



VEGAN WEIGHT LOSS MANIFESTO

Week #8 - 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	Brewed Awakening Smoothie	2 Lemon Poppyseed Cake Balls	[leftover] African Stew pg 119 alternative	Piece Of Fruit	10 Minute Buddha Bowl
Day 2	Gut Healing Salted Caramel Smoothie	Piece Of Fruit	10 Minute Buddha Bowl	2 Lemon Poppyseed Cake Balls	Creamy Soothing Carrot Raisin Soup
Day 3	Everyone's Favourite Juice pg 64 alternative	Almond Butter & Jelly English Muffin	[leftover] Creamy Soothing Carrot Raisin Soup	2 Cups Raw Veggies + 1/4 Cup Of Hummus	Curry Quinoa Salad pg 97 + *BGS pg 91
Day 4	Glowing Green Smoothie pg 67	Overnight Slow Cooker Breakfast Scramble	[leftover] Curry Quinoa Salad pg 97 + *BGS pg 91	Piece Of Fruit	Pad Thai
Day 5	Immune Booster Smoothie pg 71	Piece Of Fruit	[leftover] Pad Thai	Hummus Sandwich	Cheezy Tempeh Stuffed Avocados
Day 6	1 Litre Of Lemon Water (juice of 1 lemon)	[leftover] Overnight Slow Cooker Breakfast Scramble	Tempeh Ruben Sandwich pg 102 alternative	Piece Of Fruit	Miso Soup pg 107 alternative
Day 7	Sunday Juice	Quinoa Mango Kheer	[leftover] Miso Soup pg 107 alternative	Maca Rush Smoothie	Socca Pizza Pie

*BGS = Basic Green Salad

