

7-Day Meal Plan (B)

What did you think of last week's meal plan? Did you feel full (a number 7 full!) and energized at the same time?

Well here's another week of recipes for you to try! If you happen to be on an oil-free diet, simply switch out the oil for vegetable broth.

As always, 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.

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

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	Fakes (Lentil 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

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. Or Asian Tofu Stir-Fry	<u>Click here for recipe</u> <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

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	Couscous with Hot Sauce So simple, a child can make it. (Actually, my kids did make this. 😊)	<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

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	Baked Meatballs in Tomato Sauce with Rice My not-so-secret “cheat” recipe when I’m on the go and am craving something a little more “meaty.”	<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 5

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	Black Bean Cheddar Quesadillas It’s Friday, let’s make it a Mexican night!	<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 6

Breakfast	Vegalicious Pancakes!	<u>Click here for recipe</u>
Lunch	Grilled Mashed Potato Kale & Cheese Sandwich – can you say YUM? This sandwich is scrumptious!	<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 7

Breakfast	Pink Smoothie Bowl	<u>Click here for recipe</u>
Lunch	Avocado Sandwich – use this avocado mayo recipe to make a simple toast or full on sandwich loaded with veggies.	<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>

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