



*Plant-based*

MEAL PLAN



FOR WEIGHT LOSS  
& FOR JOY GAIN



# Week 1

## SUNDAY

- B** Fruit (s) + Crepes with hazelnut spread
- L** Fruit (s) + Delicious vegetable pizza + Lettuce + So easy so tasty salad dressing
- D** Ceasar salad

## MONDAY

- B** Delicious express smoothie
- L** Fruit (s) + Tasty brown rice + Express Savory stew + Kale salad + So easy so tasty salad dressing
- D** Sesame oat crackers + Digest & relax tea

## TUESDAY

- B** Fruit(s) + Granola + oat milk
- L** Fruit (s) + Leftover tasty brown rice + Leftover express Savory stew + shredded cabbage + So easy so tasty salad dressing
- D** Sesame oat crackers + Guacamole

## WEDNESDAY

- B** Fruit(s) + Granola leftover + oat milk
- L** Fruit (s) + Simple gourmet salad + So easy so tasty salad dressing
- D** Caribbean style soup

## THURSDAY

- B** Fruit(s) + Psyllium bread + plant-based butter + date jam
- L** Fruit (s) + Leftover simple Gourmet salad + So easy so tasty salad dressing
- D** Leftover caribbean soup

## FRIDAY

- B** Psyllium husk bread + Vanilla apple sauce
- L** Fruit(s) + Brown rice pasta + Chickenless stripes + Oven-roasted tomatoes + lettuce + so easy so tasty salad dressing
- D** Fruit salad

## + PREP FOR SATURDAY

- B** Walnut & raisins muffins
- L** Fruit(s) + Veggie meat balls + mashed potatoes + Plant-based gravy + Tomato cucumber garlic salad
- D** Sesame oat crackers + digest tea

S A T U R D A Y = T A K E A B R E A K

## MEAL PREP TIPS

- PRE CHOP YOUR VEGETABLES IN ADVANCE AND ORGANIZE THEM IN CONTAINERS BEFORE PLACING IN THE FRIDGE
- MAKE THE OAT MILK FOR TUESDAY AND WEDNESDAY
- PREPARE THE THE SO EASY SO TASTY SALAD DRESSING FOR TUESDAY
- YOU CAN ALSO PREPARE THE PLANT-BASED BUTTER, DATE JAM AND MIX UP THE DIGEST TEA HARB TOGETHER IN ADVANCE FOR THE WHOLE MONTH
- YOU CAN PREPARE YOUR ALL BAKING IN ADVANCE AND PLACE THEM IN THE FRIDGE
- COOK A LARGE QUANTITY OF BROWN RICE, BROWN RICE PASTA AND EXPRESS SAVORY STEW , AND FREEZE THEM TO EAT THEM IN FUTURE DAYS

## NOTES

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# Week 2

## SUNDAY

- B** Fruit(s) + quinoa carob and orange cookies + oat milk
- L** Fruit (s) + Leftover veggie meat balls + mashed potatoes + Plant-based gravy + shredded cabbage + so simple so tasty salad dressing
- D** Pistou soup

## MONDAY

- B** Fruit(s) + Almond oat chia pudding
- L** Fruit (s) + Tasty brown rice + ratatouille + chickpea flour omelet + Grated carrots
- D** Sesame oat crackers + Tofu boursin

## TUESDAY

- B** Fruit(s) + Rest of the almond oat chia pudding
- L** Fruit (s) + Leftover tasty brown rice + ratatouille + chickpea flour omelet + Grated carrots
- D** Fruit salad

## WEDNESDAY

- B** Fruit(s) + banana bread + date jam
- L** Fruit (s) + Baked falafel + Quinoa Tabouleh + hummus
- D** Sesame oat crackers + Tofu boursin

## THURSDAY

- B** Fruit(s) + banana bread + vanilla apple sauce
- L** Fruit (s) + Left over Baked falafel + Quinoa Tabouleh + hummus
- D** Sesame oat crackers + leftover hummus

## FRIDAY

- B** Fruit(s) + Sauteed apples creamy oatmeal
- L** Fruit (s) + Delicious vegetable pizza + Lettuce + So easy so tasty salad dressing
- D** Ceasar salad

