

# MEAL PLAN week #1

this meal plan includes recipes from our book Vegan Weight Loss Manifesto, for alternatives reference the provided link.

all [underlined](#) text in this document are hyperlinks that will direct you to a recipe.

|           |   |  |   |   |  |
|-----------|---|--|---|---|--|
| monday    | <b>MEAL #1</b><br>IMMUNE BOOSTER<br>SMOOTHIE pg.71<br><a href="#">alternative</a>   | <b>MEAL #2</b><br>PIECE OF FRUIT   | <b>MEAL #3</b><br>CHICKPEA SALAD<br>SANDWICH pg.101<br><a href="#">alternative</a>                        | <b>MEAL #4</b><br>1 NO BAKE FIG<br>CRUMB BAR pg.145<br><a href="#">alternative</a>          | <b>MEAL #5</b><br>KITCHARI + BASIC<br>SALAD pg.125/91<br><a href="#">alternative</a>                       |
| tuesday   | <b>MEAL #1</b><br><a href="#">GLOWING GREEN<br/>SMOOTHIE pg.67</a>                  | <b>MEAL #2</b><br>1 NO BAKE FIG<br>CRUMB BAR pg.145<br><a href="#">alternative</a>             | <b>MEAL #3</b><br>KITCHARI + 2 CUPS<br>FRESH VEGGIES<br>pg.125<br><a href="#">alternative</a>             | <b>MEAL #4</b><br>PIECE OF FRUIT  | <b>MEAL #5</b><br>COLLARD WRAPS FILLED<br>WITH CHICKPEA SALAD<br>pg.138/101<br><a href="#">alternative</a> |
| wednesday | <b>MEAL #1</b><br>EVERYONES FAVOURITE<br>JUICE pg.64<br><a href="#">alternative</a> | <b>MEAL #2</b><br>OVERNIGHT MAPLE<br>WALNUT OATS pg.83<br><a href="#">alternative</a>          | <b>MEAL #3</b><br>SWEET & SAVORY<br>SALAD pg.92<br><a href="#">alternative</a>                            | <b>MEAL #4</b><br>1 NO BAKE FIG<br>CRUMB BAR pg.145<br><a href="#">alternative</a>          | <b>MEAL #5</b><br>HEARTY LENTIL<br>STEW pg.116<br><a href="#">alternative</a>                              |
| thursday  | <b>MEAL #1</b><br>BODY BUILDER<br>JUICE pg.63<br><a href="#">alternative</a>        | <b>MEAL #2</b><br>2 CARDAMON GINGER<br>BLISS BALLS pg.146<br><a href="#">alternative</a>       | <b>MEAL #3</b><br>HEARTY LENTIL<br>STEW pg.116<br><a href="#">alternative</a>                             | <b>MEAL #4</b><br>PIECE OF FRUIT  | <b>MEAL #5</b><br>ZOODLE WITH SUN-<br>DRIED TOMATO BASIL<br>MARINARA pg.105<br><a href="#">alternative</a> |
| friday    | <b>MEAL #1</b><br>BLUEBERRY PIE<br>SMOOTHIE pg.68<br><a href="#">alternative</a>    | <b>MEAL #2</b><br>PIECE OF FRUIT   | <b>MEAL #3</b><br>ROASTED GARLIC & RED<br>PEPPER SANDWICH +<br>BASIC SALAD<br><a href="#">alternative</a> | <b>MEAL #4</b><br>2 CARDAMON GINGER<br>BLISS BALLS pg.146<br><a href="#">alternative</a>    | <b>MEAL #5</b><br><a href="#">CHEEZY BROCCOLI<br/>SOUP</a> + 2 CUPS FRESH<br>VEGGIES                       |
| saturday  | <b>MEAL #1</b><br>RISE AND SHINE<br>JUICE pg. 63<br><a href="#">alternative</a>     | <b>MEAL #2</b><br>ZOATS pg. 84<br><a href="#">alternative</a>                                  | <b>MEAL #3</b><br><a href="#">CHEEZY BROCCOLI<br/>SOUP</a>  | <b>MEAL #4</b><br>1 PIECE OF FRUIT  | <b>MEAL #5</b><br>4 CUPS STEAMED<br>VEGGIES + 1/2 PACK<br>OF TEMPEH + EASY<br>GUACAMOLE pg.177             |
| sunday    | <b>MEAL #1</b><br>PURITY JUICE pg.64<br><a href="#">alternative</a>                 | <b>MEAL #2</b><br>ULTIMATE VEGAN<br>BREAKFAST<br>SANDWICH pg.87<br><a href="#">alternative</a> | <b>MEAL #3</b><br>BEET, ORANGE &<br>APPLE SALAD pg.92<br><a href="#">alternative</a>                      | <b>MEAL #4</b><br>1 FIVE INGREDIENT<br>PROTEIN BAR<br>pg.142<br><a href="#">alternative</a> | <b>MEAL #5</b><br>RATATOUILLE WITH<br>CHICKPEAS pg.129<br><a href="#">alternative</a>                      |