

# 7-Day Whole Food Plant-Based Meal Plan

No animal products, no processed foods, minimal oil, simple prep

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## Day 1

**Breakfast:** Overnight oats with chia seeds, blueberries, and a splash of almond milk

**Lunch:** Quinoa salad with black beans, corn, cherry tomatoes, avocado, and lime

**Dinner:** Sweet potato and lentil curry with brown rice

**Snack:** Apple slices with almond butter

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## Day 2

**Breakfast:** Green smoothie (spinach, banana, frozen mango, flaxseeds, unsweetened plant milk)

**Lunch:** Hummus wrap with whole wheat tortilla, cucumbers, shredded carrots, and greens

**Dinner:** Stir-fry with tofu, broccoli, peppers, mushrooms, and tamari over brown rice

**Snack:** Handful of walnuts and dates

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## Day 3

**Breakfast:** Chia pudding with strawberries, banana, and hemp seeds

**Lunch:** Hearty lentil soup with whole grain toast

**Dinner:** Stuffed bell peppers with quinoa, black beans, tomatoes, and herbs

**Snack:** Baby carrots and homemade guacamole

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## Day 4

**Breakfast:** Steel-cut oats with cinnamon, apples, and raisins

**Lunch:** Chickpea salad with cucumbers, red onion, parsley, and tahini dressing

**Dinner:** Baked falafel with roasted sweet potatoes and tahini drizzle

**Snack:** Fresh orange slices and a handful of almonds

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## Day 5

**Breakfast:** Smoothie bowl with frozen berries, banana, spinach, and ground flax, topped with granola

**Lunch:** Buddha bowl: brown rice, edamame, shredded carrots, avocado, kale, sesame seeds

**Dinner:** White bean and kale stew with crusty whole grain bread

**Snack:** Cucumber slices with lemon and sea salt

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## Day 6

**Breakfast:** Avocado toast on whole grain bread with cherry tomatoes and hemp seeds

**Lunch:** Roasted veggie quinoa bowl with tahini-lemon dressing

**Dinner:** Zucchini noodles with cashew cream sauce and steamed broccoli

**Snack:** Homemade energy balls (dates, oats, peanut butter, chia seeds)

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## Day 7

**Breakfast:** Baked oatmeal with berries and walnuts

**Lunch:** Sweet potato and black bean tacos with avocado and cabbage slaw

**Dinner:** Creamy cauliflower and white bean soup with mixed greens salad

**Snack:** Air-popped popcorn with nutritional yeast