

Monday

Toasted Nut Oatmeal, click [here](#)

Beans, Rice & Potatoes, click [here](#)

Chinese Salad, click [here](#)

Tuesday

Soy Yogurt Crunch, click [here](#)

Creamy Zucchini Soup, click [here](#)

Garlic Spaghetti Squash, click [here](#)

Wednesday

Crunchy Fresh Fruit Cereal, click [here](#)

Creamy Pesto Pasta With Nut Cheese,
click [here](#)

Vegetarian Paella, click [here](#)

Thursday

Fresh Fruit Morning Salad, click [here](#)

Toasted Spelt, Open-faced Sandwich,
click [here](#)

Veggie Mix: Stir Fry, click [here](#)

Friday

Fresh Vegetable Juice, click [here](#)

Carrot Soup, click [here](#)

Spicy Pasta & Roasted Veggies, click [here](#)

Saturday

After Workout Protein Shake, click [here](#)

Lentil Wraps & Thai Sauce, click [here](#)

Thai Yellow Curry, click [here](#)

Sunday

Moroccan Anytime Salad, click [here](#)

Heirloom Tomato & Hummus Sandwich
click [here](#)

Vegetarian Chili, click [here](#)

Note: Feel free to get creative. Switch the days around. Eat leftovers. Move a lunch to a breakfast or a dinner to a lunch. Eat frequently with smaller portions at a time.

Also consume at least 8 glasses of water a day. Watch [this video](#) to learn why water should be your first drink and most consumed beverage each day.

Visit our site for more recipes: [The Plant-Based Diet](#)