

# Whole Food Plant-Based Nutrition Sample Week Menu Plan

Gill Lifestyle Medical and Wellness, LLC

## All Meals within 8 hours

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Scrambled tofu breakfast whole wheat taco	Leftovers: Breakfast tacos	Blueberries, blackberries oatmeal	Chia seed pudding with fresh blueberries and blackberries	Overnight oats	Chia seeds pudding with fresh strawberries	Overnight oats
Lunch	Green leafy salad with chickpeas, corn, black beans and red beans and cherry tomatoes with balsamic vinegar or squeeze of lemon	Green leafy salad with blue berries, black berries, strawberries, orange slices	Chickpeas salad with lentils, mushrooms, broccoli, red beans, black beans, cucumber	Green leafy salad with peas, red/orange and green bell peppers, carrots with balsamic vinegar or squeeze of lemon	Chickpeas salad with lentils, red beans, white beans, black beans, peas, corn, cucumber, tomatoes	Green leafy salad with blue berries, black berries, strawberries, orange slices with balsamic vinegar or squeeze of lemon	Chickpeas salad with lentils, broccoli, cherry tomatoes, edamame, red beans, white beans, black beans, corn, cucumber
Dinner	Quinoa with peas, kale, yellow/orange/green bell peppers, chickpeas, tomatoes	Easy veggie stir fry (without oil)	Spaghetti squash with peas, chickpeas, cherry tomatoes	Quinoa with black beans, red beans, lentils, peas	Wild rice with broccoli, mushrooms, cauliflower, lentils	Easy veggie stir fry (without oil)	Quinoa with green leafy veg, green/orange/green bell peppers, black beans, red beans, lentils

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