

Vegan Vegetarian Menu Plan

Day 1

Breakfast

Multi-grain cereal w/ almond or oat milk or water, Hand full of seeds, nuts and blueberries over cereal; Vitamins; Clean Water

10:00am Snack

Nut Butter and whole grain crackers

Lunch

Nut Butter and honey sandwich on whole grain bread; Hand full of raw carrots; Apple (organic if possible); Vitamins; Clean Water.

2:00pm Snack

Hand full of raw red, yellow, or green pepper slices with hummus dip

4:00 pm Snack

Hand full of raw nuts and seeds

Dinner

Baked Idaho or Sweet potato w/ Salsa or Earth Balance Spread with Side salad with diced red & green peppers, pine nuts, kidney beans, sprouts and your choice of other veggies; Vitamins; Clean Water

8:00pm Snack

Hummus and carrot sticks

Day 2

Breakfast

Oatmeal; Hand full of seeds and nuts; Vitamins; Clean Water

10:00am Snack

Hand full of broccoli w/ dressing

Lunch

Veggie Roll Up (see recipe); Imagine Foods Tomato Soup; Hand full of raw veggies; piece of whole fruit Vitamins; Clean Water

2:00pm Snack

Hand Full of Seeds and Nuts

4:00pm Snack

Hummus and Whole Grain Crackers

Dinner

Chicken-Mushroom Soup (see recipe: vegan option); Small side salad (green; bean sprouts; broccoli; sweet red pepper; pine nuts w/ apple cider vinegar, sea salt and pepper)

Pineapple; Clean Water; Vitamins

8:00pm Snack

Small bowl of leftover soup

Day 3

Breakfast

Same as Day 1; Vitamins; Clean Water

10:00am Snack

Instant Cup of Soup (see Brands We Use)

Lunch

Big salad from grocery store salad bar (make sure you get enough protein by adding seeds and nuts, sprouts, or some other form of protein).;

Top with Annie's Natural's Goddess Dressing; Hummus and Crackers; Vitamins; Clean Water

2:00pm Snack

Betty Lou Smacker

4:00pm Snack

Hand Full of Seeds and Nuts

Dinner

Quinoa and Black Bean Salad (see recipe)

Mashed potatoes; Raw carrots, broccoli, and celery w/ dressing dip of your choice;

Grapes, Pineapple, and Kiwi fruit cup;

Clean Water; Vitamins

8:00pm Snack

Hummus and Veggie Sticks

Day 4

Breakfast

Same as Day 2; Vitamins; Clean Water

10:00am Snack

Hand full of seeds and nuts

Lunch

Leftover soup from Day 2; Hummus and Crackers; Vitamins; Clean Water

2:00pm Snack

Avocado and Applesauce (combine in a food processor or mini chopper and make a "pudding")

4:00pm Snack

Betty Lou Smacker

Dinner

Black Beans and Rice (see recipe); Various raw vegetables with hummus dip. Clean Water; Vitamins

8:00pm Snack

Peanut butter and banana (2 T peanut butter and one medium banana mashed together)

Day 5

Breakfast

Toasted Peanut Butter (or other nut butter); banana;
Vitamins; Clean Water

10:00am Snack

Hummus and crackers

Lunch

Lemony Quinoa (see recipe)
Large Salad; Vitamins; Clean Water

2:00pm Snack

Betty Lou Smacker

4:00pm Snack

Few bites of leftover chicken salad

Dinner

'Fantastic Foods' Lentil and Rice Pilaf; Slices of
Artisan Multi Grain bread with coconut butter and
honey; Asparagus sautéed Bragg's Liquid Aminos
(Spray with Bragg's Liquid Aminos and sauté for
approx. 10–15mins).

Raw Carrots; Clean Water; Vitamins

8:00pm Snack

Tropical smoothie (see recipe)

Day 6

Breakfast

Same as Day 1
Vitamins; Clean Water

10:00am Snack

Betty Lou Smacker

Lunch

Veggie burger or grilled portabella mushroom (try
topping with the hummus like on "Day 1"); Spud pups
by Cascadian Farms; Raw veggies; Vitamins; Clean
Water

2:00pm Snack

Apple Slices and peanut butter

4:00pm Snack

Hand full of baby carrots and dressing

Dinner

Roll-ups (see recipe)
Small side salad (greens; bean sprouts; broccoli;
pistachios); Clean Water; Vitamins

8:00pm Snack

Leftover Roll-ups

Day 7

Breakfast

Frozen whole grain waffle with nut butter spread;
Serving of fruit; Vitamins; Clean Water

10:00am Snack

Betty Lou Smacker

Lunch

Garbage Soup

Take all of your leftover vegetables or meat
and add 2 cartons of chicken or veggie broth, 3 – 4 cups
of tomato base (this can be a jar spaghetti sauce or
stewed tomatoes or tomatoes put in a blender and
pureed (my choice), 1–2 tbs. Spike all purpose
seasoning, 1tbs. cumin, ½ tsp. thyme, 1 bay leaf, ½ tsp.
garlic powder, 3 tbs. onion flakes. Throw it in the crock
pot. Cook on low all day or on high for 3 – 4 hours or
put it in a stew pot and cook for at least 30 minutes.

Hummus and Crackers or veggie sticks

Vitamins; Clean Water

2:00pm Snack

Leftover soup

4:00pm Snack

Hummus and veggie sticks

Dinner

Avocado Sandwiches (whole grain bread, spread of
hummus, sliced avocado, tomatoes, cucumbers,
sprouts);

Baked sweet potato or white potato (brush the skins
with olive oil to keep them moist and edible);

Fruit; Vitamins; Clean Water

8:00pm Snack

Betty Lou Smacker

**We purposefully did not put serving sizes on
this list. Don't worry about fat grams or
calories. Just eat the right KINDS of foods. Eat
until you are content but not "over-stuffed".**

**For more recipes and menu plans, please visit:
<http://groups.google.com/group/back-to-health?hl=en>**