



VEGAN WEIGHT LOSS MANIFESTO

Week #3 - 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	The Toxin Cleansing Juice	2 Cups Mixed Carrot & Apples + 1/4 Cup Hummus	Mama J's Cabbage Rolls + *BGS pg 126/91 alternative	1 Healthy Strawberry Rhubarb Bar	Miso Soup pg 107 alternative
Day 2	Molasses Turmeric Mylk pg 72 alternative	Hummus Sandwich	Miso Soup pg 107 alternative	Piece Of Fruit	Goji Berry Wild Rice
Day 3	Purity Juice pg 64 alternative	4 Medjool Dates + 2 Tbsp Almond Butter	[leftover] Goji Berry Wild Rice + *BGS	Maca Rush Smoothie	Creamy Soothing Carrot Raisin Soup
Day 4	Glowing Green Smoothie pg 67	4 Anti-Aging Goji Berry Cookies	[leftover] Creamy Soothing Carrot Raisin Soup	2 Cups Fresh Veggies + 1/4 Cup Raw (soaked) Nuts	Herbalicious Pesto + Zoodles pg 105/172 + 2 TBSP hemp hearts alternative
Day 5	Everyone's Favourite Juice pg 64 alternative	Piece Of Fruit	4 Cups Of Fresh Veggies + Herbalicious Pesto pg 172	4 Anti-Aging Goji Berry Cookies	Curry Falafel Burger pg 134 alternative
Day 6	Gut Healing Salted Caramel Smoothie	Avocado Goji Pudding	Curry Falafel Burger + *BGS pg 134/91 alternative	Baked Plantain Chips	Portobello Stew pg 115 alternative
Day 7	The Sunday Juice	2 Cups Fresh Veggies + 1/4 Cup Of Pumpkin Seeds	Portobello Stew pg 115 alternative	2 Banana Bread Cookies	Quinoa Loaf + *BGS

*BGS = Basic Green Salad

