

Spring has Sprung

A 7-DAY WHOLEFOOD MEAL PLAN

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	JUICE 2 handfuls spinach, 1/4 cucumber, 2 celery stalks, 2 apples	Simple green salad with lemon juice and avocado	Raw vegan chocolate cookie	Chickpea curry with Basmati rice
TUESDAY	1/2 large pawpaw with microgreens spritzed with lime juice	6 green salad spring rolls with tamari dip	Raw vegan droe wors	Raw fresh veg of choice, chopped and rolled in spinach wraps with tahini dip
WEDNESDAY	4 apricots 2 tablespoons of coconut cream + 1 tablespoon ground mixed seeds	QUINOA LENTIL SALAD Cooked quinoa and lentils with butter lettuce salad and tahini dressing	Coconut water blended with ginger juice and banana	SPICY THAI SALAD mixed greens, bean sprouts and sweet chili dressing (maple syrup and chili)
THURSDAY	JUICE 1/2 pineapple 2 pears 2 celery stalks 250ml water	PEACH AND HERB SALAD 1 whole yellow peach handful of mixed fresh herbs (basil, coriander) flaked almonds olive oil	RAW CHOC MOUSSE 1 cup of dates blended with 1 tsp raw cacao and 1 tsp coconut oil	CHICKPEA-BEAN SALAD cooked chickpeas, green beans with light salad greens topped with olive oil
FRIDAY	1/2 a melon	CREAMY RAW ALFREDO Zesty cashew cream and butternut noodles	In-season fruit	Simple Cesar salad with zesty cashew cream dressing
SATURDAY	1 punnet of mixed berries	Layered buddha bowl *all raw veg with olive oil-avo dressing	Banana-raw cacao smoothie	Large black mushrooms, tomato and Basil Pesto quinoa salad
SUNDAY	Grated apple with chia seeds & almond milk, with a dash of cinnamon *tsp maple syrup	Avo-broccoli with light greens salad and lemon juice dressing	Raw vegan chocolate	Cashew cream and tomato with zucchini noodles