



# Spring 30-Day Vegan Challenge

## Week Four Meal Plan

Use this meal plan as a guide to the dishes you can prepare over the next 7 days. Meals with an \* next to them have recipes in the corresponding download.

I recommend making enough food at the beginning of the week to last for the week--both lunch and dinner-- if you are short on time. If you are striving for weight loss and optimum nutrition, remember to **strive for 1 pound of raw vegetables a day, and plenty of whole fruit and legumes**. Avoiding extracted oils, like olive oil, is also advisable if you want to lose weight. Eat your non-starchy vegetables at the beginning of your meal. For optimum health, stay away from processed foods like frozen soy products. For breakfast, green smoothies, fresh fruit and porridge (oats, quinoa, millet, buckwheat and rice) and granola are fantastic.

More recipes can be found on my blog, [www.sweetpotatosoul.com](http://www.sweetpotatosoul.com) Or check out the resources download for cookbooks, websites and blogs.

### Day One

Breakfast- Cacao Banana Almond Smoothie\*

Lunch- Steamed Veggie & Brown Rice Bowl

Dinner- Sweet Potato Cauliflower Soup

### Day Two

Breakfast- Green Smoothie with Spirulina (high in carotenoids, iron, protein, chlorophyll)

Lunch- Veggie Burrito with Guacamole

Dinner- Spring Veggie Stir-fry\*

### Day Three

Breakfast- Chickpea Flour Omelet\*

Lunch- Kale, Arugula & Spinach Salad

Dinner- Sesame Soba Noodles

### Day Four

Breakfast- Granola with Fresh Fruit

Lunch- Raw Cauliflower Cous Cous\*

Dinner- Udon Noodle Bowl\*

### Day Five



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Breakfast- Green Smoothie

Lunch- Portabello Mushroom Sandwich

Dinner- Raw Red Pepper Soup\*

## Day Six

Breakfast- Chia Seed Pudding

Lunch- BBQ Tempeh Salad\*

Dinner- Roasted Asparagus Wild Rice Pilaf

## Day Seven: Celebration Day!

Breakfast- Carrot Mango Muffin\*

Lunch- Sunflower Massaged Kale Salad\*

Dinner- Tempeh Tacos