



MEAL PLANNER: WEEK 4

*‘NOURISH 28’ – The Clean Eating Plan
Vegetarian Program*

WEEKLY MEALS MADE EASY: WEEK 4

EATING ON THE GO

I KNOW YOU ARE DETERMINED TO LIVE AND EAT CLEAN, AS YOU HAVE WORKED SO HARD TO EAT HEALTHY DURING THESE LAST 28 DAYS. YOU HAVE PLANNED AND PREPARED ALL OF YOUR MEALS. SOMETIMES, THERE IS NOT ALWAYS TIME TO PLAN, AND THIS IS WHY WE FOCUSED ON STOCKING YOUR FRIDGE AND PANTRY WITH HEALTHY OPTIONS.

As you know, you can always be the master of your own body. By now, you have learned how to create your own meal, and you can do the same when you are at a restaurant, eating on the go, out at a birthday party, or even on a business trip. Use your blank meal plan to build your meals for the day.

BUILD YOUR HEALTHY MEAL BY COMBINING THE FOLLOWING:

- A healthy plant-based protein
- A healthy fat
- A vegetable
- A healthy carbohydrate (if you do not eat grains, then omit)

NOTE: For many people, even if a grain is gluten-free, grains can still cause gas and digestive upset, which lead to inflammation. Keep your food diary and listen to your body. By week 4, you have a good understanding of what foods work well for your body

THIS WEEK'S PLAN

THE “REVITALISE YOUR BODY” MEALS AT A GLANCE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|-----------------------------|---|-------------------------------------|---|--|
| Energy Quinoa | Kale, Blueberries, and Cream | Spiced Kale Scramble | Dairy-Free Yogurt Breakfast | Protein-Packed Healthy GF Oatmeal | Green Smoothie | Protein Pancakes |
| Veggie Wraps with 115 grams of plant-based protein | Butternut Squash Soup with small side salad | Rice & Lentil Salad | Watercress Salad with your choice of protein | Chickpea Macaroni with a side salad | Spinach Salad with 115 grams of plant-based protein | Leftovers (make it simple on yourself – it is Sunday!) |
| Sun Butter Vegetable Curry with small side salad | Lemon Garbanzo Beans with Mint and Raisins | Leftovers with a huge salad | Broccoli and Tomatoes with Tahini Dressing and Mixed Greens Salad | Leftovers with a huge salad | Pasta Primavera | Veggie Wraps |

TIPS FOR THE WEEK:

1. If you LOVE dessert, then enjoy a dessert. You have 4 to choose from in your recipe guide.
2. If these recipes do not hit the spot, do not deprive yourself. Instead, look for guilt-free deserts at some of my favourite sites.

Check them out here:

1. Diet & Dessert & Dogs : <http://dietdessertndogs.com>
2. Dr. Josh Axe: <http://www.draxe.com/tools/recipes/>
3. Eating Well Magazine (vegan and non-vegan desserts):
http://www.eatingwell.com/recipes_menus/recipe_slideshows/delicious_vegan_desserts

JUST IN CASE YOU WANT TO CHANGE IT UP

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
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