

Seven Day Meal Plan

Monday

Breakfast: 3 oz scrambled tofu + 1 oz chorizo seitan + 1 cup chopped tomato + nutritional yeast to taste

AM Snack: 1 cup plain vegan yogurt + 1/2 cup raspberries + 1/3 cup sunflower seeds

Lunch: 1 cup red lentil soup + 3 cups mixed greens + 1 cup mixed vegetables + 1/2 small avocado + 1 tbsp balsamic vinaigrette

PM Snack: Smoothie (1/2 cup blueberries, 1 scoop Veggie Elite MRM protein powder, 1 cup unsweetened almond milk, 1 cup spinach)

Dinner: 6 oz firm tofu + 2 cups bok choy + 1 cup bamboo shoots + 10 cashews + soy sauce

Tuesday

Breakfast: 1 cup plain vegan yogurt + 1 cup strawberries + 6 walnut halves + 3 slices Smart Bacon

AM Snack: 1/2 cup shelled edamame + 1/2 small apple

Lunch: Mexican Lettuce Wraps (1/2 cup Beyond Beef crumbles, 1/2 small avocado, 1/4 cups salsa, 2 cups iceberg lettuce)

PM Snack: Smoothie (1 cup unsweetened almond milk, 1 scoop Veggie Elite MRM protein powder, 2 tbsp cacao)

Dinner: BBQ Tofu Kebabs (6 oz firm tofu with Cajun seasoning, 1 cup button mushrooms, 1 cup cooked cauliflower, 1 tbsp olive oil) + 1 cup spinach salad + 1 tbsp balsamic dressing

Wednesday

Breakfast: 6 oz firm tofu, scrambled with curry powder and turmeric + 1 tbsp olive oil

AM Snack: 1 cup edamame + 1 cup celery + 1 tbsp hummus

Lunch: 1 Vegan Burger patty + 3 cups romaine lettuce salad mix + 1 cup mixed vegetables + 1 tbsp balsamic dressing + 2 oz soy feta + 10 olives + 1/2 small avocado

PM Snack: 1 cup plain vegan yogurt + 1/2 peach + 1 tbsp chia seeds

Dinner: Garbanzo Bean Stew (1/2 cup garbanzo beans, 1 cup tomatoes, 1/2 cup cauliflower rice)



Seven Day Meal Plan

Thursday

Breakfast: Protein Shake (1 scoop Veggie Elite MRM protein powder, 8 oz unsweetened almond milk, 1 cup strawberries, 1 tbsp flaxseed meal)

AM Snack: 1 cup plain vegan yogurt + 1 medium plum

Lunch: 1.5 oz stir fry seitan + 1 cup mixed raw vegetables + 1 cup bok choy + 1 cup shirataki noodles + 10 cashews + soy sauce, ginger, and garlic to taste

PM Snack: 1/2 cup edamame + 1 cup celery + 1 tbsp hummus

Dinner: 6 oz roasted firm tofu + 1 cup green beans + 1 tbsp olive oil + 3 tbsp nutritional yeast

Friday

Breakfast: 1 vegan mushroom fritatta + 2 slices Smart Bacon

AM Snack: 8 oz unsweetened almond milk + 3 vegan meatballs

Lunch: Mexican Taco Salad (2 oz Boca veggie ground crumbles, 1/2 cup black beans, 1/2 small avocado, 2 cups shredded lettuce, 1/4 cup salsa)

PM Snack: 1/2 cup roasted garbanzo beans + 1 cup watermelon

Dinner: Thai Tofu Soup (6 oz firm tofu, 1/2 cup coconut milk + 1 cup cherry tomatoes + 1 cup mushrooms)

Saturday

Breakfast: 6 oz firm tofu, scrambled + 2 oz soy feta + 1 cup grilled eggplant + 1 tbsp olive oil

AM Snack: 1 cup plain vegan yogurt + 10 almonds

Lunch: 2 Boca vegan veggie burgers + 3 cups mixed greens + 1 cup mixed vegetables + 1/2 small avocado + 1 tbsp oil and vinegar salad

PM Snack: 1/2 cup edamame

Dinner: Seitan Bolognese (1.5 oz seitan, 1 cup tomato and garlic pasta sauce, 1 cup shirataki noodles)



Seven Day Meal Plan

Sunday

Breakfast: Smoothie (1/2 cup mixed berries, 1 cup spinach, 1 scoop Veggie Elite MRM protein powder, 12 oz unsweetened almond milk)

AM Snack: 1 Smart Dog wrapped in lettuce + 1 pickle

Lunch: 3 cups mixed greens + 3 oz firm tofu + 1 cup raw mushrooms + 1/2 cup alfalfa sprouts + 1/3 roasted sunflower seeds + 1 tbsp salad dressing

PM Snack: 1/2 apple + 1 tbsp almond butter + 1/2 cup dried garbanzo beans

Dinner: 9 Chickenless strips + 1 cup chopped bell pepper + 1 tbsp sesame oil + soy sauce

Notes:

