

# 7 DAY VEGAN CHALLENGE

## MEAL PLAN

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	TOTAL
MONDAY	<b>60g date and nut Protein Muesli</b> +1 apple (120g) +100ml almond milk Cal: 342 P: 17g C: 28g F: 15g	<b>Blueberry Paleo Bar</b> Cal: 133 P: 2g C: 3g F: 22g	<b>Falafel Lunch Box</b> (1 serving) Cal: 914 P: 38g C: 67g F: 45g	<b>Chocolate or Vanilla Vegan Protein Shake</b> +200ml almond milk Cal: 178 P: 23g C: 4g F: 3g	<b>Chickpea Salad</b> (1 serving) Cal: 470 P: 14g C: 26g F: 35g	Cal: 2037 P: 94g C: 115g F: 133g
TUESDAY	<b>Gluten-Free Banana Protein Muesli</b> (1 serving) +100ml almond milk Cal: 377 P: 20g C: 20g F: 20g	<b>Fruit Salad</b> (1 serving) Cal: 181 P: 3g C: 1g F: 35g	<b>Falafel Lunch Box</b> (1 serving) Cal: 914 P: 38g C: 67g F: 45g	<b>30G Vanilla Vegan Protein</b> +125g raspberries +300ml water Cal: 140 P: 22g C: 1g F: 7g	<b>Couscous Salad</b> Cal: 419 P: 10g C: 21g F: 44g	Cal: 2031 P: 93g C: 110g F: 151g
WEDNESDAY	<b>60g date and nut Protein Muesli</b> +1 apple (120g) +100ml almond milk Cal: 342 P: 17g C: 28g F: 15g	<b>Vegan No-Bake Brownies with Ganache</b> (1 serving) +30g Protein Flakes Cal: 362 P: 21g C: 19g F: 21g**	<b>Couscous Salad</b> Cal: 419 P: 10g C: 21g F: 44g	<b>30g Chocolate or Vanilla Vegan Protein shake</b> +200ml almond milk Cal: 297 P: 29g C: 13g F: 5g	<b>Protein Pasta With Kale Pesto</b> (1 serving) Cal: 504 P: 53g C: 28g F: 17g	Cal: 1863 P: 186g C: 97g F: 106g
THURSDAY	<b>Gluten-Free Banana Protein Muesli</b> (1 serving) +100ml almond milk Cal: 377 P: 20g C: 20g F: 20g	<b>30g Vanilla Vegan Protein Shake</b> +125g blueberries +300ml almond milk Cal: 249 P: 24g C: 5g F: 12g	<b>Asian Cauliflower Salad With Fennel</b> (1 serving) Cal: 293 P: 11g C: 18g F: 18g	<b>Vegan No-Bake Brownies with Ganache</b> +2 tbsp peanut butter Cal: 378 P: 11g C: 27g F: 20g	<b>Protein Pasta With Kale Pesto</b> (1 serving) Cal: 504 P: 53g C: 28g F: 17g	Cal: 1863 P: 186g C: 94g F: 50g
FRIDAY	<b>60g date and nut Protein Muesli</b> +1 apple (120g) +100ml almond milk Cal: 342 P: 17g C: 28g F: 15g	<b>Vegan No-Bake Brownies with Ganache</b> +2 tbsp peanut butter Cal: 378 P: 11g C: 27g F: 20g	<b>Protein Pasta With Kale Pesto</b> (1 serving) Cal: 504 P: 53g C: 28g F: 17g	<b>Sour Cherry-Apple Energy Bar</b> +30g Chocolate or Vanilla Vegan Protein Shake +300ml almond milk Cal: 318 P: 26g C: 9g F: 23g	<b>Asian Cauliflower Salad With Fennel</b> (1 serving) Cal: 293 P: 11g C: 18g F: 18g	Cal: 1835 P: 118g C: 97g F: 106g
SATURDAY	<b>Vegan No-Bake Brownies with Ganache</b> +½ serving vegan banana ice cream +20g Protein Flakes P: 19g C: 37g F: 69g	<b>Passionfruit Paleo Bar</b> Cal: 147 P: 3g C: 5g F: 22g	<b>Asian Cauliflower Salad With Fennel</b> (1 serving) Cal: 293 P: 11g C: 18g F: 18g	<b>½ serving Vegan Banana Ice Cream</b> +30g Vanilla Vegan Protein Cal: 385 P: 25g C: 9g F: 51g	<b>Protein Pasta With Kale Pesto</b> (1 serving) Cal: 504 P: 53g C: 28g F: 17g	Cal: 1936 P: 111g C: 97g F: 177g
SUNDAY	<b>Overnight Oats</b> +100ml almond milk +100g raspberries +10g Vanilla Vegan Protein Cal: 300 P: 22g C: 13g F: 19g	<b>60g Banana-Physalis Crunchy Fruits</b> +200g sugar-free soy yogurt Cal: 294 P: 11g C: 5g F: 45g	<b>Minestrone Soup</b> Cal: 552 P: 40g C: 50g F: 18g	<b>30g Chocolate or Vanilla Vegan Protein shake</b> +200ml almond milk Cal: 297 P: 29g C: 13g F: 5g	<b>Zoodles with Mushrooms and Pomegranate Seeds</b> (2 servings) +60g Date-Nut Muesli Cal: 354 P: 20g C: 22g F: 20g	Cal: 1797 P: 122g C: 103g F: 107g