

Meatless in August Challenge – Recipe Ideas for Week 3

Here are some great recipes you can try for Week 3. **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

[Scrambled Blackened Tofu and Garlicky Grits](#)

[Vegan Bagel Sandwich](#)

[Raw Cashewgurt Bowl](#)

[Breakfast Cookie Bars](#)

[Whole Grain Raspberry Energy Bars](#)

[Simple Mango Chia Pudding](#)

[Breakfast Quinoa with Cocoa and Peanut Butter](#)

Lunch

[Vegan Cookie Dough Protein Bites](#)

[Avocado Pesto Pasta](#)

[Smokey Vegan Black Bean Soup](#)

[Eggplant Pasta Salad](#)

[Chickpea Salad](#)

[Chopped Kale Salad](#)

[15 Minute Vegan Miso Soup](#)

Dinner

[Mongolian BBQ Seitan](#)

[Tofu Spinach Lasagna](#)

[Kale and Quinoa Minestrone](#)

[Roasted Asparagus with Balsamic and Hazelnuts](#)

[Peanutty Edamame and Noodle Salad](#)

[Asian Hot Pot](#)

[Crispy Chickpea and Caper Spaghetti](#)

Desserts

[Raw Vegan Chocolate Mousse](#)

[Vegan Berry Tarts with Chia Seeds](#)

[Brownie Batter Overnight Oats](#)

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