

# Seven Day Meal Plan

## Monday

Breakfast: 2 eggs, scrambled in butter with a touch of cream + 1 cup cooked spinach

AM Snack: 1 cup cherry tomatoes + 1/2 cup shelled edamame

Lunch: 1/2 cup garbanzo beans + 2 oz cheese + 3 cups chopped romaine lettuce + 1 cup sliced cucumbers + 1 cup bell peppers + 2 tbsp vinaigrette dressing

PM Snack: 4 oz plain Greek yogurt with cinnamon + 1-2 cups miso broth

Dinner: 2 Morning Star sausage patties + 1 cup roasted cauliflower and broccoli + 1 oz cheese + 1 tbsp olive oil

## Tuesday

Breakfast: 3 oz scrambled tofu with mushroom

AM Snack: 4 oz plain whole fat Greek yogurt with cinnamon and vanilla extract

Lunch: Lettuce Wrap (6 oz crumbled tofu, 1 cup cooked mushrooms, 1/2 cup cooked onion, 2 cups romaine lettuce)

PM Snack: 1 oz mozzarella string cheese + 1-2 cups miso broth

Dinner: 3 oz tempeh + 1/2 cup bell pepper + 1/2 cup sautéed kale + 1 tbsp olive oil + spices of choice

## Wednesday

Breakfast: 2 eggs + 1 cup sautéed peppers and onions + coffee or tea with cream

AM Snack: 1/2 cup roasted garbanzo beans

Lunch: 1 Vegan Burger patty + 1 oz cheese + 1 cup chopped mix of cucumber and tomatoes + 3 cups mixed baby greens + 2 tbsp oil and vinegar dressing

PM Snack: 1 cup cucumber wedges + 1 tbsp Greek yogurt ranch dressing + 1-2 cups miso broth

Dinner: 3 oz tempeh + 1 cup sautéed kale



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## Thursday

Breakfast: 2 hardboiled eggs + 1 tbsp salsa

AM Snack: 1-2 cups miso broth + 1 cup mixed vegetables and tofu + 1/2 cup shelled edamame

Lunch: Fajita Salad (2 oz tempeh, 1 oz shredded cheddar cheese, 3 cups red leaf lettuce, 1 cup sautéed bell peppers, 1/2 cup salsa, 2 tbsp whole fat sour cream)

PM Snack: 1 Laughing Cow cheese + 1 cup celery + 1-2 cups miso broth

Dinner: 1 cup red lentil dal with canned tomatoes + 1/2 cup cauliflower rice

## Friday

Breakfast: 2 eggs, scrambled in butter with a touch of cream + 1 oz shredded cheddar cheese + 1 cup sautéed spinach

AM Snack: 1/2 cup shelled edamame + 1 cup cherry tomatoes

Lunch: 2 Smart Dogs + 1 cup sauerkraut + 1 dill pickle + spicy mustard

PM Snack: 1/2 cup cottage cheese + 1-2 cups miso broth

Dinner: 2 zucchini pizza bites + 2 cups mixed greens + 1 tbsp oil and vinegar

## Saturday

Breakfast: 2 Morning Star vegetarian sausages

AM Snack: 1 hardboiled egg + 1/2 cup shelled edamame

Lunch: 2 oz tempeh + 1 cup sautéed spinach + 1 cup cooked eggplant + 1 cup cooked mushrooms

PM Snack: 4 oz whole fat plain Greek yogurt + 1 cup cucumber + 1-2 cups miso broth

Dinner: 1 serving tomato and leek frittata + 1 oz shredded cheddar cheese + 3 cups mixed greens + 1 cup chopped radish + 1 tbsp oil and vinegar dressing



