



VEGAN WEIGHT LOSS MANIFESTO

# Week #2 - 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	<a href="#">Hulk Smoothie Bowl</a>	Piece Of Fruit	[leftover] Ratatouille With Chicpeas pg 129 <a href="#">alternative</a>	Five Ingredient Protein Bar pg 142 <a href="#">alternative</a>	Curry Quinoa Salad pg 97 <a href="#">alternative</a>
Day 2	Rise And Shine Juice pg 63 <a href="#">alternative</a>	<a href="#">Blueberry Lime Chia Pudding</a> pg 80	Curry Quinoa Salad + *BGS pg 97/91 <a href="#">alternative</a>	Five Ingredient Protein Bar pg 142 <a href="#">alternative</a>	African Stew pg 119 <a href="#">alternative</a>
Day 3	<a href="#">Glowing Green Smoothie</a> pg 67	1/4 Cup <a href="#">Grain Free Choco-Nutz Granola</a> + 1 Cup <a href="#">Coconut Yogurt</a>	[leftover] African Stew pg 119 <a href="#">alternative</a>	Piece Of Fruit	Kale Ceasar Salad + <a href="#">Walnut Flax Burger</a> pg 98/133
Day 4	Immune Booster Smoothie pg 71 <a href="#">alternative</a>	1 Apple + 1/2 Cup Roasted Chickpeas	Blackbean & Pineapple Salsa + Seedy Crackers pg 175/149 <a href="#">alternative</a>	1/4 Cup <a href="#">Grain Free Choco-Nutz Granola</a> + 1 Cup Almond Mylk	<a href="#">20 Minute Rawvioli With Almond Pulp Ricotta</a>
Day 5	Purity Juice pg 64 <a href="#">alternative</a>	Seedy Crackers + 2 Tbsp Almond Butter pg 149	Sweet & Savory Salad pg 92 <a href="#">alternative</a>	<a href="#">Chocolate Chai Mylkshake</a>	<a href="#">Tabbouleh Salad</a>
Day 6	Matcha Latte pg 73 <a href="#">alternative</a>	<a href="#">Avocado Toast</a>	<a href="#">Tabbouleh Salad</a>	Piece Of Fruit	<a href="#">Vegan Thai Curry In A Hurry</a>
Day 7	Body Builder Juice pg 63 <a href="#">alternative</a>	<a href="#">Quinoa Mago Kheer</a>	<a href="#">Vegan Thai Curry In A Hurry</a>	<a href="#">1 Healthy Strawberry Rhubarb Bar</a>	Mama J's Cabbage Rolls pg 126 <a href="#">alternative</a>

\*BGS = Basic Green Salad

