



VEGAN WEIGHT LOSS MANIFESTO

Week #6 - 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	Purity Juice pg 64 <u>alternative</u>	Piece Of Fruit	<u>Socca Pizza Pie</u> + *BGS pg 91	1/2 Cup <u>Grain</u> <u>Free Choco-Nutz</u> <u>Granola</u> + 1 Cup <u>Nut Mylk</u>	<u>Vegan Curry In A</u> <u>Hurry</u>
Day 2	Everyone's Favourite Juice pg 64 <u>alternative</u>	1 Cup <u>Oatgurt</u> + 1/4 Cup <u>Grain</u> <u>Free Choco-Nutz</u> <u>Granola</u>	[leftover] <u>Vegan Curry In A</u> <u>Hurry</u>	Piece Of Fruit	Kale Ceasar Salad + 1/2 Cup Roasted Chickpeas pg 98/141 <u>alternative</u>
Day 3	<u>Berry Lime Chia</u> <u>Pudding</u> pg 80	1 Banana + 2 Tbsp Almond Butter	[leftover] Kale Ceasar Salad + 1/2 Cup Roasted Chickpeas <u>alternative</u>	1 Cup <u>Oatgurt</u> + 1/4 Cup Fresh Berries	Collard Wraps Filled With <u>Nut</u> <u>Pate</u> + Veggies
Day 4	<u>Golden</u> <u>Turmeric Mylk</u>	2 Cardamon Ginger Bliss Balls pg 146 <u>alternative</u>	<u>Nut Pate</u> Sandwich + *BGS pg 91	Piece Of Fruit	Zoodles With Sun- Dried Tomato Basil Marinara + 10 Seedy Crackers <u>alternative</u>
Day 5	Body Builder Juice pg 63 <u>alternative</u>	Piece Of Fruit	Seedy Crackers + 1 Cup Veggies + [leftover] Sun-Dried Tomato Basil Marinara <u>alternative</u>	2 Cardamon Ginger Bliss Balls pg 146 <u>alternative</u>	1/2 Cup Brown Rice + <u>Tempeh</u> <u>Curry Sweet</u> <u>Potato Asparagus</u>
Day 6	Blueberry Pie Smoothie pg 68 <u>alternative</u>	Piece Of Fruit	[leftover] 1/2 Cup Brown Rice + <u>Tempeh Curry Sweet</u> <u>Potato Asparagus</u>	4 Medjool Dates + 2 Tbsp <u>Almond Butter</u>	<u>Nutty Burger</u> + *BGS pg 91
Day 7	<u>The Sunday</u> <u>Juice</u>	<u>Chocolate Mint</u> <u>Mykshake</u>	<u>Nutty Burger</u> + 2 Cups Fresh Veggies	<u>Baked Apple Crisp</u> <u>With A Twist</u>	<u>Slow Cooker Pear</u> <u>+ Turnip Soup</u> pg 111

*BGS = Basic Green Salad

