

# MEAL PLAN week #7

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

MOLASSES  
TURMERIC MYLK  
pg.72  
[alternative](#)

## MEAL #2

5 INGREDIENT  
PROTEIN BAR pg.142  
[alternative](#)

## MEAL #3

[SLOW COOKER PEAR  
& TURNIP SOUP](#) + 2  
CUPS RAW VEGGIES

## MEAL #4

[BAKED APPLE CRISP  
WITH A TWIST](#)

## MEAL #5

[ROASTED CAULIFLOWER  
+ WALNUT FLAX SEED  
BURGER](#) + BASIC SALT

tuesday

## MEAL #1

[GLOWING GREEN  
SMOOTHIE](#) pg.67

## MEAL #2

5 INGREDIENT  
PROTEIN BAR pg.142  
[alternative](#)

## MEAL #3

[ROASTED CAULIFLOWER  
+ WALNUT FLAX SEED  
BURGER](#)

## MEAL #4

PIECE OF FRUIT

## MEAL #5

[STUFFED MUSHROOMS  
TOPPED WITH VEGAN FETA](#)  
+ BASIC SALAD pg.91

wednesday

## MEAL #1

[AYURVEDIC VEGAN  
LASSI](#)

## MEAL #2

PIECE OF FRUIT

## MEAL #3

2 CUPS FRESH  
VEGGIES + [STUFFED  
MUSHROOMS TOPPED  
WITH VEGAN FETA](#)

## MEAL #4

5 INGREDIENT  
PROTEIN BAR pg.142  
[alternative](#)

## MEAL #5

[VEGAN CHOCOLATE CHILI](#)  
+ BASIC SALT

thursday

## MEAL #1

[THE VISION JUICE](#)

## MEAL #2

BANANA CHOCOLATE PIE  
CHIA PUDDING pg.78  
[alternative](#)

## MEAL #3

[VEGAN CHOCOLATE CHILI](#)  
+ BASIC SALT

## MEAL #4

1/2 CUP [COCONUT  
YOGURT](#) + 2 TBSP  
PROTEIN POWDER

## MEAL #5

[LETTUCE TACOS FILLED  
WITH QUINOA APPLE  
SALAD](#)

friday

## MEAL #1

[PRIME LEMONADE](#)

## MEAL #2

[AVOCADO TOAST](#)

## MEAL #3

[CURRY QUINOA SALAD](#)

## MEAL #4

5 INGREDIENT  
PROTEIN BAR pg.142  
[alternative](#)

## MEAL #5

[VEGGIES & NUT PLATTER](#)

saturday

## MEAL #1

[TOXIN CLEANSING  
JUICE](#)

## MEAL #2

CHEESY SCRAMBLED  
TEMPEH pg.88 AND  
GREENS  
[alternative](#)

## MEAL #3

[VEGAN CHOCOLATE CHILI](#)  
+ BASIC SALT

## MEAL #4

PIECE OF FRUIT

## MEAL #5

ZOODLES WITH  
"THRIVE" CHEEZE  
SAUCE pg.105/174  
[alternative](#)

sunday

## MEAL #1

1 LITRE OF LEMON  
WATER (Juice Of 1  
Lemon)

## MEAL #2

[FRUIT PLATE](#)

## MEAL #3

PORTOBELLO VEGGIE  
SANDWICH pg.104  
[alternative](#)

## MEAL #4

[2 LEMON  
POPPYSEED CAKE  
BALLS](#)

## MEAL #5

[AFRICAN STEW](#) pg.119