

7 DAY MEAL PLAN

It's not only what you eat,
but how you eat it.



@WELLNESS_MD

Being "healthy" isn't just about eating "clean ingredients" and it's also not about counting calories or macros.

This is an example of what I eat in a normal week. Some repeat recipes and tons of leftovers cause we're keeping it real!

DISCLAIMER: this is not medical advice, this simply an insight into what I personally eat to feel energized, satisfied, and healthy!

*A quick
run down:*



4.5 MEALS A DAY

Personally, 3 meals is just not enough for this hungry girl! I usually eat breakfast, dinner, snack, dinner, and dessert. Feel free to re-arrange the timing or adjust meals to suit your schedule and appetite!

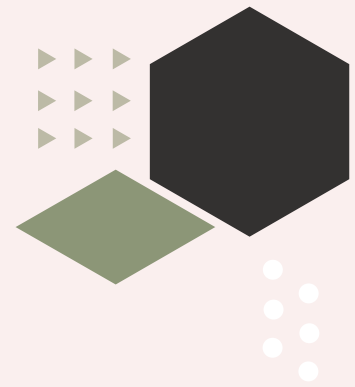
2 BAKING RECIPES PER WEEK

I like to make a batch of my favourite desserts to have on hand every few days. This helps me pick healthier options when that sweet tooth hits!

ADJUST TO YOUR LIFESTYLE

This guide will be completely animal-product free, but if you choose to eat any animal products feel free to make those substitutions!

Shopping List



- ♡ Bananas
- ♡ Berries
- ♡ Apples
- ♡ Frozen Mango
- ♡ Frozen Coconut
- ♡ Zucchini
- ♡ Mushrooms
- ♡ Broccoli
- ♡ Spinach
- ♡ Cucumber
- ♡ Tomato
- ♡ Avocado
- ♡ Edamame
- ♡ Olives
- ♡ Hummus
- ♡ Canned Black Beans
- ♡ Canned Chickpeas
- ♡ Canned Corn
- ♡ Salsa
- ♡ "Meat Crumble"
- ♡ Tofu
- ♡ Tomato Sauce
- ♡ Whole Grain Toast
- ♡ Coconut Yogurt
- ♡ Granola
- ♡ Pasta
- ♡ Chickpea Pasta
- ♡ Soba Noodles
- ♡ Ramen Noodles

"Basics"

- ♡ Protein Powder
- ♡ Olive oil
- ♡ Oats
- ♡ Chia Seeds
- ♡ Maple Syrup
- ♡ Baking Powder
- ♡ Vanilla Extract
- ♡ Dairy-Free Chocolate Chips
- ♡ Almond Flour
- ♡ Peanut Butter
- ♡ Almond Butter
- ♡ Coconut Oil
- ♡ Cocoa Powder
- ♡ Garlic
- ♡ Vegetable Broth
- ♡ Sesame Oil
- ♡ Almond Milk

Double Chocolate Zucchini Bread



Ingredients:

- ♡ 3 Zucchini (sliced and peeled)
- ♡ 1 1/4 cup water
- ♡ 3 cup oat flour (I made by own by blending oats, gluten-free if needed)
- ♡ 3/4 cup cocoa powder
- ♡ 1 cup maple syrup
- ♡ 2 tsp baking powder
- ♡ 3 tsp vanilla extract
- ♡ 1 tsp salt
- ♡ 1/2 cup dairy-free chocolate chips

Instructions:

- ♡ Pre-heat oven to 350F
- ♡ Spray a muffin tin with oil spray (or line with cookie liners)
- ♡ Slice and peel zucchini
- ♡ Blend zucchini + water in a blender until smooth
- ♡ Mix dry ingredients (oat flour, cocoa powder, baking powder, salt)
- ♡ Mix wet ingredients (zucchini puree, maple syrup, vanilla)
- ♡ Add wet ingredients to dry ingredients
- ♡ Pour into muffin tin (or loaf tin)
- ♡ Bake for 35min (toothpick should come out clean)
- ♡ Let cool before enjoying!
- ♡ store in airtight container for up to 5 days

Birthday Cake Cookie Dough Cups



Ingredients:

COOKIE DOUGH LAYER

- ♡ 1.5 cups almond flour
- ♡ 1/4 cup natural peanut butter
- ♡ 1/4 cup melted coconut oil
- ♡ 1/2 tsp vanilla extract
- ♡ 1/4 cup colorful chocolate chips (or regular)

