



PLANT BASED MEAL PLAN VOLUME 7 - SPRING



*Note that fasting is not recommended if you are in the crashed zone or chronically unwell. Please talk to your coach if you have any questions.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM	Quinoa Porridge With Fried Apple	Pina Colada Smoothie	Quinoa Porridge With Fried Apple	Fast until 3pm	Raspberry Lime Smoothie	Quinoa Porridge With Fried Apple	Fast until 12pm
12:00 PM	Pear, Walnut & Rocket Salad	Cuban One Pot Rice	Pina Colada Smoothie	Fast until 3pm	Pear, Walnut & Rocket Salad	Sweet Potato, Rocket & Quinoa Salad	Raspberry Lime Smoothie
3:00-4:00 PM	Red Apple & Carrot Sticks	1 x Palmful Of Almonds	Red Apple & Carrot Sticks	1 Serve of Rice Crackers With Tomato Slices + Red Apple	Banana & Kiwifruit Bowl	Banana & Orange Bowl	Red Apple & Carrot Sticks
6:00-7:00 PM	Cuban One Pot Rice	Pear, Walnut & Rocket Salad	Pasta with Med Vegetables & Vegetarian Parmesan	Pasta with Med Vegetables & Vegetarian Parmesan	Sweet Potato, Rocket & Quinoa Salad	Cheat Meal	Vegan Sage Mushroom Risoto



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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM	Quinoa Porridge with Fried Apple	Quinoa Porridge with Fried Apple	Pina Colada Smoothie	Fast until 12pm	Green Mango, Spinach & Apple Smoothie	Quinoa Porridge with Fried Apple	Fast until 12pm
12:00 PM	Green Mango, Spinach & Apple Smoothie	Pear & Rocket Salad	Thai Style Quinoa Salad	Pina Colada Smoothie	Pear & Rocket Salad	Pina Colada Smoothie	Green Mango, Spinach & Apple Smoothie
3:00-4:00 PM	½ Red Apple with Peanut Butter	½ Red Apple with Peanut Butter	2 x Kiwifruit or Oranges	Palmful of Nuts & Seeds	Palmful of Nuts & Seeds	Palmful of Rice Crackers & Tomato Slices	Palmful of Rice Crackers & Tomato Slices
6:00-7:00 PM	Brown Rice with Tofu & Peanut Sauce	Thai style Quinoa Salad	Pasta with Spinach & Tomato Garam Masala Sauce	Pasta with Spinach & Tomato Garam Masala Sauce	Pumpkin & Sweet Potato Curry with Quinoa	Cheat meal	Pumpkin & Sweet Potato Curry with Quinoa