



VEGAN MEAL PLAN



	BREAKFAST BOOSTER	MIDMORNING MUNCH	LUNCHTIME REFUEL	MID-AFTERNOON PICK-ME-UP	DINNERTIME DELIGHT	BEFORE BED (IF HUNGRY)
DAY 1	Black beans, mushrooms, green onions, avocado and tomatoes on a brown rice wrap; water; black coffee or herbal tea.	Trail mix; 1 orange; water.	Brown Rice and Lentil Salad (pg 321); water.	1 pear; 1 handful unsalted almonds; water.	Citrus Barbeque Tofu with Zesty BBQ Sauce (pg 339); steamed asparagus; ½ sweet potato; water.	Unbuttered air-popped popcorn; 1 handful of unsalted cashews; water or herbal tea.
DAY 2	Ezekiel bread topped with almond butter, sliced apples and flaxseed; water; black coffee or herbal tea.	½ banana sliced on a brown rice cake spread with almond butter; water.	Mixed greens topped with chick-peas, black beans, tomatoes, celery, carrots, corn, slivered almonds and cucumbers; squeeze of lemon juice; water.	Lentil Spread (pg 306); cherry tomatoes; yellow bell pepper slices; water.	Brown rice; steamed swiss chard; roasted beets; steamed edamame; water.	1 apple spread with almond butter; water or herbal tea.
DAY 3	Quinoa; sliced strawberries; almond milk; water; black coffee or herbal tea.	Peanut butter with sliced banana on a brown rice wrap; water.	Black beans with brown rice, chopped red and yellow bell peppers, chopped green onions, fresh cilantro, dash of avocado oil and fresh lemon juice; water.	Soy yogurt; 1 handful unsalted pecans; dried apricots; water.	Whole-wheat couscous with toasted pine nuts; grilled tempeh; steamed asparagus; water.	1 apple spread with almond butter; water or herbal tea.
DAY 4	Smoothie: 1 scoop hemp or soy protein powder, almond milk, ice, mango, blueberries, kiwi and flaxseed; water; black coffee or herbal tea.	Lentil Spread (pg 306); carrot and celery sticks; water.	Meal in a Bowl Soup (pg 330); water.	1 celery stick topped with all-natural peanut butter and raisins; water.	Cooked lentils; cooked bulgur; ½ sweet potato; steamed broccoli and cauliflower; water.	Sliced strawberries; 1 handful unsalted pecans; water.
DAY 5	Oatmeal topped with applesauce, cinnamon, walnuts, flaxseed, and wheat germ; water; black coffee or herbal tea.	Soy yogurt; unsalted pecans; dried apricots; water.	Leftover dinner from Day 4; water.	½ banana sliced on a brown rice cake spread with almond butter; water.	Quinoa; sautéed firm tofu; roasted Brussels sprouts; water.	Chocolate-Coated Frozen Bananas (pg 394); water or herbal tea.
DAY 6	Toasted Ezekiel bread topped with black beans and salsa; water; black coffee or herbal tea.	Bruschetta with Tomato and Avocado (pg 301)	Brown rice wrap filled with quinoa, black beans, avocado, spinach and salsa; water.	Trail mix; ½ grapefruit; water.	Paradise Island Bean Burgers (pg 343); corn on the cob; water.	Smoothie: 1 scoop hemp or soy protein powder, ice, kiwi, strawberries and almond milk; water.
DAY 7	Scrambled Tofu with Spinach and Tomato (pg 297); water; black coffee or herbal tea.	1 pear; 1 handful unsalted almonds; water.	Sesame Noodles (pg 357); grilled tofu; steamed bok choy; water.	1 scoop hemp or soy protein powder mixed into unsweetened applesauce; water.	Mexican Pinto Beans and Brown Rice (pg 354); water.	1 apple spread with almond butter; water or herbal tea.