

7-Day Meal Plan (A)

So, are you ready? Are you ready to take the next two weeks and start on a better you- the plant-based way? This daily menu plan provided includes all necessary food groups for optimum health. And, you can focus on meal preparations without worrying about what to cook. Below are some of my favorite meals that will keep you feeling full and satiated.

I suggest you spend a good portion of the week-end shopping and preparing the first 2-3 meals/snacks in advance so you are not overwhelmed during the week. I am adding the more “difficult” meals at the beginning of the week. Please review the meals in advance. * If you happen to be on an oil-free diet, simply switch out the oil for vegetable broth.

Some snack ideas:

- a handful of nuts
- any fruit
- a fresh fruit smoothie ([Pink Smoothie Bowl](#), [Blueberry Blast](#))
- freshly cut vegetables with hummus.
- Banana pops ([recipe](#))
- Watermelon Agua Fresca ([recipe](#))

Be sure to have the fruits and vegetables cleaned and/or sliced in advance for your in- between meal snacks. Drink 1 glass of water every 2 hours BEFORE your meal.

DAY 1

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| Breakfast | Oatmeal Cereal with a cinnamon stick tossed inside or a tsp of stevia or a tsp of maple syrup. Add sliced bananas and/or berries. Or Fresh Fruit Smoothie . Or whole grain toast with olive oil, oregano, or vegan butter. | |
| Lunch | Fasolada (Baked Bean Soup) | Click here for recipe |
| Dinner | Large Chopped Salad Any dark, leafy greens like romaine, lettuce, spinach, kale, etc., with grated carrot, chopped tomato, seeds of your choice sprinkled on top. A touch of sea salt and pour over extra virgin olive oil and red wine vinegar, Optional: Crumbled vegan feta or parmesan (coconut-oil based) like mine by Nafsika's Garden! | Or try this salad recipe |

DAY 2

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| Breakfast | Oatmeal Cereal with a cinnamon stick tossed inside or a tsp of stevia or a tsp of maple syrup. Add sliced bananas and/or berries. Or Fresh Fruit Smoothie . Or whole grain toast with olive oil, oregano, or vegan butter. | |
| Lunch | Spanish Rice with Salsa served with edamame or broccoli. | <u>Click here for recipe</u> |
| Dinner | Sautéed Spinach and Crispy Garlic Smashed Potatoes | <u>Click here for recipe</u> <u>Click here for recipe</u> |

DAY 3

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| Breakfast | Oatmeal Cereal with a cinnamon stick tossed inside or a tsp of stevia or a tsp of maple syrup. Add sliced bananas and/or berries. Or Fresh Fruit Smoothie . Or whole grain toast with olive oil, oregano, or vegan butter. | |
| Lunch | The Plant-Based Special -my own creation: purple beets, quinoa, leek and potato baked dish. | <u>Click here for recipe</u> |
| Dinner | Large Chopped Salad Whatever you like, include as many veggies in there as possible. Some seeds for a little extra protein. Plus Leftovers if you like! | <u>Or try this salad recipe</u> |

DAY 4

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| Breakfast | Oatmeal Cereal with a cinnamon stick tossed inside or a tsp of stevia or a tsp of maple syrup. Add sliced bananas and/or berries. Or Fresh Fruit Smoothie . Or whole grain toast with olive oil, oregano, or vegan butter. | |
| Lunch | The Best Mac N' Cheese -this is hands down the best mac n' cheese recipe I've ever tasted. It will surely fool everyone. 😊 | Click here for recipe |
| Dinner | Large Chopped Salad Whatever you like, include as many veggies in there as possible. Some seeds for a little extra protein. Plus Leftovers if you like! | Or try this salad recipe |

DAY 5

| | | |
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| Breakfast | Oatmeal Cereal with a cinnamon stick tossed inside or a tsp of stevia or a tsp of maple syrup. Add sliced bananas and/or berries. Or Fresh Fruit Smoothie . Or whole grain toast with olive oil, oregano, or vegan butter. | |
| Lunch | The Ultimate Tacos It's Friday, let's make it a Mexican night! | Click here for recipe |
| Dinner | Large Chopped Salad Whatever you like, include as many veggies in there as possible. Some seeds for a little extra protein. Plus Leftovers if you like! | Or try this salad recipe |

DAY 6

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| Breakfast | Vegalicious Pancakes! | Click here for recipe |
| Lunch | Asian Stir-Fry | Click here for recipe |
| Dinner | Large Chopped Salad Whatever you like, include as many veggies in there as possible. Some seeds for a little extra protein. Plus Leftovers if you like! | Or try this salad recipe |

DAY 7

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| Breakfast | Sassy Tofu Scramble – a veganized scrambled egg recipe! | Click here for recipe video |
| Lunch | Avocado Sandwich – use this avocado mayo recipe to make a simple toast or full on sandwich loaded with veggies. | Click here for recipe |
| Dinner | Roasted Garlic Cauliflower Chowder A 30-minute recipe! But presoak the cashews first! | Click here for recipe |

Want a little dessert? Be sure to check my online [recipes](#) for some tasty desserts!