

# 5-Day Meal Plan

Monday	Tuesday	Wednesday	Thursday	Friday
Chia Pudding topped with fruit of choice and almonds/cashews or	High-protein, dairy-free yogurt, topped with fruit of choice and almonds/cashews	1 to 2 vegan pancakes or waffles	High-protein, dairy-free yogurt, topped with fruit of choice and almonds/cashews	Chia Pudding, topped with fruit of choice and almonds/cashews
Smoothie (include avocado, carrots, beets and fruit)	Vega Chocolate Peanut Butter plant-based bar. Tastes AWESOME!	Smoothie (include avocado, carrots, beets and fruit)	Kale chips—homemade or store bought	GoMacro plant-based protein bar. Tastes great and it's filling.
Stor-fry to include broccoli, asparagus, Brussel sortouts and mushrooms (can include peppers and occasionally tofu)...eat with half a cup of quinoa or diced broccoli from frozen food section	Raw, spicy salad that includes chopped bell peppers, radish, sprouts, zucchini strings, tomatoes, onions, jalapenos, a little black truffle oil and a Hilary's Hemp patty	Pad Thai with plenty of vegetables and tofu (if necessary...I prefer extra veggies)	Raw, spicy salad that includes chopped bell peppers, radish, sprouts, zucchini strings, tomatoes, onions, jalapenos, a little black truffle oil and a Hilary's Hemp patty	Veggie sushi roll that includes avocado, carrots or any vegetable you prefer  I personally like the ones at Whole Foods served in a quinoa wrapper.
Whole fruit or a large carrot and a handful of nuts or seeds	Whole fruit or a large carrot and a handful of nuts or seeds	Whole fruit or a large carrot and a handful of nuts or seeds	Whole fruit or a large carrot and a handful of nuts or seeds	Whole fruit or a large carrot and a handful of nuts or seeds
Oven-roasted veggies to include broccoli, asparagus, Brussels sprouts and mushrooms add a half sweet potato with cinnamon, if you still feel hungry	Veggie fajitas, including cauliflower, chopped asparagus, bell peppers, onions and diced potatoes. Add a side of black beans and cauliflower rice... PARTY!!!	Sliced BBQ sandwiches. I like to use tempeh simmered in a vegan BBQ sauce with pickles, onions and peppers. Baked sweet potato tots are the perfect compliment	Spaghetti with veggie noodles and an organic marinara sauce (no salt added) or see my personal recipe here. This has to be one of my favorite meals!	Vegan burgers with oven baked sweet potato fries.  I prefer Hilary's patties, but pick your favorite.

Feeding your body like you love is one of the most important things you can do for yourself.

And while you're living your best by eating your best, remember to drink, at a minimum, one gallon of water each day.

Preferably one with a high pH, such as Starkey.

