7 Day Plant-based Meal Plan for Weight Loss

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| --- | --- | --- | --- | --- |
| Day | Meal | Foods  |  |  |
|  |  |  |  |  |
| Sunday | Breakfast | Oatmeal with fresh berriesSweet potato with steamed veggies over rice |
|  | Lunch |
|  | Dinner | Large salad with oil-free dressing |  |  |
|  | Snacks | Fresh veggies & oil-free hummus |  |  |
|  |  |  |  |  |
| Monday | Breakfast | Ezekiel toast with oil-free hummus & veggiesBean & rice burrito with veggies/greens & salsaLarge salad with a variety of veggies, oil-free dressingFresh fruitOatmeal with cinnamon & apple slicesSquash curry over rice & greensLarge salad with a variety of veggies, oil-free dressing Steamed greens with garlic & lemon  Bowl of fresh fruit & oil-free granolaBean chili with baked potato and greensLarge salad with a variety of veggies, oil-free dressingFresh fruitOatmeal with mango & papayaSpaghetti squash with oil-free marinara sauce & veggiesLarge salad with fresh fruit & veggies, oil-free dressingCrackers with oil-free hummusBuckwheat pancakes with fresh fruitVeggie Stir-fry with lemon & low sodium soy sauceLarge salad with a variety of veggies, oil-free dressingFresh fruitGreen smoothie with greens & frozen fruitRice & beans with greens & salsaLarge salad with a variety of veggies, oil-free dressingFresh fruit |
|  | Lunch |
|  | Dinner |
|  | Snacks |
|  |  |
| TuesdayWednesdayThursdayFridaySaturday | BreakfastLunchDinnerSnacksBreakfastLunchDinnerSnacksBreakfastLunchDinnerSnacksBreakfastLunchDinnerSnacksBreakfastLunchDinnerSnacks |
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