

Vegan Meal Plan using Intermittent Fasting (eating for 8 hour window during the day, fasting for 16 hours)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast, 9AM	Overnight oats with cashew milk and 1/2 cup berries	Coconut quinoa with ¼ cup papaya and ¼ cup pineapple and 3 seeds	Oatmeal with flax seeds, ½ cup apples and walnuts	Overnight oats with cashew milk and 1/2 cup berries	Fruit salad with ¼ cup walnuts and coconut milk or cashew cream
Snack, 11AM	1 cup raw veggies and ¼ cup Hummus	½ banana, 1 tsp raw almond butter and ¼ cup raw nuts	1 cup raw veggies and ¼ cup Hummus	2 pitted dates, ¼ cup toasted pumpkin seeds	2 pitted dates, ¼ cup toasted pumpkin seeds
Lunch, 1PM	Moroccan Carrot Salad over 3 cups Mixed Greens and ½ cup lentils and ½ cup quinoa	Microgreen Salad with Miso Sesame Dressing and ½ cup edamame and baked sweet potato	Moroccan Carrot Salad over 3 cups Mixed Greens and ½ cup lentils	Microgreen Salad with Miso Sesame Dressing and ½ cup edamame and baked sweet potato	Sweet Potato and Red Pepper Bisque and Spinach Salad with ½ cup Edamame
Snack, 3PM	Acai Shakeology Bowl with half of a banana (sliced) and 1 tbsp chia seeds	Tropical Strawberry Mojito Shakeology	Tropical Strawberry Mojito Shakeology	Acai Shakeology Bowl with half of a banana (sliced) and 1 tbsp chia seeds	Tropical Strawberry Mojito Shakeology
Dinner, 5PM	Tempeh with stir-fried veggies and brown rice	Black beans and rice with steamed lemon broccoli	Quinoa-lentil salad, mediterranean roasted beets and roasted asparagus	Tempeh with stir-fried veggies and brown rice	Quinoa-lentil salad, mediterranean roasted beets and steamed lemon broccoli