

7 Day Plant Based Menu

Eating whole foods, means spending more time preparing meals than you would with packaged foods. The good news is that the extra time in the kitchen is a great investment in your health, and you can save time by prepping and cooking ahead. Many of these recipes make several servings, so you can portion out leftovers for lunches or easy dinners on busy days.

DAY 1	DAY 2	DAY 3	DAY 4
<p>Oatmeal with walnuts and hemp seeds, Fresh fruit Herbal Tea</p> <p>Salad with baby greens Chickpeas, pumpkin seeds Flax oil and apple cider vinegar dressing</p> <p>Slow cooker lentil stew served over quinoa.</p>	<p>Hemp Pancakes with fresh fruit Herbal Tea</p> <p>Lentil Stew served over quinoa or rice</p> <p>Quinoa Salad</p>	<p>Breakfast Smoothie With protein powder, greens and fresh fruit</p> <p>White Bean Salad</p> <p>Mushroom and Barley Soup</p>	<p>Honey Nut Granola perfect for eating on its own or with homemade almond milk</p> <p>Mushroom and Barley Soup</p> <p>Lentil Sloppy Joes</p>
<p>Tip- start the lentil stew before leaving for work and make enough for lunch tomorrow</p>	<p>Tip #1: Make extra Quinoa salad and serve chilled for lunch tomorrow Tip #2: Double the pancake recipe and freeze extra.</p>	<p>Tip: Make extra soup and bring for lunch tomorrow</p>	<p>Tip: make extra sloppy joes and bring to lunch tomorrow</p>
DAY 5	DAY 6	DAY 7	SNACKS
<p>Oatmeal with walnuts and hemp seeds, Fresh fruit Herbal Tea</p> <p>Lentil Sloppy Joes</p> <p>Thai Curry Butternut Squash served over quinoa or brown rice.</p>	<p>Hemp Pancakes with fresh fruit Herbal Tea</p> <p>Thai Curry Butternut Squash served over quinoa or brown rice</p> <p>Lentil Lasagna and salad with baby greens, pumpkin seeds. Flax oil and apple cider vinegar dressing</p>	<p>Breakfast Smoothie With protein powder, greens and fresh fruit</p> <p>Lasagna and garden salad</p> <p>Veggie Burger with garden salad and sweet potato fries</p>	<p>Homemade protein bar Chia Seed Pudding Lemon Coconut Balls Hummus Avocado Pudding Easy Black bean dip Veggie Sticks Nuts and Seeds Fresh Fruit Protein Drinks / Smoothies</p>
<p>Tip: double the squash recipe and bring to lunch tomorrow</p>	<p>Tip: double the lasagna recipe and bring to lunch tomorrow</p>	<p>Tip: Make extra soup and bring for lunch tomorrow</p>	<p>Tip: Don't forget to drink plenty of water throughout the day</p>

*Don't forget to drink plenty of water throughout the day
Aim for half your body weight in ounces.
(E.g. 100lbs = 50 oz = approx. 6 cups of water)*

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<p>DAY 1</p> <p>Coconut milk yogurt (unsweetened) with fresh fruit and hemp seeds</p> <p>Herbal Tea</p> <p>Salad with baby greens Chickpeas, pumpkin seeds Flax oil and apple cider vinegar dressing</p> <p>Pasta Primavera</p>	<p>DAY 2</p> <p>Hemp Pancakes with fresh fruit Herbal Tea</p> <p>Pasta Primavera</p> <p>Quinoa Salad</p>	<p>DAY 3</p> <p>Breakfast Smoothie With protein powder, greens and fresh fruit</p> <p>White Bean Salad</p> <p>Veggie Burgers Served without bun and served over garden salad and topped with hemp seeds</p> <p>And Cassava Fries</p>	<p>DAY 4</p> <p>Carrot Cake</p> <p>Salad with baby greens Kidney beans, pumpkin seeds Flax oil and apple cider vinegar dressing</p> <p>Walnut pesto served over gluten free pasta or veggies</p>
<p>Tip– make extra pasta primavera for lunch tomorrow</p>	<p>Tip #1: Make extra Quinoa salad and serve chilled for lunch tomorrow</p> <p>Tip #2: Double the pancake recipe and freeze extra.</p>	<p>Tip #1: Prepare carrot cake for breakfast</p>	<p>Tip: make enough pasta and pesto for lunch tomorrow</p>
<p>DAY 5</p> <p>Almond & Cashew yogurt (unsweetened) with fresh fruit and hemp seeds</p> <p>Herbal Tea</p> <p>Walnut pesto over pasta or veggies</p> <p>Quinoa Salad</p>	<p>DAY 6</p> <p>Hemp Pancakes with fresh fruit Herbal Tea</p> <p>Quinoa salad</p> <p>Lentil Lasagna and salad with baby greens, pumpkin seeds. Flax oil and apple cider vinegar dressing</p>	<p>DAY 7</p> <p>Breakfast Smoothie With protein powder, greens and fresh fruit</p> <p>Lasagna and garden salad</p> <p>Veggie Burger with garden salad and sweet potato fries</p>	<p>SNACKS</p> <p>Homemade protein bar Chia Seed Pudding Lemon Coconut Balls Hummus Avocado Pudding Easy Black bean dip Veggie Sticks Nuts and Seeds Fresh Fruit Protein Drinks / Smoothies</p>
<p>Tip: double the quinoa salad recipe for lunch tomorrow</p>	<p>Tip: double the lasagna recipe and bring to lunch tomorrow</p>	<p>Tip: Make extra soup and bring for lunch tomorrow</p>	<p>Tip: Don't forget to drink plenty of water throughout the day</p>

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