

MEAL PLAN week #8

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 BREWED AWAKENING SMOOTHIE	MEAL #2 2 LEMON POPPYSEED CAKE BALLS	MEAL #3 AFRICAN STEW pg.119	MEAL #4 PIECE OF FRUIT	MEAL #5 10 MINUTE BUDDHA BOWL
tuesday	MEAL #1 GUT HEALING SALTED CARAMEL SMOOTHIE	MEAL #2 PIECE OF FRUIT	MEAL #3 10 MINUTE BUDDHA BOWL	MEAL #4 2 LEMON POPPYSEED CAKE BALLS	MEAL #5 CREAMY SOOTHING CARROT RAISIN SOUP
wednesday	MEAL #1 EVERYONES FAVOURITE JUICE pg.64	MEAL #2 ALMOND BUTTER & JELLY ENGLISH MUFFIN	MEAL #3 CREAMY SOOTHING CARROT RAISIN SOUP	MEAL #4 2 CUPS RAW VEGGIES + 1/4 CUP OF HUMMUS	MEAL #5 CURRY QUINOA SALAD pg.97+ BASIC GREENS pg.91
thursday	MEAL #1 GLOWING GREEN SMOOTHIE pg.67	MEAL #2 OVERNIGHT SLOW COOKER BREAKFAST SCRAMBLE	MEAL #3 CURRY QUINOA SALAD pg.97+ BASIC GREENS pg.91	MEAL #4 PIECE OF FRUIT	MEAL #5 PAD THAI
friday	MEAL #1 IMMUNE BOOSTER SMOOTHIE pg.71	MEAL #2 PIECE OF FRUIT	MEAL #3 PAD THAI	MEAL #4 HUMMUS SANDWICH	MEAL #5 CHEEZY TEMPEH STUFFED AVOCADOS
saturday	MEAL #1 1 LITRE LEMON WATER (Juice Of 1 Lemon)	MEAL #2 OVERNIGHT SLOW COOKER BREAKFAST SCRAMBLE	MEAL #3 TEMPEH RUBEN SANDWICH pg.102 alternative	MEAL #4 PIECE OF FRUIT	MEAL #5 MISO SOUP pg.107 alternative
sunday	MEAL #1 SUNDAY JUICE	MEAL #2 QUINOA MANGO KHEER	MEAL #3 MISO SOUP pg.107 alternative	MEAL #4 MACA RUSH SMOOTHIE	MEAL #5 SOCCA PIZZA PIE