BREAKFAST, LUNCH, AND DINNER IDEAS!

Solemn Assembly 2025

ANNOUNCE A TIME OF FASTING; CALL THE PEOPLE TOGETHER FOR A SOLEMN ASSEMBLY. BRING THE LEADERS AND ALL THE MEMBERS OF OUR CHURCH INTO THE HOUSE OF THE LORD. CRY OUT TO HIM THERE! JOEL 1:14



Breakfast

Oatmeal

Add items like: sweeteners, fruit, chia, hemp seeds. For savory oats, add kale, spinach, onions, broccoli, and seasonings.

Overnight Oats

Add items like: chia seed, sweetener, and fruit of choice.

Toast

Add items like: mashed beans, avocado, fruit spread and nut butter.

Fruit/Green Smoothies

Add items like: frozen or fresh fruit, spinach, honey, agave, dates, bananas, or for a more savory flavor, add veggies like squash zucchini and cauliflower.

Grits

Add items like: agave, maple, honey, coconut, kale, squash, zucchini and fruit.

Cereal/Bread (Ezekiel bread) Quinoa



Lunch

Buddha or Taco bowl with rice, veggies, protein and meat substitute ingredients

Chick Pea Tuna on bread or crackers

Pita Chips with Hummus Veggie Hummus Sandwich Vegan Pizza Lentil Soup Veggie Soup Tofu as meat substitute Salad Veggie Fajitas w/ whole grain tortillas





Dinner

Curried Lentils with sweet potatoes & rice

Whole wheat or Chick Pea Pasta with veggie & marinara sauce

Quesadillas made with whole grain tortillas and vegan cheese

Lasagna made with whole grain pasta, vegan cheese, and meat substitute

Burritos with whole grain tortilla, rice, and vegan cheese

Roasted Veggies w/ Quinoa (Hummus or peanut sauce is a great flavoring for your veggies.)

Baked Potato Bean Soup Stir Fry Hummus Bowl Peanut Butter and Jelly (fruit spread) Black Bean Burger w/a Whole Grain Bun Vegan Cheese Nachos Sweet Potatoes Curried Veggies Mexican Style Veggies

Snacks

Veggies (celery, carrots, broccoli, cauliflower, edamame) **Pita Chips** w/ guacamole and hummus

Frozen Fruit (blend in processer)

Mug Cakes (dairy and egg-free cake)

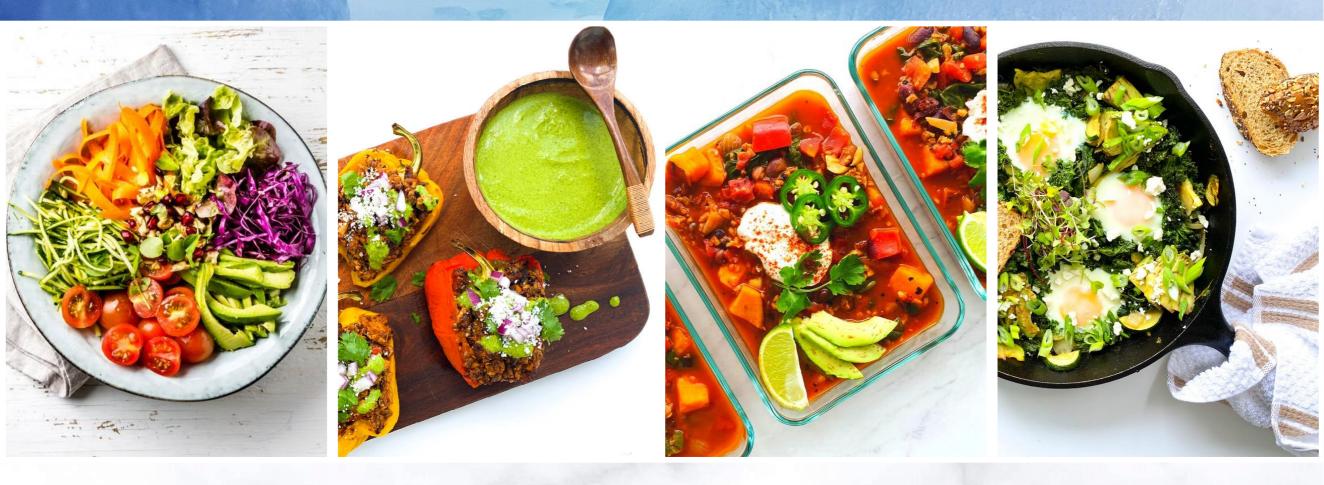
Powerballs (oats, peanut butter, honey, chocolate chips, cranberries, sunflower seeds and flax seeds)

Banana Ice Cream Recipe: three frozen bananas and $\frac{1}{2}$ cup plant based milk; blend in a food processor

Veggies Hummus Sandwich Dried Fruit Nuts (pecans, walnuts, almonds, and sunflower seeds)



Substitutes & add-ons



MEAT SUBSTITUTES

Walnut & Mushroom (grind in food processor) Quinoa Lentils Tofu Edamame

DRESSING SUBSTITUTES

Tahini Dressing Oil/Vinegar Ginger Miso Dressing

SWEETENER SUBSTITUTES

Honey Maple Dates Agave

PLANT BASED DAIRY OPTIONS

Soy Hemp Cashew Almond Rice