**Sunday**  
  
  
Breakfast

* Oatmeal with Almond Milk
* Hot Beverage 8oz (black coffee, tea, hot lemon water)

Snack

* (1) Vegan Protein Shake
* 16 oz of water

Lunch

* Your Choice Salad
* 32 oz water

Snack

* (1) (Fruit of Choice)
* 16 oz of water

Dinner

* Black Bean Burger on Wheat
* Sweet Potato Fries
* 32 oz of water

   
   
  

**Monday, Wednesday, Friday**  
​  
Breakfast

* Breakfast Smoothie (Spinach and Kale mix) [Recipe](https://www.allrecipes.com/recipe/233744/colorful-kale-and-spinach-salad-and-homemade-dressing/)
* Add Sunflower Seeds to salad

Snack

* (1) Vegan Protein Shake
* 16 oz of water

Lunch

* Your Choice Salad
* 32 oz water

Snack

* (1) (Fruit of Choice)
* 16 oz of water

Dinner

* Vegan Stuff Peppers [(Recipe)](https://simple-veganista.com/vegan-stuffed-peppers/)
* 32 oz of water

   
 

**Tuesday & Thursday**  
  
Breakfast

* (2) Avocado Toast
* Hot Beverage 8oz (black coffee, tea, hot lemon water)

Snack

* (1) Vegan Protein Shake
* 16 oz of water

Lunch

* Your Choice of Salad
* 32 oz water

Snack

* (1 Cup) Grapes
* 16 oz of water

Dinner

* Sweet Potato & Black Bean Taco [(Recipe)](https://cookieandkate.com/sweet-potato-black-bean-tacos/)
* 32 oz of water

   
 

**Saturday**  
  
Breakfast

* Breakfast Smoothie (Spinach and Kale mix) [Recipe](https://www.allrecipes.com/recipe/233744/colorful-kale-and-spinach-salad-and-homemade-dressing/)
* Hot Beverage 8oz (black coffee, tea, hot lemon water)

Snack

* (1) Vegan Protein Shake
* 16 oz of water

Lunch

* 8 oz Mixed Bean Soup [(Recipe)](https://www.budgetbytes.com/vegetarian-15-bean-soup/)
* 32 oz water

Snack

* (1) Green Apple
* 16 oz of water

Dinner

* Your Choice of a Vegan Dinner [(My Choice)](https://gangstervegandmv.com/)
* If you drink choice between Vodka, Tequila or Red Wine

Grocery List  
  
1. Spinach  
2. Kale  
3. Romaine Lettuce  
6. Sunflower Seeds  
7. Bosc Pears  
8. Vegan Protein Shake [(Click)](https://liveowyn.com/products/meal-replacement-shakes?variant=29213158309986)  
9. Cauliflower Rice

10 Black Bean Burger

11. Lima Beans

12. Kidney Beans

13. Black Beans

14. Oatmeal  
15. Sweet Potato  
16. Green Grapes  
​17. Green Apples

18. Almond Milk

19. Green and Red Bell Peppers