



# Spring 30-Day Vegan Challenge

## Week Two 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 (try with Mango & Frozen Blueberries!)

Lunch- Massaged Kale & Dulse Salad\*

Dinner- Beta-Beauty Salad\*

### Day Two

Breakfast- Mixed Berry Coconut Yogurt Parfait

Lunch- Spring Pea Quinoa Pilaf\*

Dinner- Shredded Veggie Salad

### Day Three

Breakfast- Farro Porridge\*

Lunch- Bok Choy & Shiitake Stir Fry

Dinner- Asparagus Salad with French Lentils

### Day Four

Breakfast- Goji Berry Cacao Smoothie\*

Lunch- Grilled Veggie Hummus Wrap

Dinner- Spring Veggie Wild Rice Pilaf

### Day Five

Breakfast- Quinoa Porridge



# Spring 30-Day Vegan Challenge

Lunch- Mexican Millet Pilaf\*

Dinner- BBQ Tempeh with Sauteed Mustard Greens

## Day Six

Breakfast- Granola with Yogurt & Chia Seeds

Lunch- Carrot & Fennel Salad

Dinner- Quesadillas\*

## Day Seven

Breakfast- Green Smoothie

Lunch- Pomegranate Tabbouleh\*

Dinner- Anti-inflammatory Red Lentil Soup\*