MEAL PLAN week #7

this meal plan includes recipes from our book Vegan Weight Loss Manifesto, for alternatives reference the provided link. all <u>underlined</u> text in this document are hyperlinks that will direct you to a recipe.

MEAL #1	MEAL #2	MEAL #3	MEAL #4	MEAL #5
MOLASSES TURMERIC MYLK pg.72	5 INGREDIENT PROTEIN BAR pg.142	SLOW COOKER PEAR & TURNIP SOUP + 2 CUPS RAW VEGGIES	BAKED APPLE CRISP WITH A TWIST	ROASTED CAULIFLOWER + WALNUT FLAX SEED BURGER + BASIC SALD
<u>alternative</u>	<u>alternative</u>			
MEAL #1	MEAL #2	MEAL #3	MEAL #4	MEAL #5
GLOWING GREEN SMOOTHIE pg.67	5 INGREDIENT PROTEIN BAR pg.142	ROASTED CAULIFLOWER + WALNUT FLAX SEED BURGER	PIECE OF FRUIT	STUFFED MUSHROOMS TOPPED WITH VEGAN FETA + BASIC SALAD pg.91
	<u>utternutive</u>			
MEAL #1	MEAL #2	MEAL #3	MEAL #4	MEAL #5
AYURVEDIC VEGAN LASSI	PIECE OF FRUIT	2 CUPS FRESH VEGGIES + <u>STUFFED</u> MUSHROOMS TOPPED	5 INGREDIENT PROTEIN BAR pg.142	<u>VEGAN CHOCOLATE CHILI</u> + BASIC SALD
		<u>WITH VEGAN FETA</u>	<u>alternative</u>	
MEAL #1	MEAL #2	MEAL #3	MEAL #4	MEAL #5
THE VISION JUICE	BANANA CHOCOLATE PIE CHIA PUDDING pg.78 <u>alternative</u>	<u>VEGAN CHOCOLATE CHILI</u> + BASIC SALD	1/2 CUP COCONUT YOGURT + 2 TBSP PROTEIN POWDER	LETTUCE TACOS FILLED WITH QUINOA APPLE SALAD
MEAL #1	MEAL #2	MEAL #3	MEAL #4	MEAL #5
PRIME LEMONADE	<u>AVOCADO TOAST</u>	CURRY QUINOA SALAD	5 INGREDIENT PROTEIN BAR pg.142	<u>VEGGIES & NUT PLATTER</u>
			<u>alternative</u>	
MEAL #1	MEAL #2	MEAL #3	MEAL #4	MEAL #5
TOXIN CLEANSING JUICE	CHEESY SCRAMBLED TEMPEH pg.88 AND GREENS <u>alternative</u>	<u>VEGAN CHOCOLATE CHILI</u> + BASIC SALD	PIECE OF FRUIT	ZOODLES WITH "THRIVE" CHEEZE SAUCE pg.105/174 <u>alternative</u>
MEAL #1	MEAL #2	MEAL #3	MEAL #4	MEAL #5
1 LITRE OF LEMON WATER (Juice Of 1 Lemon)	<u>Fruit Plate</u>	PORTOBELLO VEGGIE SANDWICH pg.104	2 LEMON POPPYSEED CAKE BALLS	<u>AFRICAN STEW</u> pg.119
	MOLASSES TURMERIC MYLK pg.72 alternative MEAL #1 GLOWING GREEN SMOOTHIE pg.67 MEAL #1 AYURVEDIC VEGAN LASSI MEAL #1 THE VISION JUICE MEAL #1 PRIME LEMONADE MEAL #1 TOXIN CLEANSING JUICE MEAL #1 1 LITRE OF LEMON WATER (Juice Of 1	MOLASSES TURMERIC MYLK pg.72 alternative MEAL #1 MEAL #2 GLOWING GREEN SMOOTHIE pg.67 MEAL #1 MEAL #2 AYURVEDIC VEGAN LASSI MEAL #1 MEAL #2 THE VISION JUICE MEAL #1 MEAL #2 PRIME LEMONADE MEAL #1 MEAL #2 PRIME LEMONADE MEAL #1 MEAL #2 AVOCADO TOAST