



VEGAN WEIGHT LOSS MANIFESTO

Week #7 - 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	Molasses Turmeric Mylk pg 72 <u>alternative</u>	5 Ingredient Protein Bar pg 142 <u>alternative</u>	<u>[leftover]</u> Slow Cooker Pear + Turnip Soup pg 111 + 2 Cups Raw Veggies	<u>Baked Apple Crisp With A Twist</u>	<u>Roasted Cauliflower + Walnut Flax Seed Burger</u> + *BGS pg 91
Day 2	<u>Glowing Green Smoothie</u> pg 67	5 Ingredient Protein Bar pg 142 <u>alternative</u>	<u>[leftover]</u> Roasted Cauliflower + Walnut Flax Seed Burger	Piece Of Fruit	<u>Stuffed Mushrooms Topped With Vegan Feta</u> + *BGS pg 91
Day 3	<u>Ayurvedic Vegan Lassi</u>	Piece Of Fruit	<u>[leftover]</u> 2 Cups Fresh Veggies + Stuffed Mushrooms Topped With Vegan Feta	5 Ingredient Protein Bar pg 142 <u>alternative</u>	<u>Vegan Chocolate Chili</u> + *BGS pg 91
Day 4	<u>The Vision Juice</u>	Banana Chocolate Chia Pudding pg 78 <u>alternative</u>	<u>Vegan Chocolate Chili</u> + *BGS pg 91	1/2 Cup <u>Coconut Yogurt</u> + 2 Tbsp Protein Powder	<u>Lettuce Tacos Filled With Quinoa Apple Salad</u>
Day 5	<u>Prime Lemonade</u>	<u>Avocado Toast</u>	<u>[leftover]</u> <u>Curry Quinoa Apple Salad</u>	5 Ingredient Protein Bar pg 142 <u>alternative</u>	<u>Veggies & Nut Platter</u>
Day 6	<u>The Toxin Cleansing Juice</u>	Cheezy Scrambled Tempeh pg 88 + Greens <u>alternative</u>	<u>[leftover]</u> <u>Vegan Chocolate Chili</u> + *BGS pg 91 (or any leftovers)	Piece Of Fruit	Zoodles With "Thrive" Cheeze Sauce pg 105/174 <u>alternative</u>
Day 7	1 Litre Of Lemon Water (juice of 1 lemon)	<u>Fruit Plate</u>	Portobello Veggie Sandwich pg 104 <u>alternative</u>	<u>2 Lemon Poppyseed Cake Balls</u>	African Stew pg 119 <u>alternative</u>

*BGS = Basic Green Salad

