

*Faith in Food*



# Fiber Rich, High Protein Meals



**Lentil Kale Wrap**



**Black Bean Salad**



**Tofu Noodle Bowl**



**Vegan Poke Bowl**



**Cheesy Roasted  
Broccoli & Chickpea  
Kale Salad**



**Black Bean & Sweet  
Potato Quesadilla**

For further inquiries:  
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