

Week 22: Monday, May 11 to Sunday, May 17, 2015

Plan of the Month: Whole Food Plant-Based Diet

	Breakfast	Lunch	Dinner	Snack	Comments
Monday	Raw protein powder, water, 1 cup blueberries	Leftovers from Mother's Day dinner: rapini, salad, beets, roasted Brussel sprouts, yams, carrots	Romaine salad with tomato, cucumber, olive oil and vinegar	2 apricots and 6 walnut halves 1 Brazil nut	
Tuesday	Raw protein powder, water, 1 cup blueberries	Verdura (sauteed greens and beans)	Homemade veggie burritos: 2 Ezekiel wraps, water sauteed peppers, onions, mushrooms topped with almond sour cream, guacamole, beans, seasoning, salsa	2 apricots and 6 walnut halves 1 Brazil nut	
Wednesday	2 slice Ezekiel bread topped with leftover homemade guacamole	Salad topped with leftover sauteed peppers, onions, mushrooms	Beet and bean burger Yam fries Kale salad Guacamole mousse	Pear and 6 walnut halves 1 Brazil nut	
Thursday	Green juice (kale, cucumber, celery, carrot, apple, lemon, ginger, mint) 1 slice Ezekiel bread, almond butter, chia seed sprinkle	Leftover: Beet and bean burger and kale salad	Vegetable sushi and seaweed salad - yum!	2 apricots and 6 walnut halves 1 Brazil nut	
Friday	Green juice (kale, cucumber, celery, carrot, apple, lemon, ginger, mint) 2 slices Ezekiel bread, almond butter, chia seed sprinkle	Carrots and hummus	Spagetti squash topped with homemade simple marinara sauce	Skinny vanilla latte with lactose free milk	Day off!
Saturday	Green juice (kale, cucumber, celery, carrot, apple, lemon, ginger, mint)	Leftover: Beet and bean burger and kale salad	Leftover: spagetti squash topped with homemade simple marinara sauce	Grapes 1 Brazil nut	
Sunday	Beet juice (kale, cucumber, beet, apple, lemon, ginger, mint) 2 slices Ezekiel bread, almond butter, chia seed sprinkle	Quinoa pasta with beans, parsley, garlic and olive oil	Arugula salad, tomatoes, avocado, and olive oil	2 apricots and 6 walnut halves 1 Brazil nut	