SALTED CARAMEL LAYER

- ♡ 1/2 cup natural almond butter
- ♡ 1/4 cup melted coconut oil
- ♡ 1/4 cup maple syrup
- ♡ 1/2 tsp vanilla extract
- ♡ 1 tsp sea salt
- ♡ more chocolate chips to top

Instructions:

- ♡ place muffin liners in muffin tin
- ♡ combine all cookie dough ingredients in a bowl
- ♡ divide evenly and press into muffin liners
- ♡ place in freezer to set
- ♡ combine all salted caramel ingredients in a bowl
- ♡ remove tray from freezer
- ♡ divide salted caramel evenly into each muffin liner
- ♡ top with more chocolate chips
- ♡ place back in freezer for 4h or overnight
- ♡ store in freezer

Monday

BREAKFAST

TROPICAL GREEN SMOOTHIE

- ♡ 1/2 frozen banana
- ♡ 3/4 cup frozen mango
- ♡ 1/4 cup frozen coconut chunks
- ♡ 1 big handful of spinach
- ♡ 1 scoop vanilla protein powder (plant based)
- ♡ 1/2 tsp maca powder (optional)
- ♡ 1/3 tsp ashwagandha powder (optional)
- ♡ 3/4 cup dairy-free milk
- ♡ topped with: granola of choice + berries



LUNCH

AVOCADO TOAST + BLACK BEANS

- ♡ 2 pieces of whole grain toast
- ♡ 1/2 avocado
- ♡ 1/3 cup of canned black beans (rinsed and dried)
- ♡ sea salt
- ♡ chili flakes
- ♡ any other seasoning you'd like



SNACK

COCONUT YOGURT BOWL

- ♡ 3/4 cup coconut yogurt
- ♡ 1/2 cup berries
- ♡ 1/2 cup granola of choice
- ♡ drizzle of honey

DINNER

PASTA WITH "MEAT" CRUMBLE (SERVES 2)

- ♡ 3 cups of cooked pasta
- ♡ 1.5 cup of pre-made "meat" crumble (i.e. yves, beyond meat)
- ♡ 1.5 cup of mushrooms
- ♡ 3 cups of spinach
- ♡ olive oil
- ♡ sea salt
- ♡ onion powder
- ♡ garlic powder

Instructions

- ♡ cook pasta according to directions on box
- ♡ sauté mushrooms in 1 tbsp olive oil
- ♡ add spinach and meat crumble when mushrooms are almost done
- ♡ season veggies + "meat" with sea salt, onion powder, and garlic powder
- ♡ add cooked pasta to pan
- ♡ mix together, drizzle with more olive oil, and top with sea salt and chili flakes

Tuesday

BREAKFAST

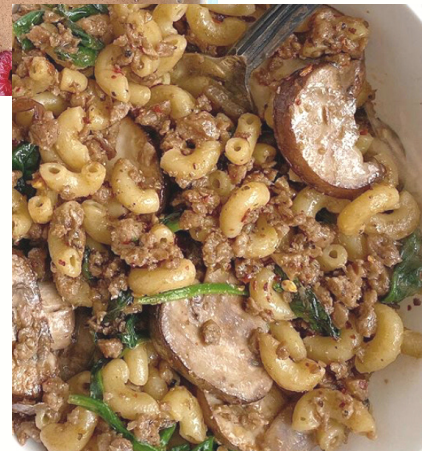
CHOCOLATE PB SMOOTHIE

- ♡ 1 frozen banana
- ♡ 1.5 tbsp of peanut butter
- ♡ 3 tbsp cocoa powder
- ♡ 1 scoop vanilla protein powder (plant based)
- ♡ 3/4 cups dairy-free milk
- ♡ 1/2 tsp maca powder (optional)
- ♡ 1/3 tsp ashwagandha powder (optional)
- ♡ toppings of choice



LUNCH

LEFTOVERS FROM DINNER



SNACK

HUMMUS SANDWICH

- ♡ 2 pieces of whole grain toast
- ♡ 2 tbsp hummus
- ♡ spinach
- ♡ chopped tomatoes
- ♡ cucumbers
- ♡ whatever other veggies you'd like
- ♡ sea salt
- ♡ chili flakes

DINNER

TACO BOWL (SERVES 2)

- ♡ 2 cup of cooked brown rice
- ♡ 1 cup black beans
- ♡ 1/2 cup salsa
- ♡ 1 avocado
- ♡ 1/2 cup canned corn
- ♡ drizzle of olive oil
- ♡ sea salt
- ♡ chili flakes

Instructions

- ♡ cook rice according to instructions
- ♡ mix everything together

Wednesday

BREAKFAST

PROTEIN CHIA SEED PUDDING

- ♡ 3 tbsp chia seeds
- ♡ 2/3 cup dairy-free milk
- ♡ 1 scoop of vanilla protein powder (plant based)

