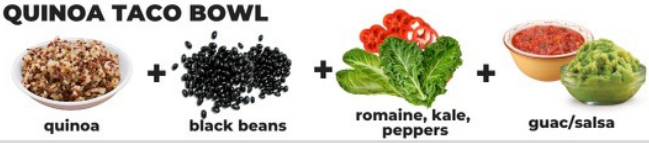
CHICKPEA CAESAR WRAP

sprouted whole grain wrap + smashed chickpeas + romaine, kale, tomatoes + caesar dressing

PROTEIN PESTO SANDWICH

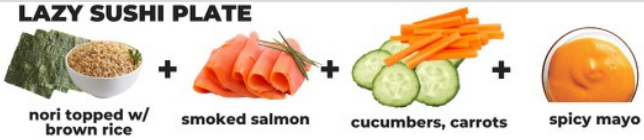
slice of sourdough + smashed white beans + arugula, tomatoes + pesto

QUINOA TACO BOWL



quinoa + black beans + romaine, kale, peppers + guac/salsa

LAZY SUSHI PLATE



nori topped w/ brown rice + smoked salmon + cucumbers, carrots + spicy mayo

4-ingredient Lazy Meals

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KALE CAESAR

grilled salmon + sprouted croutons + caesar dressing + baby kale

HUMMUS BOWL

grilled salmon + hummus + feta crumbles + cucumbers/ tomatoes

SUSHI BOWL

grilled salmon + nori + sriracha mayo + riced veggies

4-ingredient Lazy Meals

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PARM BOWL

chicken + parmesan + marinara + zucchini spirals

QUICKIE BURRITO BOWL

chicken + guacamole + pico de gallo + cauliflower rice

CRUNCHY PEANUT BOWL

chicken + peanuts + sesame ginger dressing + coleslaw mix

4-ingredient Lazy Meals

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STUFFED SWEET POTATO

chicken + baked sweet potato + arugula + ranch/buffalo sauce

SALAD WRAP

chicken + sprouted wrap + spring greens + lemon dressing

KIMCHI BOWL

chicken + kimchi + cauliflower rice + avocado cubes