

7 DAYS PLANT-BASED MEAL PLAN



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MEAL PLAN

MONDAY

Breakfast:

Green smoothie made with spinach, kale, frozen banana, cup of berries (e.g., blueberries or strawberries), and almond milk.

Snack:

A small apple with almond butter.

Lunch:

Large salad with mixed greens, cherry tomatoes, cucumbers, bell peppers, avocado, roasted chickpea, and a light vegan pesto dressing.

Snack:

Carrot and celery sticks with hummus.

Dinner:

Sauteed oyster mushrooms with mixed veggies served with brown rice.

TUESDAY

Breakfast:

Oatmeal cooked with water or almond milk, topped with blueberries, chai seed plant protein powder and a sprinkle of cinnamon, and a teaspoon of honey.

Snack:

A small handful of unsalted almonds.

Lunch:

Brown rice with black beans, salsa, avocado, and a squeeze of lime.

Snack:

Natural yogurt mixed with plant based protein and frozen topped with frozen raspberries, almond crunches and drizzled maple syrup.

Dinner:

Vegan mix veggie soup with grilled sweet potato side.

WEDNESDAY

Breakfast:

Green smoothie with spinach, frozen pineapple chunks, kiwi, cucumber, oat flacks, chia seeds, squeeze of lime and water.

Lunch:

Grilled mushrooms, asparagus, with gluten- free bread with smashed avocado.

Dinner:

Zucchini noodles with green lentil Bolognese topped with veggies.

Snack:

Chia pudding topped with berries and homemade sugar free granola.

Snack:

Apple slices with almond butter and herbal tea.



THURSDAY

Breakfast:

Overnight oats made with Chia seeds, hemp hearts, almond milk, and topped with mixed berries.

Lunch:

Coconut curry chickpea and spinach serve with brown rice and green salad.

Dinner:

roasted butternut soup served with Anita flat bread.

Snack:

A small bowl of papaya.

Snack:

Sliced cucumber and bell peppers with a side hummus dip.



FRIDAY

Breakfast:

Spinach, kale, parsley, apple and avocado smoothie with plant-based Protien powder.

Lunch:

Quinoa and chickpea salad with diced cucumber, tomatoes, red onion, and a lemon-tahini dressing.

Dinner:

*Cauliflower pizza
Serve with mix salad.*

Snack:

Green juice made with cucumber, celery pineapple and lime.

Snack:

Herbal tea (e.g., dandelion tea) with a small piece of dark chocolate.



SATURDAY

Breakfast:

Fresh spinach or kale, coconut milk, banana, frozen mango chunks, Pineapple chunks, hemp hearts.

Green smoothie.

Lunch:

Wild rice, mushrooms, black beans and mix salad healthy bowl topped with red cabbage and pomegranate.

Dinner:

Red lentil stew topped with natural yogurt and serve with quinoa flatbread.

Snack:

Slice sourdough toast with avocado and grilled green veggies.

Snack:

Small bowl Corn tortilla with avocado and avocado salsa.

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SUNDAY

Breakfast:

Frozen mango, frozen pineapple, kale, chia seed, oats, almond milk green smoothie.

Lunch:

Quinoa and butter bean salad with mixed green salad, sweet potatoes and with lemon and herbs homemade salad dressing.

Dinner:

Mix veggies and rice noodles stir fry season with unsalted peanut butter and soya sauce mixture.

Snack:

Chia pudding made with chia seed, vegan natural yogurt and drizzle of maple syrup.

Snack:

Dark chocolate with apple and almond butter.

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CREATING LASTING HABITS



The next 7 days are about resetting your body, giving it the nourishment it needs, and allowing it to detox naturally. By choosing plant-based meals, you're supporting your body's natural detoxification processes while also providing it with the nutrients necessary for energy, repair, and overall wellness. Here's how to make the most of your detox week:

1. Why Detox with Plant-Based Foods? Plant-based meals are packed with antioxidants, fiber, and essential vitamins that help cleanse the body by supporting liver function, reducing inflammation, and aiding digestion. The goal of this detox is to remove processed foods, dairy, and animal products, which often contain additives, hormones, and unhealthy fats, while filling your body with fresh, nutrient-dense foods that promote healing.

2. Stay Hydrated Water is your best friend during this detox process. Drink at least 8-10 cups of water each day to help flush out toxins and support your digestive system. Herbal teas (like peppermint, ginger, or dandelion root) can also be soothing and offer additional detox benefits. Try to avoid sugary drinks and caffeinated beverages as they can interfere with the detox process.

3. Listen to Your Body As you follow this plant-based detox plan, remember that your body is adjusting to a cleaner, more nutrient-dense way of eating. You may experience mild detox symptoms in the first few days, such as headaches, fatigue, or cravings. These are normal and temporary. Stick with it, hydrate well, and give your body time to adjust.

4. Mindful Eating Detox isn't just about what you eat, but how you eat. Take time to savor each meal and eat mindfully. This will help you tune into your body's hunger cues, making it easier to recognize when you're truly full. A slow, relaxed eating pace also helps with digestion and absorption of nutrients.



5. Focus on Whole, Unprocessed Foods During this detox week, all meals are made from whole, plant-based foods that are free from additives, preservatives, or artificial ingredients.

By choosing

organic whenever possible, you further reduce your exposure to pesticides and chemicals. Opt for fresh seasonal produce and include a variety of colors and textures in your meals for maximum nutrient intake.

6. Rest and Relaxation Detoxing isn't just about food—it's about nurturing your body and mind. Aim for 7-8 hours of sleep each night to support your body's natural detox and healing processes. Additionally, find time to relax, whether through meditation, yoga, or simply spending time in nature.

Reducing stress can help prevent the body from holding onto toxins.

7. Reintroduce Foods Gradually At the end of your 7-day detox, it's important to slowly reintroduce foods that were eliminated. Start with simple, whole foods and avoid processed items or animal products immediately. This gentle approach will allow you to notice how your body reacts to different foods and help you maintain the benefits of the detox in the long term.

Remember, this detox is not about deprivation but rather a chance to give your body a fresh start. By the end of the week, you'll likely feel more energized, clearer, and more in tune with your body's needs. Enjoy the process, and allow the meals to nourish and rejuvenate you from the inside out!

Glow from inside out!