Instructions:

- ♡ mix together and store in the fridge over night
- ♡ top with banana, berries, and granola of choice



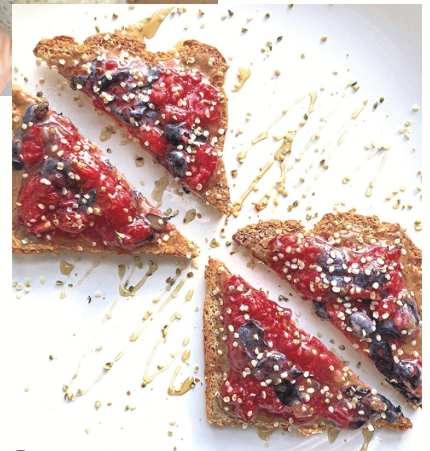
LUNCH

LEFTOVERS FROM DINNER

SNACK

PB + "JAM"

- ♡ 2 pieces of whole grain toast
- ♡ 3 tbsp natural PB
- ♡ 1/2 cup mashed up berries
- ♡ drizzle of honey
- ♡ sprinkle of hemp hearts or any other topping



DINNER

AGLIO E OLIO SOBA NOODLES

- ♡ 3 cups cooked soba noodles
- ♡ 2 cup of spinach
- ♡ 1 cup cherry tomatoes
- ♡ 1.5 cups of mushrooms
- ♡ 3-4 cloves of garlic
- ♡ olive oil
- ♡ sea salt
- ♡ chili flakes

Instructions:

- ♡ cook soba noodles according to directions on box
- ♡ sauté mushrooms in 1 tbsp olive oil + minced garlic
- ♡ add spinach and tomatoes when mushrooms are almost done
- ♡ add cooked soba noodles to pan
- ♡ mix together, drizzle with more olive oil, and top with sea salt and chili flakes

Thursday

BREAKFAST

BLUEBERRY MANGO SMOOTHIE

- ♡ 1/2 frozen banana
- ♡ 1/4 cup blueberries
- ♡ 1/2 cup frozen mango
- ♡ 1.5 tbsp almond butter
- ♡ 1 scoop vanilla protein powder (plant based)
- ♡ 3/4 cups dairy-free milk
- ♡ 1/2 tsp maca powder (optional)
- ♡ 1/3 tsp ashwagandha powder (optional)
- ♡ toppings of choice

LUNCH

LEFT OVERS FROM DINNER

SNACK

APPLES + PB + GRANOLA

- ♡ 1 apple (I like pink lady or honeycrisp)
- ♡ 3 tbsp of peanut butter
- ♡ 1/3 cup of granola of choice

DINNER

GREENS AND QUINOA BOWL (SERVES 2)

- ♡ 3 cups of cooked quinoa
- ♡ 3/4 cup cooked edamame beans
- ♡ 1 zucchini
- ♡ 1.5 cups of steamed broccoli
- ♡ 1 avocado
- ♡ sea salt
- ♡ garlic powder
- ♡ soy sauce

Instructions:

- ♡ cook quinoa according to instructions on box
- ♡ steam frozen edamame beans
- ♡ add steamed broccoli and zucchini to a pan with 1 tbsp of olive oil



Friday

BREAKFAST

TROPICAL GREEN SMOOTHIE

- ♡ 1/2 frozen banana
- ♡ 3/4 cup frozen mango
- ♡ 1/4 cup frozen coconut chunks
- ♡ 1 big handful of spinach
- ♡ 1 scoop vanilla protein powder (plant based)
- ♡ 1/2 tsp maca powder
- ♡ 1/3 tsp ashwagandha powder
- ♡ 3/4 cup dairy-free milk
- ♡ topped with: granola of choice + berries



LUNCH

LEFTOVER FROM DINNER

SNACK

ISRAELI SALAD + CHICKPEAS

- ♡ 1 cup chopped cucumber
- ♡ 1/2 cup chopped tomatoes
- ♡ 1 cup spinach
- ♡ 1/4 cup olives
- ♡ 1/2 cup canned chickpeas (rinsed + dried)
- ♡ 1/2 avocado chopped
- ♡ 1.5 tbsp olive oil
- ♡ 1.5 tsp lemon juice
- ♡ sea salt
- ♡ chili flakes



DINNER

CHICKPEA PASTA + VEGGIES + TOMATO SAUCE

- ♡ 1 cup cooked chickpea pasta
- ♡ 2/3 cup of pre made tomato sauce (read label for simple ingredients!)
- ♡ whatever veggies you have left in fridge
- ♡ 1 clove of garlic
- ♡ olive oil
- ♡ sea salt
- ♡ chili flakes

