

MEAL PLAN week #3

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

MEAL #1

[THE TOXIN
CLEANSING JUICE](#)

MEAL #2

2 CUPS MIXED CARROT
& APPLES + 1/4 CUP
HUMMUS

MEAL #3

MAMA J'S CABBAGE
ROLLS + BASIC SALAD
pg.126/91
[alternative](#)

MEAL #4

[1 HEALTHY
STRAWBERRY RHUBARB
BAR](#)

MEAL #5

MISO SOUP pg.107

[alternative](#)

tuesday

MEAL #1

MOLASSES TURMERIC
MYLK pg.72

[alternative](#)

MEAL #2

[HUMMUS
SANDWICH](#)

MEAL #3

MISO SOUP pg.107

[alternative](#)

MEAL #4

PIECE OF FRUIT

MEAL #5

[GOJI BERRY WILD RICE](#)

wednesday

MEAL #1

PURITY JUICE pg.64

[alternative](#)

MEAL #2

4 MEDJOOLS DATES + 2
TBSP ALMOND BUTTER

MEAL #3

[GOJI BERRY WILD
RICE](#) + BASIC SALAD

MEAL #4

[MACA RUSH
SMOOTHIE](#)

MEAL #5

[CREAMY SOOTHING
CARROT RAISIN SOUP](#)

thursday

MEAL #1

[GLOWING GREEN
SMOOTHIE pg.67](#)

MEAL #2

[4 ANTI-AGING GOJI
COOKIES](#)

MEAL #3

[CREAMY SOOTHING
CARROT RAISIN SOUP](#)

MEAL #4

2 CUPS FRESH VEGGIES
+ 1/4 CUP RAW
(SOAKED) NUTS

MEAL #5

HERBALICIOUS PESTO
ZOODLES pg.105/172 +
2 TBSP HEMP HEARTS

[alternative](#)

friday

MEAL #1

EVERYONES FAVOURITE
JUICE pg.64

[alternative](#)

MEAL #2

PIECE OF FRUIT

MEAL #3

4 CUPS FRESH VEGGIES
+ HERBALICIOUS PESTO
pg.172

MEAL #4

[4 ANTI-AGING GOJI
COOKIES](#)

MEAL #5

CURRY FALAFEL
BURGER pg.134

[alternative](#)

saturday

MEAL #1

[GUT HEALING SALTED
CARAMEL SMOOTHIE](#)

MEAL #2

[AVOCADO GOJI
PUDDING](#)

MEAL #3

CURRY FALAFEL BURGER
+ BASIC GREENS
pg.134/91
[alternative](#)

MEAL #4

[BAKED PLANTAIN
CHIPS](#)

MEAL #5

PORTOBELLO STEW
pg.115

[alternative](#)

sunday

MEAL #1

[THE SUNDAY JUICE](#)

MEAL #2

2 CUPS OF FRESH VEGGIES
+ 1/4 CUP OF PUMPKIN
SEEDS

MEAL #3

PORTOBELLO STEW
pg.115

[alternative](#)

MEAL #4

[2 BANANA BREAD
COOKIES](#)

MEAL #5

[QUINOA LOAF](#) + GREEN
SALAD