

BREAKFAST

MORNING
FRUIT SNACK

LUNCH

DAY 1



Peanut & Strawberry
Chia Bowl

DAY 2



Tofu Scrambled
with Potatoes

DAY 3



Wheat Free
Banana Muffin

DAY 4



Wheat Free Waffles

DAY 5



Morning Coffee Cake



Green Grapes



Anti-inflammatory
Support



Vitamin C Boost



Antioxidant Booster



Metabolism Booster



Smokin Taco Bowl



Yakhnit Bazilla



Chinatown
Quinoa Salad



Pumpkin
Creamy Macaroni



Chickpea
Keema Bowl

VEGAN
MEAL PLAN

right
bite

AFTERNOON
SNACK

DAY 1



Chia Crackers with
White Bean Hummus

DAY 2



Vegan Peanut
Butter Granola

DAY 3



Vegetable Crudité's
& Hummus

DAY 4



Tahini
Shortbread Cookies

DAY 5



Pistachio
Shortbread Cookie

DINNER



Burghul
Bel Banadoura



Potato Zucchini Gratin



Burnt Onion Curry



Moroccan
Vegetable Couscous



Sicilian Macaroni

SIDES



Mutabbal Bathinjan



Harira Soup



Grated Almond Salad
& Mustard Dressing



Loubieh bi Zeit



Mixed Green Salad
& Blueberry Dressing