Instructions:

- ♡ cook pasta according to instructions on box
- ♡ sauté veggies in olive oil + garlic
- ♡ add tomato sauce to veggies
- ♡ let simmer for 5min
- ♡ add pasta to sauce and mix everything together
- ♡ top with sea salt and chili flakes

Saturday

BREAKFAST

BANANA OAT PANCAKES

- ♡ 1.5 cups oat flour (pulse oats in blender til smooth)
- ♡ 1 mashed banana
- ♡ 1 chia egg (1 tbsp chia seeds + 3 tbsp water)
- ♡ 2 tsp baking powder
- ♡ 1 tsp cinnamon
- ♡ 1 tsp salt
- ♡ 1 cup almond milk
- ♡ 1 tsp vanilla extract

Instructions:

- ♡ create flax egg and let sit in fridge for 5-10min
- ♡ combine all ingredients on a blender
- ♡ pour onto heated pan
- ♡ cook like regular pancakes
- ♡ top with berries, bananas, and maple syrup

LUNCH

LEFT OVERS FROM DINNER

SNACK

AVOCADO TOAST

- ♡ 2 pieces of whole grain toast
- ♡ 1/2 avocado
- ♡ handful of cherry tomatoes
- ♡ sesame seeds
- ♡ hemp hearts
- ♡ sea salt
- ♡ whatever other toppings you'd like

DINNER

PASTA WITH "MEAT" CRUMBLE (SERVES 2)

- ♡ 3 cups of cooked pasta
- ♡ 1.5 cup of pre-made "meat" crumble (i.e. yves, beyond meat)
- ♡ 1.5 cup of mushrooms
- ♡ 3 cups of spinach
- ♡ olive oil
- ♡ sea salt
- ♡ onion powder
- ♡ garlic powder

Instructions:

- ♡ cook pasta according to directions on box
- ♡ sauté mushrooms in 1 tbsp olive oil
- ♡ add spinach and meat crumble when mushrooms are almost done
- ♡ season veggies + "meat" with sea salt, onion powder, and garlic powder
- ♡ add cooked pasta to pan
- ♡ mix together, drizzle with more olive oil, and top with sea salt and chili flakes



Sunday

BREAKFAST

PROTEIN COCONUT YOGURT BOWL

- ♡ 3/4 cup coconut yogurt
- ♡ 1/2 scoop vegan protein powder
- ♡ 1 banana (sliced)
- ♡ 1 tbsp chia seeds
- ♡ granola of choice

Instructions:

- ♡ mix yogurt and protein powder well
- ♡ add toppings



LUNCH

LEFT OVERS FROM DINNER

SNACK

PB + "JAM"

- ♡ 2 pieces of whole grain toast
- ♡ 3 tbsp natural PB
- ♡ 1/2 cup mashed up berries
- ♡ drizzle of honey
- ♡ sprinkle of hemp hearts or any other topping



DINNER

VEGAN RAMEN SOUP (SERVES 2)

- ♡ 2 1/2 cup of vegetable broth
- ♡ 1 1/4 cup of water
- ♡ 3 garlic cloves, minced
- ♡ 4 tbsp soy sauce
- ♡ 1 tsp teriyaki sauce
- ♡ thumb-sized piece of ginger, slices
- ♡ 1/2 tsp chilli powder
- ♡ 1/2 tsp cinnamon
- ♡ 2 tsp sesame oil + more to fry tofu
- ♡ 1 tsp brown sugar
- ♡ 2 packets of ramen noodles (cooked)
- ♡ 1 block of tofu
- ♡ tons of spinach
- ♡ 1/2 can of sweet corn niblets

Instructions:

- ♡ pour vegetable broth + water into a big pot
- ♡ add in garlic, soy sauce, teriyaki sauce, ginger, chilli powder, cinnamon, sesame oil, and brown sugar
- ♡ bring soup to a boil, then lower to simmer
- ♡ cut tofu block into small cubes and fry on pan with some sesame oil, salt & pepper until golden brown
- ♡ add a bit of sesame oil to a different pan and cook spinach until wilted, then add corn niblets to heat up
- ♡ cook ramen noodles as per instructions on packet
- ♡ once everything is cooked, combine into the big pot and serve!

Adjust meals and portions as needed to fit your own personal needs!



NOW, HOW DO YOU FEEL?

This is simply what I eat in week which may look very different or very similar to your regular weeks. Everybody's body is different and thrives in different ways.