

Vegan/Vegetarian Menu Plan

Day 1

Breakfast

Multi-grain cereal w/ almond, oat milk or water
Hand full of seeds, nuts and blueberries over cereal
Vitamins & Clean Water

10:00am Snack

Nut Butter and whole grain crackers

Lunch

Nut Butter and honey sandwich on whole grain bread
Hand full of raw carrots
Apple (organic if possible)
Vitamins & Clean Water

2:00pm Snack

Hand full of raw red, yellow, or green pepper slices with hummus dip

4:00 pm Snack

Hand full of raw nuts and seeds

Dinner

Baked Idaho or Sweet potato w/ Salsa or Earth Balance Spread
Side salad with diced red & green peppers, pine nuts, kidney beans, sprouts and your choice of other veggies
Vitamins & Clean Water

8:00pm Snack

Hummus and carrot sticks

Day 2

Breakfast

Oatmeal
Hand full of seeds and nuts
Vitamins & Clean Water

10:00am Snack

Hand full of broccoli w/ dressing

Lunch

Veggie Roll Up (see recipe)
Imagine Foods Tomato Soup
Hand full of raw veggies
Fruit
Vitamins & Clean Water

2:00pm Snack

Hand Full of Seeds and Nuts

4:00pm Snack

Hummus and Whole Grain Crackers

Dinner

Chicken-Mushroom Soup (see recipe: vegan option)
Small side salad (green; bean sprouts; broccoli; sweet red pepper; pine nuts w/ apple cider vinegar, sea salt and pepper)
Pineapple
Vitamins & Clean Water

8:00pm Snack

Small bowl of leftover soup

Day 3

Breakfast

Same as Day 1
Vitamins & Clean Water

10:00am Snack

Instant Cup of Soup

Lunch

Big salad from grocery store salad bar (make sure you get enough protein by adding seeds and nuts, sprouts, or some other form of protein)
Annie's Natural's Goddess Dressing
Hummus and Crackers
Vitamins & Clean Water

2:00pm Snack

Betty Lou Smacker Nut Butter Ball

4:00pm Snack

Hand Full of Seeds and Nuts

Dinner

Quinoa and Black Bean Salad
Mashed potatoes
Raw carrots, broccoli, and celery w/ dressing dip of your choice
Grapes, Pineapple, and Kiwi fruit cup
Vitamins & Clean Water

8:00pm Snack

Hummus and Veggie Sticks

Day 4

Breakfast

Same as Day 2
Vitamins & Clean Water

10:00am Snack

Hand full of seeds and nuts

Lunch

Leftover tomato soup from Day 2
Hummus and Crackers
Vitamins & Clean Water

2:00pm Snack

Avocado and Applesauce (combine in a food processor or mini chopper and make a "pudding")

4:00pm Snack

Betty Lou Smacker Nut Butter Ball

Dinner

Black Beans and Rice
Raw vegetables with hummus dip
Vitamins & Clean Water

8:00pm Snack

Peanut butter and banana (2 T peanut butter and one medium banana mashed together)

Day 5

Breakfast

Toast with Peanut Butter (or other nut butter)
Banana
Vitamins & Clean Water

10:00am Snack

Hummus and crackers

Lunch

Lemony Quinoa (see recipe)
Large Salad
Vitamins & Clean Water

2:00pm Snack

Hard boiled egg

4:00pm Snack

Handful of nuts

Dinner

Fantastic Foods Lentil and Rice Pilaf
Slice of Multi Grain bread with coconut butter and honey
Asparagus sautéed (Spray with Bragg's Liquid Aminos and sauté for approx. 10–15mins)
Raw Carrots
Vitamins & Clean Water

8:00pm Snack

Tropical smoothie

Day 6

Breakfast

Same as Day 1
Vitamins & Clean Water

10:00am Snack

Betty Lou Smacker Nut Butter Ball

Lunch

Veggie burger or grilled portabella mushroom (top with hummus or avocado)
Spud pups by Cascadian Farms
Raw veggies
Vitamins & Clean Water

2:00pm Snack

Apple Slices and peanut butter

4:00pm Snack

Hand full of baby carrots and dressing

Dinner

Roll-ups
Small side salad (greens; bean sprouts; broccoli; pistachios)
Vitamins & Clean Water

8:00pm Snack

Leftover Roll-ups

Day 7

Breakfast

Frozen whole grain waffle with nut butter spread
Serving of fruit
Vitamins & Clean Water

10:00am Snack

Betty Lou Smacker Nut Butter Ball

Lunch

Garbage Soup

Take all of your leftover vegetables and add 2 cartons veggie broth, 3 – 4 cups of tomato base (this can be a jar spaghetti sauce or stewed tomatoes or tomatoes put in a blender and pureed (my choice), 1–2 TBSP Spike all purpose seasoning, 1 TBSP cumin, ½ tsp thyme, 1 bay leaf, ½ tsp garlic powder, 3 tbs onion flakes. Throw it in the crock pot. Cook on low all day or on high for 3 – 4 hours or put it in a stew pot and cook for at least 30 minutes.

Hummus and Crackers or veggie sticks
Vitamins & Clean Water

2:00pm Snack

Leftover soup

4:00pm Snack

Hummus and veggie sticks

Dinner

Avocado Sandwiches (whole grain bread, spread of hummus, sliced avocado, tomatoes, cucumbers, sprouts)
Baked sweet potato or white potato (brush the skins with olive oil to keep them moist and edible instead of using foil)

Fruit
Vitamins & Clean Water

8:00pm Snack

Betty Lou Smacker Nut Butter Ball

We purposefully did not put serving sizes on this list. Don't worry about fat grams or calories. Just eat the right KINDS of foods. Eat until you are content but not "over-stuffed".