



VEGAN WEIGHT LOSS MANIFESTO

Week #4 - 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	Rise & Shine Juice pg 63 <u>alternative</u>	<u>2 Banana Bread Cookies</u>	<u>Quinoa Loaf + Green Salad</u>	Piece Of Fruit	<u>Tahini Kale Protein Bowl</u>
Day 2	<u>Maca Rush Smoothie</u>	1/4 Cup <u>Grain Free Choco-Nutz Granola</u> + 1 Cup <u>Coconut Yogurt</u>	[leftover] <u>Tahini Kale Protein Bowl</u>	2 Cups Fresh Veggies + 1/2 Cup <u>Protein Guacamole</u>	Same Same But Different Curry pg 122 <u>alternative</u>
Day 3	<u>Vision Juice (save pulp)</u>	Overnight Maple Walnut Oats <u>alternative</u>	[leftover] Same Same But Different Curry pg 122 <u>alternative</u>	<u>Chocolate Banana Maca Parfait</u>	OMG Roasted Veggie Soup pg 120 <u>alternative</u>
Day 4	<u>Glowing Green Smoothie pg 67</u>	<u>3 Raw Carrot Juice Pulp Cake Rolls</u>	[leftover] OMG Roasted Veggie Soup pg 120 <u>alternative</u>	<u>1 Cup Of Yogi Snack Mix</u>	<u>Crunchy Tempeh Sticks + *BGS</u> pg 91
Day 5	Matcha Latte pg 73 <u>alternative</u>	<u>Coconut Mango Chia Pudding</u>	[leftover] <u>Crunchy Tempeh Sticks + 2 Cups Fresh Veggies</u>	<u>3 Raw Carrot Juice Pulp Cake Rolls</u>	<u>Moksha Sprouted Salad + *BGS</u> pg 91
Day 6	<u>Hulk Smoothie Bowl</u>	Piece Of Fruit	<u>Moksha Sprouted Salad + *BGS</u> pg 91	<u>1 Cup Of Yogi Snack Mix</u>	Vegan Ruben Sandwich pg 102 <u>alternative</u>
Day 7	<u>The Red Detox Juice</u>	1 Banana + 2 Tbsp Hemp Seeds	Mediterranean Quinoa Salad pg 94 <u>alternative</u>	<u>3 Protein Orbs</u>	<u>Raw Pad Thai</u>

*BGS = Basic Green Salad

