

HEALTHY MEAL PLAN WITHOUT MEAT

Day	Breakfast	Lunch	Dinner
Monday	Avocado Toast with Cherry Tomato Salad	Quinoa Salad with Chickpeas and Veggies	Lentil and Vegetable Stir-Fry
	Breakfast:	Lunch:	Dinner:
	1. Mash avocado onto whole grain toast.	1. Cook quinoa according to package instructions.	1. Sauté diced onions, bell peppers, carrots, and broccoli florets in olive oil.
	2. Top with sliced cherry tomatoes.	2. Mix with cooked chickpeas, diced cucumbers, bell peppers, and red onions.	2. Add cooked lentils, soy sauce, minced garlic, and ginger.
	3. Drizzle with olive oil and sprinkle with sea salt and black pepper.	3. Dress with lemon juice, olive oil, and herbs like parsley or cilantro.	3. Serve over brown rice or quinoa.
Tuesday	Berry Smoothie Bowl	Mediterranean Chickpea Salad	Vegetable Curry with Coconut Rice
	Breakfast:	Lunch:	Dinner:
	1. Blend mixed berries, banana, spinach, and almond milk until smooth.	1. Combine chickpeas, diced tomatoes, cucumber, red onion, olives, and feta cheese.	1. Sauté diced onions, bell peppers, and zucchini in coconut oil.

	2. Pour into a bowl.	2. Dress with olive oil, lemon juice, minced garlic, and dried oregano.	2. Add curry paste, coconut milk, and diced tofu or tempeh.
	3. Top with granola, sliced almonds, and additional berries.		3. Simmer until vegetables are tender.
Wednesday	Chia Seed Pudding with Fresh Fruit	Spinach and Chickpea Wrap	Vegetable Stir-Fried Noodles
	Breakfast:	Lunch:	Dinner:
	1. Mix chia seeds with almond milk and sweetener of choice.	1. Spread hummus onto a whole grain wrap.	1. Cook whole grain noodles according to package instructions.
	2. Let sit in the refrigerator overnight.	2. Layer with baby spinach leaves, sliced cucumbers, roasted red peppers, and chickpeas.	2. Sauté mixed vegetables like bell peppers, snap peas, carrots, and mushrooms in sesame oil.
	3. Serve with sliced fruit and a drizzle of honey.	3. Roll up tightly and slice in half.	3. Add cooked noodles and toss with soy sauce and sesame seeds.
Thursday	Oatmeal with Almond Butter and Banana	Greek Salad with Tofu Feta	Black Bean and Sweet Potato Tacos
	Breakfast:	Lunch:	Dinner:

	1. Cook oats with almond milk until creamy.	1. Toss mixed greens, diced tomatoes, cucumber, red onion, Kalamata olives, and tofu feta.	1. Roast diced sweet potatoes with cumin, paprika, and olive oil until tender.
	2. Stir in almond butter and sliced banana.	2. Dress with olive oil, lemon juice, minced garlic, and dried oregano.	2. Warm black beans and corn tortillas.
	3. Top with a sprinkle of cinnamon.		3. Fill tortillas with sweet potatoes, black beans, avocado slices, and salsa.
Friday	Green Smoothie with Protein Powder	Quinoa and Black Bean Stuffed Bell Peppers	Lentil Soup with Whole Grain Bread
	Breakfast:	Lunch:	Dinner:
	1. Blend spinach, kale, banana, protein powder, and almond milk until smooth.	1. Cook quinoa according to package instructions.	1. Sauté diced onions, carrots, and celery in olive oil.
	2. Add ice if desired.	2. Mix with black beans, diced tomatoes, corn, and spices.	2. Add cooked lentils, vegetable broth, diced tomatoes, and spices.
		3. Stuff into halved bell peppers and bake until peppers are tender.	3. Simmer until flavors meld.
Saturday	Overnight Oats with Mixed Berries	Veggie and Hummus Sandwich	Eggplant and Zucchini Lasagna

	Breakfast:	Lunch:	Dinner:
	1. Combine oats, almond milk, chia seeds, and mixed berries in a jar.	1. Spread hummus onto whole grain bread.	1. Thinly slice eggplant and zucchini lengthwise.
	2. Let sit in the refrigerator overnight.	2. Layer with sliced cucumber, tomato, shredded carrots, and sprouts.	2. Layer with marinara sauce and tofu ricotta.
	3. Enjoy cold in the morning.	3. Roll up tightly and slice in half.	3. Bake until vegetables are tender and top with fresh basil.
Sunday	Peanut Butter Banana Smoothie	Caprese Salad with Balsamic Glaze	Mushroom and Spinach Risotto
	Breakfast:	Lunch:	Dinner:
	1. Blend banana, peanut butter, spinach, and almond milk until smooth.	1. Arrange sliced tomatoes, fresh mozzarella, and basil leaves on a plate.	1. Sauté diced onions and minced garlic in olive oil.
	2. Optional: add a scoop of protein powder.	2. Drizzle with balsamic glaze and olive oil.	2. Add arborio rice and cook until translucent.
		3. Season with salt and pepper.	3. Stir in sliced mushrooms and spinach.
			4. Gradually add vegetable broth until rice is creamy.

			5. Serve hot with a sprinkle of Parmesan cheese.
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