

Day	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	Chia seed pudding with almond milk and berries	Apple slices with almond butter	Lentil curry with brown rice	Greek yogurt with honey and berries	Vegetable curry with quinoa
Tuesday	Smoothie with spinach, banana, and protein	Mixed nuts with hummus	Stir-fried tofu with vegetables and quinoa	Rice cakes with almond butter	Stir-fried vegetables with brown rice
Wednesday	Avocado toast with tomato and basil	Carrot sticks with hummus	Vegan pasta with tomato sauce	Cottage cheese with pineapple	Vegan chili with cornbread
Thursday	Overnight oats with almond milk and berries	Cottage cheese with whole wheat	Chickpea salad with cucumber, tomatoes, and bell peppers	Sliced apple with almond butter	Black bean burger with whole grain bun
Friday	Whole grain pancakes with maple syrup	Sliced pineapple with almond butter	Vegan wrap with hummus, avocado, and veggies	Whole grain toast with avocado	Veggie stir-fry with tofu and brown rice
Saturday	Tofu scramble with vegetables	Greek yogurt with granola	Chickpea salad	Cottage cheese with berries	Vegan curry with sweet potato and broccoli
Sunday	Vegan pancakes with maple syrup and berries	Rice cakes with peanut butter	Vegan chili with cornbread	Apple slices with almond butter	Lentil soup with whole grain bread