

Meatless in August Challenge – Recipe Ideas for Week 1

Here are some great recipes you can try for Week 1. **This is not a meal plan.** Just a collection of great recipes. Don't forget to check out the meal plans and other recipe resources posted on the main challenge page.

<http://www.blackweightlossuccess.com/meatless-in-august-challenge/>

Breakfast

[Peanut Butter Granola with Fruit](#)

[Vegan Pancakes](#)

[No Bake Chewy Granola Bars](#)

[Kale Berry Mango Green Smoothie](#)

[Simple Healthy Vegan Breakfast Toast](#)

[Farmers Market Vegan Breakfast Bowl](#)

[Chickpea Flour Mini Frittatas](#)

Lunch

[Sweet Potato and Black Bean Chili](#)

[Grilled Zucchini Hummus Wrap](#) (leave out the cheese)

[BBQ Chickpea Lettuce Wraps](#)

[Vegan Garlic Pasta](#)

[Cauli-power Fettuccine "Alfredo"](#)

[Super Duper Raw Power Salad](#)

[Vegan Egg Salad with Cauliflower](#)

Dinner

[Wild Rice Burrito Bowls](#)

[Falafel Salad](#)

[Vegetable Mac and Cheese](#)

[Slow Cooker Lentil Rice Bowls with Plantain](#)

[Vegan Poke Bowls](#)

[Cauliflower Rice](#)

[Spicy Black Bean Taco Salad](#)

Desserts

[Berry Frozen Yogurt](#)

[Salted Chocolate Avocado Pudding Bowls](#)

[Sparkling Apricot Sorbet](#)

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