

Week Two	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6 (off)	Day 7 (off)	Shopping List (organize by food type)
Breakfast	Green Smoothie* (wait at least 20 mins before eating toast) Whole grain toast with nut butter or tahini	Oatmeal with raisins, cinnamon & pecans and maple syrup Banana	Quinoa porridge with berries & maple syrup*	Green Smoothie Have toast or cereal if you're hungry – but wait at least 20 minutes after consuming smoothie.	Favourite high-fibre cereal with non-dairy milk Apple or other fruit	Brunch: Tofu Scramble* Rosemary potatoes* Whole grain toast Fruit or Fruit juice	Brunch: Vegan Pancakes* or waffles Dried fruit salad* Fresh fruit or veggie juice	
Optional Snack	Banana	Apple	Trail Mix (nuts/seeds/dried fruit)	Berries and/or grapes	Trail Mix	Fresh fruit	Fresh Cut veggies & low fat bean dip	
Lunch	Hummus wrap with veggies Tomato-vegetable soup	Leftover pasta and Caesar salad from last night	Eggless Egg Salad sandwich Leftover lentil soup	Leftover soba noodles with steamed greens, & cabbage salad	Black bean burritos made from leftover Mexican beans Mixed green salad	Use this time to prepare for dinner (prep veggies for stir fry, soak brown rice for shorter cooking time, make mango salad)	Prepare for dinner (soak the falafel mix; make tahini sauce, wash & prep veggies for salad)	
Optional Snack	Fresh cut veggies & tofu dip*	Fruit (Grapes, berries, peaches, etc.)	Fruit (Kiwi, orange, cherries, pears, etc.)	Air popped popcorn with seasoning of choice	Fresh cut veggies with hummus for dipping	Fruit (as much as you like) 😊	Small piece or two of dark (vegan) chocolate	
Dinner Make extra for lunch the next day	Whole grain pasta with tomato sauce Vegan Caesar Salad*	Quick red lentil soup* Eggless Egg Salad Sandwich* Mixed greens salad with low-fat dressing	Green Goddess Soba bowl (soba noodles with steamed greens, tofu & tahini sauce)* Fresh cabbage salad*	Mexican black beans on corn tostadas* Guacamole* Mixed greens salad	Curried chickpeas with quinoa or whole wheat pita* Citrus Kale salad*	Sweet & Sour Tempeh Stir Fry over Brown Rice* Shredded mango salad*	Homemade Falafel (from mix) & tahini sauce* Fatoush Salad*	

Notes: An asterisk (*) denotes that there is a recipe available. Other menu items are very simple and don't require a recipe. Day 6 and 7 are for days off when you might want to indulge in a brunch and cook fancier meals.