



# Spring 30-Day Vegan Challenge

## Week One Meal Plan

Use this meal plan as a guide to the dishes you can prepare over the next 7 days. Meals with an \* next to them have recipes in the corresponding download.

I recommend making enough food at the beginning of the week to last for the week--both lunch and dinner-- if you are short on time. If you are striving for weight loss and optimum nutrition, remember to **strive for 1 pound of raw vegetables a day, and plenty of whole fruit and legumes.** Avoiding extracted oils, like olive oil, is also advisable if you want to lose weight. Eat your non-starchy vegetables at the beginning of your meal. For optimum health, stay away from processed foods like frozen soy products. For breakfast, green smoothies, fresh fruit and porridge (oats, quinoa, millet, buckwheat and rice) and granola are fantastic.

More recipes can be found on my blog, [www.sweetpotatosoul.com](http://www.sweetpotatosoul.com) Or check out the resources download for cookbooks, websites and blogs.

### Day One

Breakfast- Green Smoothie\*

Lunch- Lightly Steamed or Raw Veggies with Quinoa & toasted pumpkin seeds

Dinner- Vegetable Red Thai Curry

### Day Two

Breakfast- Gluten-free Teff Pancakes

Lunch- Shredded Veggie Salad with Lentils\*

Dinner- Black Bean Coconut Soup

### Day Three

Breakfast- Coconut Mango Oatmeal\*

Lunch- Black Bean & Spinach Burrito

Dinner- Massaged Kale & Carrot Salad

### Day Four

Breakfast- Green Smoothie with Chia Seeds

Lunch- Tahini Miso Broccoli\*

Dinner- Grilled Zucchini, Peppers & Mushrooms

### Day Five



# Spring 30-Day Vegan Challenge

Breakfast- Quinoa Porridge

Lunch- Tempeh Tacos\*

Dinner- Spring Veggies over Soba Noodles

Day Six

Breakfast- Granola with Coconut Yogurt

Lunch- Chickpea Tuna Salad on Butter Lettuce\*

Dinner- Vegetable Stir-fry

Day Seven

Breakfast- Green Smoothie

Lunch- Mushroom & Asparagus Farro Risotto\*

Dinner- Red Cabbage & Carrot Salad