

Day	Breakfast	Lunch	Dinner	Snack (Optional)
1	Oatmeal with berries and walnuts	Lentil salad with whole-wheat pita bread	Stir-fry with tofu, vegetables, and brown rice	Apple slices with almond butter
2	Smoothie bowl with plant-based milk, spinach, banana, and chia seeds	Veggie wrap with hummus and whole-wheat tortilla	Lentil soup with a side of brown rice	Carrot sticks with hummus
3	Avocado toast with whole-wheat bread and hemp seeds	Black bean burger on a whole-wheat bun with side salad	Vegetable curry with chickpeas and brown rice	Edamame pods
4	Chia pudding with fruit and nuts	Chickpea salad sandwich on whole-wheat bread	Veggie stir-fry with tempeh and quinoa	Grapes with almond cheese (dairy-free)
5	Smoothie with plant-based milk, protein powder, and fruit	Lentil pasta with marinara sauce and side salad	Vegetable chili with quinoa	Trail mix (check ingredients for added sugars)
6	Whole-wheat pancakes with fruit topping	Veggie burger bowl with brown rice and roasted vegetables	Tofu scramble with whole-wheat toast	Pear slices with sunflower seeds
7	Overnight oats with fruit and nuts	Black bean soup with a side of avocado	Vegetable lasagna with lentil bolognese (use gluten-free noodles if needed)	Bell pepper slices with guacamole
8	Smoothie bowl with plant-based milk, greens, and protein powder	Salad with quinoa, roasted vegetables, and tahini dressing	Sweet potato black bean burgers on whole-wheat buns	Cucumber slices with salsa
9	Scrambled tofu with vegetables	Lentil stew with whole-wheat bread	Coconut curry with vegetables and brown rice	Fruit salad with a drizzle of maple syrup
10	Oatmeal with fruit and chia seeds	Chickpea salad with chopped vegetables and whole-wheat crackers	Vegetarian chili with cornbread	Celery sticks with almond butter
11	Smoothie with plant-based milk, greens, and banana	Veggie wrap with hummus and whole-wheat tortilla	Vegetable stir-fry with tempeh and quinoa	Apple slices with cinnamon
12	Whole-wheat toast with avocado and tomato	Black bean soup with a side salad	Lentil pasta with marinara sauce and steamed vegetables	Roasted chickpeas with spices
13	Smoothie bowl with plant-based milk, spinach, banana, and protein powder	Veggie burger on a whole-wheat bun with side salad	Tofu scramble with whole-wheat toast and roasted vegetables	Pear slices with walnuts
14	Overnight oats with fruit and nuts	Lentil salad with chopped vegetables and whole-wheat pita bread	Coconut curry with vegetables and brown rice	Edamame pods with a sprinkle of sea salt
15	Smoothie with plant-based milk, protein powder, and berries	Chickpea salad sandwich on whole-wheat bread with side salad	Vegetable chili with quinoa	Trail mix (check ingredients for added sugars)

16	Whole-wheat pancakes with fruit topping	Black bean burger bowl with brown rice and roasted vegetables	Vegetarian lasagna with lentil bolognese (use gluten-free noodles if needed)	Bell pepper slices with guacamole
17	Smoothie bowl with plant-based milk, greens, and protein powder	Salad with quinoa, roasted vegetables, and tahini dressing	Sweet potato black bean burgers on whole-wheat buns	Cucumber slices with salsa
18	Scrambled tofu with vegetables	Lentil stew with whole-wheat bread	Coconut curry with vegetables and brown rice	Fruit salad with a drizzle of maple syrup
19	Oatmeal with fruit and nuts	Chickpea salad with chopped vegetables and whole-wheat crackers	Vegetarian chili with cornbread	Celery sticks with almond butter
20	Smoothie with plant-based milk, greens, and banana	Veggie wrap with hummus and whole-wheat tortilla	Vegetable stir-fry with tempeh and quinoa	Apple slices with cinnamon
21	Whole-wheat toast with avocado and tomato	Black bean soup with a side salad	Lentil pasta with marinara sauce and steamed vegetables	Roasted chickpeas with spices