



# Plant-Based Meal Plan

MEAL 1 between 6am - 8am    MEAL 2 between 8am - 10am    MEAL 3 between 10am - 12pm    MEAL 4 between 12pm - 3pm    MEAL 5 between 5pm - 8pm

	MEAL 1 between 6am - 8am	MEAL 2 between 8am - 10am	MEAL 3 between 10am - 12pm	MEAL 4 between 12pm - 3pm	MEAL 5 between 5pm - 8pm
Day 1	24 - 32 oz. Lemon Water	<a href="#">Power Smoothie</a>	<a href="#">Lentil Quinoa Loaf</a> + *BGS (2 Tbsp ACV + 1 Tbsp Omega Oil)	Piece Of Fresh Fruit	<a href="#">Wholesome Buddha Bowl</a> + <a href="#">Homemade Salad Dressing</a>
Day 2	24 - 32 oz. Lemon Water	<a href="#">Chia Pudding</a>	[leftover] <a href="#">Lentil Quinoa Loaf</a> + *BGS (2 Tbsp ACV + 1 Tbsp Omega Oil)	2 Dates + 1 Tbsp <a href="#">Almond Butter</a>	<a href="#">Wholesome Buddha Bowl</a> + <a href="#">Homemade Salad Dressing</a>
Day 3	24 - 32 oz. Lemon Water	<a href="#">Power Smoothie</a>	<a href="#">Hummus Sandwich</a>	Piece Of Fresh Fruit	<a href="#">Quick &amp; Easy Veggie Curry</a> + *BGS
Day 4	24 - 32 oz. Lemon Water	<a href="#">Super Simple Raw Granola</a> + 1 Cup Nut Mylk	[leftover] <a href="#">Quick &amp; Easy Veggie Curry</a> + *BGS	2 Cups Raw Veggies + 1/4 Cup Hummus	<a href="#">Wholesome Buddha Bowl</a> + <a href="#">Homemade Salad Dressing</a>
Day 5	24 - 32 oz. Lemon Water	<a href="#">Power Smoothie</a>	<a href="#">Avocado Toast</a> + *BGS	Piece Of Fresh Fruit	Meal Out or <a href="#">Vegan Pad Thai</a>
Day 6	24 - 32 oz. Lemon Water	<a href="#">Super Simple Raw Granola</a> + 1 Cup Nut Mylk + 1/2 Cup Of Berries	<a href="#">Miso Soup</a>	<a href="#">Hulk Smoothie Bowl</a>	<a href="#">Wholesome Buddha Bowl</a> + <a href="#">Homemade Salad Dressing</a>
Day 7	24 - 32 oz. Lemon Water	<a href="#">Sunday Juice</a>	<a href="#">Miso Soup</a> or any other leftovers	<a href="#">Raw Vegan Chocolate Pudding</a>	<a href="#">Portobello Mushroom Burger</a>

\*BGS = Basic Green Salad

