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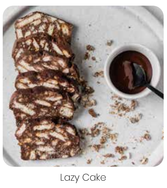
VEGAN MEAL PLAN
MAINS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast	 Waffles	 Baked Falafel Wraps	 Peanut Butter Chia Pudding with Almond Milk	 French Toast	 Spinach Fatayer
Lunch	 Sweet potato Kale skillet	 Musakaa	 Vegetable Moghrabieh	 Lentil Stew	 Berghol
Dinner	 Cauliflower salad	 Vegetable Biryani	 Sweet potato barley pilaf	 Okra	 Rainbow Salad

VEGAN MEAL PLAN
SIDES

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Side Dishes	 Burrito Salad	 Rocca Dried Fig Salad	 Beetroot Tabbouleh	 Harira Soup	 Crispy Broccoli Salad
	 Cauliflower Soup	 Detox Soup			

VEGAN MEAL PLAN
SNACKS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Snacks	 Truffle	 Betroot Hummus	 Energy Balls	 Lazy Cake	 Baked Cinnamon Pineapple