7 Day Plant-based Meal Plan for Weight Loss

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| --- | --- | --- | --- | --- |
| Day | Meal | Foods  |  |  |
|  |  |  |  |  |
| Sunday | Breakfast | Oatmeal with flax seeds and fresh berriesSweet 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 & veggiesBean & rice burrito with veggies/greensLarge salad with oil-free dressingFresh fruitOatmeal with hemp seeds & apple slicesSquash curry over rice & greensLarge salad with oil-free dressing Steamed greens with garlic & lemon  Bowl of fresh fruit & oil-free granolaBean chili with baked potato and greensLarge salad with fresh fruit & veggies, oil-free dressingFresh fruitOatmeal with chia seeds, mango, papayaSpaghetti squash with oil-free spaghetti sauceLarge salad with fresh fruit & veggies, oil-free dressingOil-free crackers with guacamoleBuckwheat pancakes with fresh fruitVeggie Stir-fry with lemon & low sodium soy sauceLarge salad with fresh fruit & veggies, oil-free dressingFresh fruitGreen smoothie with flax seeds, greens, frozen fruitRice & beans with greens, salsa, & guacamoleLarge salad with fresh fruit & veggies, oil-free dressingFresh fruit |
|  | Lunch |
|  | Dinner |
|  | Snacks |
|  |  |
| TuesdayWednesdayThursdayFridaySaturday | BreakfastLunchDinnerSnacksBreakfastLunchDinnerSnacksBreakfastLunchDinnerSnacksBreakfastLunchDinnerSnacksBreakfastLunchDinnerSnacks |
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