



Spring 30-Day Vegan Challenge

Week Three 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 Or check out the resources download for cookbooks, websites and blogs.

Day One

Breakfast- Green Smoothie (try mixing greens & herbs. Ex. Romaine, kale + cilantro)

Lunch- Carrot Chickpea Patties* over Arugula Salad

Dinner- Spinach & Kale Salad with Tempeh

Day Two

Breakfast- Avocado on Toast (Manna bread is my fave!)

Lunch- Curry Vegetable Stir-Fry

Dinner- Smokey Sauteed Kale* with Lentils & Sweet Potato

Day Three

Breakfast- Tofu Scramble*

Lunch- Spring Veggie & Hummus Wrap

Dinner- Moroccan Quinoa Pilaf*

Day Four

Breakfast- Tropical Green Smoothie*

Lunch- Black bean Burgers*

Dinner- Mixed Veggie Salad

Day Five



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Breakfast- Granola with Yogurt

Lunch- Watercress Salad with Grilled Tofu

Dinner- Lentil Soup

Day Six

Breakfast- Green Smoothie

Lunch- Sweet Potato Salad*

Dinner- Steamed Veggies tossed with Miso Tahini Dressing*

Day Seven

Breakfast- Pancakes

Lunch- Enchiladas*

Dinner- Shredded Veggie Salad