7 Day Plant-based Meal Plan for Beginners

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day | Meal | Foods  |  |  |
|  |  |  |  |  |
| Sunday | Breakfast | Oatmeal with fresh berries & flax seedsSweet 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 fruit & raw nutsOatmeal with cinnamon, hemp seeds & 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 fruit & raw nutsOatmeal with chia seeds, mango, & papayaSpaghetti squash with oil-free marinara sauce & veggiesLarge salad with fresh fruit & veggies, oil-free dressingCrackers with oil-free hummusBuckwheat pancakes with fresh fruit & maple syrupVeggie Stir-fry with rice, lemon & low sodium soy sauceLarge salad with a variety of veggies, oil-free dressingFresh fruit & oil-free granolaGreen smoothie with greens, chia seeds, & frozen fruitRice & beans with greens & salsaLarge salad with a variety of veggies, oil-free dressingFresh fruit |
|  | Lunch |
|  | Dinner |
|  | Snacks |
|  |  |
| TuesdayWednesdayThursdayFridaySaturday | BreakfastLunchDinnerSnacksBreakfastLunchDinnerSnacksBreakfastLunchDinnerSnacksBreakfastLunchDinnerSnacksBreakfastLunchDinnerSnacks |
|  |  |  |  |  |