### + PREP FOR SATURDAY

- B** Fruit(s) + leftover sauteed apples creamy oatmeal + date jam
- L** Fruit(s) + Brown rice pasta + Chickenless stripes + Oven-roasted tomatoes + lettuce + so easy so tasty salad dressing
- D** Fruit salad

SATURDAY = TAKE A BREAK

## MEAL PREP TIPS

- MAKE SERVINGS FOR EACH PERSON OF THE ALMOND OAT CHIA PUDDING FOR MONDAY AND TUESDAY
- PRE-MINCE GARLIC AND STORE IT IN A GLASS CONTAINER WITH OLIVE OIL
- PREPARE THE RATATOUILLE, AND CHICKPEA OMELET ON SUNDAY FOR MONDAY AND TUESDAY
- PREPARE THE BAKED FALAFEL, TABOULEH, AND HUMMUS ON TUESDAY AFTERNOON FOR WEDNESDAY AND THURSDAY
- PRE CHOP YOUR VEGETABLES IN ADVANCE AND ORGANIZE THEM IN CONTAINERS BEFORE PLACING IN THE FRIDGE
- PREPARE ENOUGH SO EASY SO TASTY SALAD DRESSING FOR THE WEEK
- YOU CAN PREPARE YOUR ALL BAKING IN ADVANCE AND PLACE THEM IN THE FRIDGE
- COOK A LARGE QUANTITY OF BROWN RICE, BROWN RICE PASTA AND EXPRESS SAVORY STEW , AND FREEZE THEM TO EAT THEM IN FUTURE DAYS

## NOTES

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# Week 3

## SUNDAY

- B** Fruit(s) + Easy oat cake
- L** Fruit(s) + Polenta + Oven-roasted tomatoes + Veggie meat balls + Kale salad
- D** Sesame oat crackers + Bean pate

## MONDAY

- B** Almond carob milkshake
- L** Fruit(s) + Simple Gourmet salad
- D** Sesame oat crackers + Leftover bean pate

## TUESDAY

- B** Fruit(s) + leftover easy oat cake
- L** Fruit(s) + Leftover polenta + Oven-roasted tomatoes + Veggie meat balls + Kale salad
- D** Lentils soup

## WEDNESDAY

- B** Fruit(s) + Express chia pudding
- L** Fruit(s) + Quinoa + Ratatouille + scrambled tofu + Lettuce + So easy so tasty salad dressing
- D** Leftover lentils soup

## THURSDAY

- B** Fruit(s) + Leftover express chia pudding
- L** Fruit(s) + Leftover Quinoa + Ratatouille + scrambled tofu + Lettuce + So easy so tasty salad dressing
- D** Sesame oat crackers + Guacamole

## FRIDAY

- B** Fruit(s) + Psyllium bread + plant-based butter + date jam
- L** Fruit(s) + Tasty brown rice + Express Savory stew + Tomato cucumber garlic salad
- D** Sesame oat crackers + Digest & relax tea

### + PREP FOR SATURDAY

- B** Fruit(s) + Walnuts and raisins muffinsl
- L** Fruit(s) + Baked falafel + Quinoa Tabouleh
- D** Sesame oat crackers + Tofu Boursin

SATURDAY = TAKE A BREAK

## MEAL PREP TIPS

- YOU CAN OPTIONALLY SPROUT YOUR LENTILS TO ADD EXTRA NUTRIENTS TO YOUR TUESDAY LENTILS SOUP. SIMPLY WASH THEM, AND SOAK THEM OVERNIGHT FROM SUNDAY. STRAIN AND WASH THEM ON MONDAY MORNING, PLACE THEM IN A JAR COVER THEM WITH A PIECE OF FABRIC, TURN UPSIDE DOWN FOR DRAINAGE, AND COOK THEM ON MONDAY AFTERNOON OR TUESDAY
- PRE CHOP YOUR VEGETABLES IN ADVANCE AND ORGANIZE THEM IN CONTAINERS BEFORE PLACING IN THE FRIDGE
- PREPARE THE THE SO EASY SO TASTY SALAD DRESSING IN ADVANCE
- YOU CAN PREPARE YOUR ALL BAKING IN ADVANCE AND PLACE THEM IN THE FRIDGE
- COOK A LARGE QUANTITY OF BROWN RICE, BROWN RICE PASTA AND EXPRESS SAVORY STEW , AND FREEZE THEM TO EAT THEM IN FUTURE DAYS

## NOTES

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