



Monday

Chia Seed Pudding, click [here](#)

Potato Leek Soup, click [here](#)

Chinese Salad, click [here](#)

Tuesday

Soy Yogurt Crunch, click [here](#)

Power Bowl, click [here](#)

Garlic Spaghetti Squash, click [here](#)

Wednesday

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

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

Zucchini Pasta, click [here](#)

Thursday

Avocado Toast, click [here](#)

Simple Tempeh Tacos,
click [here](#)

Veggie Stir Fry, click [here](#)

Friday

Fresh Vegetable Juice, click [here](#)

Bean Soup, click [here](#)

Plant-Based Sausage Spaghetti, click [here](#)

Saturday

Protein Shake, click [here](#)

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

Thai Yellow Curry, click [here](#)

Sunday

Moroccan Anytime Salad, click [here](#)

Stir Fry Noodles, Tofu & Veggies
click [here](#)

Glazed Tofu click [here](#)



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 eight glasses of water a day. Visit our site for more recipes: [The Plant-Based Diet](#).