PLANT BASED MEAL PLAN VOLUME 6

JENNINGS
HOLISTIC HEALTH COACHING

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30 AM	Gingerbread porridge	Gingerbread porridge	Gluten free Granola	Gluten free granola or optional fast until 12pm	Gingerbread porridge	Tofu scramble	Optional fast
12:00 PM	Chopped banana & kiwifruit bowl	Vegan butternut soup	Raw broccoli salad	Chopped banana & orange bowl	Chopped banana & orange bowl	Vegetarian chilli	Roasted brussel sprouts with pecans
3:00-4:00 PM	8 – 12 almonds	2 x kiwifruit	1 x red apple + celery sticks	1 x serve Plain rice crackers & tomato	8 - 12 almonds	2 x kiwifruit	8 - 12 almonds
6:00-7:00 PM	Vegan butternut soup	Raw broccoli salad	Vegan lentil shepherds pie	Vegan lentil shepherds pie	Vegetarian chilli	Cheat meal	Vegetarian chilli

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7.30 AM	Gluten free Granola	Gluten free granola or optional fast until 12pm	Gingerbread porridge	Gluten free granola	Gingerbread porridge	Gingerbread porridge	Optional fast
12:00 PM	Chopped banana & peach bowl	Roasted vegetable & quinoa salad	Raw broccoli salad	Raw broccoli salad	Chopped banana & peach bowl	Tofu Scramble	Raw broccoli salad
3:00-4:00 PM	8-12 walnuts	8-12 walnuts	2 x oranges	2 x kiwifruit	1 x serve Plain rice crackers & tomato	8-12 x walnuts	2 x kiwifruit
6:00-7:00 PM	Roasted vegetable & quinoa salad	Tofu Scramble	Vegetarian shepherds pie	Vegetarian shepherds pie	Tofu Scramble	Cheat meal	Roasted vegetable salad

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