

Monday

Breakfast

Smoothie made with plant-based milk, plant-based protein powder, flax seeds, chia seeds, mixed berries and a drizzle of honey

Lunch

Quinoa salad with chickpeas, cherry tomatoes, cucumber, and a lemon vinaigrette

Dinner

Lentil and vegetable curry served with brown rice

Snacks

Hummus with pita chips, whole-grain crackers, or vegetable slices

Tuesday

Breakfast

Smoothie made with plant-based milk, plant-based protein powder, flax seeds, chia seeds, mixed berries and a drizzle of honey

Lunch

Quinoa salad with chickpeas, cherry tomatoes, cucumber, and a lemon vinaigrette

Dinner

Lentil and vegetable curry served with brown rice

Snacks

Hummus with pita chips, whole-grain crackers, or vegetable slices

Wednesday

Breakfast

Oatmeal using dairy-free milk like almond milk enriched with calcium, topped with sliced bananas, chia seeds, and a dollop of almond butter

Lunch

Sweet potato and black bean enchiladas with a side of guacamole

Dinner

Eggplant Parmesan with whole-grain spaghetti and a side salad

Snacks

Homemade energy balls made with dates, nuts, and rolled oats

Thursday

Breakfast

Smoothie with spinach, banana, frozen berries, almond milk, and a scoop of protein powder

Lunch

Quinoa and black bean bowl with avocado, corn, cherry tomatoes, and a cilantro lime dressing

Dinner

Mushroom, tofu and spinach stuffed bell peppers with quinoa

Snacks

Avocado slices with a sprinkle of salt and pepper served with whole-grain crackers

Friday

Breakfast

Overnight oats with almond milk, chia seeds, mixed berries, and a touch of maple syrup

Lunch

Veggie burger on a whole-grain bun with lettuce, tomato, and a side of roasted sweet potato wedges

Dinner

Avocado and black bean wrap with salsa and a side of mixed greens

Snacks

Apple slices with nut butter (peanut butter, almond butter, or cashew butter)

Saturday

Breakfast

Scrambled tofu with sautéed spinach, cherry tomatoes, and whole-grain toast

Lunch

Mediterranean chickpea salad with olives, cherry tomatoes, cucumber, and a baked sweet potato

Dinner

Cauliflower, tempeh and chickpea curry served with basmati rice

Snacks

Dried fruit and Mixed nuts

Sunday

Breakfast

Whole-grain toast with peanut butter and banana slices sprinkled with chia seeds

Lunch

Lentil soup with a side of whole-grain crackers

Dinner

Sweet potato street tacos with a spinach salad

Snacks

Carrot, cucumber, and bell pepper sticks with hummus