MEAL #1 MEAL #2 TOXIN CLEANSING JUICE MEAL #1 MEAL #2 CHEESY SCRAMBLED TEMPEH pg.88 AND GREENS alternative MEAL #1 MEAL #2 PRIME LEMONADE MEAL #1 MEAL #2 TOXIN CLEANSING JUICE MEAL #1 MEAL #2 THE VISION JUICE MEAL #1 MEAL #2 TOXIN CLEANSING JUICE MEAL #1 MEAL #2 THE MEAL #2 TOXIN CLEANSING JUICE MEAL #1 MEAL #2 THE VISION JUICE MEAL #1 MEAL #2 THE MEAL #2 TOXIN CLEANSING JUICE MEAL #1 MEAL #2 THE MEAL #4 T	MOLASSES TURMERIC MYLK pg.72 alternative MEAL #1 MEAL #2 MEAL #3 GLOWING GREEN SMOOTHIE pg.67 MEAL #1 MEAL #2 MEAL #3 AVURVEDIC VEGAN LASSI MEAL #1 MEAL #2 MEAL #3 AVURVEDIC VEGAN LASSI MEAL #1 MEAL #2 MEAL #3 AVURVEDIC VEGAN LASSI MEAL #1 MEAL #2 MEAL #3 AVURVEDIC VEGAN LASSI MEAL #1 MEAL #2 MEAL #3 AVURVEDIC VEGAN LASSI MEAL #1 MEAL #2 MEAL #3 MEAL #3 MEAL #1 MEAL #2 MEAL #3 MEAL #3 VEGAN CHOCOLATE CHILL H BASIC SALD MEAL #1 MEAL #2 MEAL #3 VEGAN CHOCOLATE CHILL H BASIC SALD MEAL #1 MEAL #2 MEAL #3 MEAL #1 MEAL #2 MEAL #3 VEGAN CHOCOLATE CHILL H BASIC SALD MEAL #1 MEAL #2 MEAL #3 VEGAN CHOCOLATE CHILL H BASIC SALD MEAL #1 MEAL #2 MEAL #3 MEAL #3 MEAL #1 MEAL #2 MEAL #3 MEAL #3 MEAL #1 MEAL #2 MEAL #3 MEAL #3 MEAL #3 MEAL #3 MEAL #3 MEAL #4 PORTOBELLO VEGGIE SANDWICH pg.104	MOLASSES TURMERIC MYLK pg.72 alternative MEAL #1 MEAL #2 MEAL #3 MEAL #4 GLOWING GREEN SMOOTHIE pg.67 MEAL #1 MEAL #2 ATURVEDIC VEGAN LASSI MEAL #1 MEAL #2 MEAL #3 MEAL #3 MEAL #4 AYURVEDIC VEGAN LASSI MEAL #4 THE VISION JUICE MEAL #1 MEAL #2 MEAL #3 MEAL #4 MEAL #3 MEAL #4 SINGREDIENT PROTEIN BAR pg. 142 alternative MEAL #3 MEAL #4 SINGREDIENT PROTEIN BAR pg. 142 alternative MEAL #3 MEAL #4 SINGREDIENT PROTEIN BAR pg. 142 alternative MEAL #4 THE VISION JUICE MEAL #1 MEAL #2 MEAL #3 MEAL #4 THE VISION JUICE MEAL #1 MEAL #2 MEAL #3 MEAL #4 TOXIN CLEANSING JUICE MEAL #1 MEAL #2 MEAL #3 MEAL #4 TOXIN CLEANSING JUICE MEAL #1 MEAL #2 MEAL #3 MEAL #4 TOXIN CLEANSING JUICE MEAL #1 MEAL #2 MEAL #3 MEAL #4 TOXIN CLEANSING JUICE MEAL #1 MEAL #2 MEAL #3 MEAL #4 TOXIN CLEANSING JUICE MEAL #1 MEAL #2 MEAL #3 MEAL #4 TOXIN CLEANSING JUICE MEAL #1 MEAL #2 MEAL #3 MEAL #4 TOXIN CLEANSING JUICE MEAL #1 MEAL #2 MEAL #3 MEAL #4 TOXIN CLEANSING JUICE MEAL #3 MEAL #4 PIECE OF FRUIT PROTEIN BAR pg. 142 alternative MEAL #4 TOXIN CLEANSING JUICE MEAL #3 MEAL #4 PIECE OF FRUIT PROTEIN BAR pg. 142 alternative MEAL #4 PIECE OF FRUIT PROTEIN BAR pg. 142 alternative MEAL #4 P