7 Day Plant-based Meal Plan for Weight Loss

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| --- | --- | --- | --- | --- | --- |
| Day | Meal | Foods | |  |  |
|  |  |  | |  |  |
| Sunday | Breakfast | Oatmeal with flax seeds and fresh berries  Sweet potato with steamed veggies over rice | | | |
|  | Lunch |
|  | Dinner | Large salad with oil-free dressing | |  |  |
|  | Snacks | Fresh veggies with oil-free hummus | |  |  |
|  |  |  | |  |  |
| Monday | Breakfast | Ezekiel toast with hummus & veggies  Bean & rice burrito with veggies/greens  Large salad with oil-free dressing  Fresh fruit  Oatmeal with hemp seeds & apple slices  Squash curry over rice & greens  Large salad with oil-free dressing  Steamed greens with garlic & lemon    Bowl of fresh fruit & oil-free granola  Bean chili with baked potato and greens  Large salad with fresh fruit & veggies, oil-free dressing  Fresh fruit  Oatmeal with chia seeds, mango, papaya  Spaghetti squash with oil-free spaghetti sauce  Large salad with fresh fruit & veggies, oil-free dressing  Oil-free crackers with guacamole  Buckwheat pancakes with fresh fruit  Veggie Stir-fry with lemon & low sodium soy sauce  Large salad with fresh fruit & veggies, oil-free dressing  Fresh fruit  Green smoothie with flax seeds, greens, frozen fruit  Rice & beans with greens, salsa, & guacamole  Large salad with fresh fruit & veggies, oil-free dressing  Fresh fruit | | | |
|  | Lunch |
|  | Dinner |
|  | Snacks |
|  |  |
| Tuesday  Wednesday  Thursday  Friday  Saturday | Breakfast  Lunch  Dinner  Snacks  Breakfast  Lunch  Dinner  Snacks  Breakfast  Lunch  Dinner  Snacks  Breakfast  Lunch  Dinner  Snacks  Breakfast  Lunch  Dinner  Snacks |
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