7 Day Plant-based Meal Plan for Beginners

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| Day | Meal | Foods | |  |  |
|  |  |  | |  |  |
| Sunday | Breakfast | Oatmeal with fresh berries & flax seeds  Sweet 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 & veggies  Bean & rice burrito with veggies/greens & salsa  Large salad with a variety of veggies, oil-free dressing  Fresh fruit & raw nuts  Oatmeal with cinnamon, hemp seeds & apple slices  Squash curry over rice & greens  Large salad with a variety of veggies, 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 a variety of veggies, oil-free dressing  Fresh fruit & raw nuts  Oatmeal with chia seeds, mango, & papaya  Spaghetti squash with oil-free marinara sauce & veggies  Large salad with fresh fruit & veggies, oil-free dressing  Crackers with oil-free hummus  Buckwheat pancakes with fresh fruit & maple syrup  Veggie Stir-fry with rice, lemon & low sodium soy sauce  Large salad with a variety of veggies, oil-free dressing  Fresh fruit & oil-free granola  Green smoothie with greens, chia seeds, & frozen fruit  Rice & beans with greens & salsa  Large salad with a variety of 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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