



VEGAN WEIGHT LOSS MANIFESTO

Week #5 - 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	Rise & Shine Juice pg 63 <u>alternative</u>	<u>Avocado Toast</u>	<u>Raw Pad Thai</u>	<u>3 Protein Orbs</u>	1/2 Cup <u>Kale & Hemp Hummus</u> on Sprouted Grain Wrap + *BGS pg 91
Day 2	<u>Gut Healing Salted Caramel Smoothie</u>	<u>3 Protein Orbs</u>	[leftover] 2 Cups Fresh Veggies + 1/2 Cup <u>Kale & Hemp Hummus</u>	<u>Hazelnut Kiss Yogurt</u>	Just The Portobello + *BGS pg 130/91 <u>alternative</u>
Day 3	<u>Glowing Green Smoothie pg 67</u>	4 Medjool Dates + 2 Tbsp Almond Butter	[leftover] Just The Portobello + 2 Cups Fresh Veggies pg 130 <u>alternative</u>	Piece Of Fruit	<u>Greek Style Spaghetti Squash</u>
Day 4	<u>Tastes Like Sunshine juice</u>	1 Banana + 2 Tbsp <u>Creamy Spiced Pumpkin Butter</u>	<u>Greek Style Spaghetti Squash</u>	<u>Hazelnut Kiss Yogurt</u>	Hummus Soup With Chopped Herbs & Olives pg 108 <u>alternative</u>
Day 5	<u>Berry Smoothie Bowl</u>	Piece Of Fruit	Hummus Soup + 2 Tbsp Hemp Hearts <u>alternative</u>	<u>Almond Butter + Jelly English Muffin</u>	Beet, Orange & Apple Salad pg 92 <u>alternative</u>
Day 6	<u>The Toxin Cleansing Juice</u>	Ultimate Vegan Breakfast Sandwich pg 87 <u>alternative</u>	<u>Morrocان Cauliflower Rice</u>	Piece Of Fruit	Zoodles With "Thrive" Cheeze Sauce pg 105/174 <u>alternative</u>
Day 7	Deep Chocolate Mylk pg 72 <u>alternative</u>	Sweet Orange Baked Plantains pg 141 <u>alternative</u>	<u>Morrocان Cauliflower Rice</u>	Piece Of Fruit	<u>Socca Pizza Pie</u>

*BGS = Basic Green Salad

