



VEGAN WEIGHT LOSS MANIFESTO

Week #1 - Meal Plan

MEAL 1 between 6am - 8am **MEAL 2** between 8am - 10am **MEAL 3** between 10am - 12pm **MEAL 4** between 12pm - 3pm **MEAL 5** between 5pm - 8pm

	MEAL 1 between 6am - 8am	MEAL 2 between 8am - 10am	MEAL 3 between 10am - 12pm	MEAL 4 between 12pm - 3pm	MEAL 5 between 5pm - 8pm
Day 1	Immune Booster Smoothie pg 71 alternative	Piece Of Fruit	Chickpea Salad Sandwich pg 101 alternative	1 No Bake Fig Crumb Bar pg 145 alternative	Kitchari + *BGS pg 125/91 alternative
Day 2	Glowing Green Smoothie pg 67	1 No Bake Fig Crumb Bar pg 145 alternative	[leftover] Kitchari + 2 Cups Fresh Veggies pg 125 alternative	Piece Of Fruit	Collard Wraps Filled With Chickpea Salad pg 138/101 alternative
Day 3	Everyone's Favourite Juice pg 64 alternative	Overnight Maple Walnut Oats alternative	Sweet & Savory Salad pg 92 alternative	1 No Bake Fig Crumb Bar pg 145 alternative	Hearty Lentil Stew pg 116 alternative
Day 4	Body Builder Juice pg 63 alternative	2 Cardamon Ginger Bliss Balls pg 146 alternative	[leftover] Hearty Lentil Stew pg 116 alternative	Piece Of Fruit	Zoodle W/Sun Dried Tomato Basil Marinara pg 105 alternative
Day 5	Blueberry Pie Smoothie pg 68 alternative	Piece Of Fruit	Roasted Garlic & Red Pepper Sandwich + *BGS alternative	2 Cardamon Ginger Bliss Balls pg 146 alternative	Cheezy Broccoli Soup + 2 Cups Fresh Veggies
Day 6	Rise & Shine Juice pg 63 alternative	Zoats pg 84 alternative	Cheezy Broccoli Soup	Piece Of Fruit	4 Cups Steamed Veggies + 1/2 Pack Tempeh + Easy Guacamole pg 177
Day 7	Purity Juice pg 64 alternative	Ultimate Vegan Breakfast Sandwich pg 87 alternative	Beet, Orange & Apple Salad pg 92 alternative	Five Ingredient Protein Bar pg 142 alternative	Ratatouille With Chickpeas pg 129 alternative

*BGS = Basic Green Salad

