

Flexible Meal Plan

Vegetarian

NATASHA FARRELL
NF
NUTRITION FITNESS

BREAKFAST

You Choose

Pick Three to Four of the following breakfast options for each week.



Balanced Berry Smoothie

Ingredients: full fat coconut milk, protein powder, spinach, mixed berries, flaxseed.



Chia seed pudding with berries, kiwi, hemp seeds, and coconut.

Ingredients: chia seeds, non dairy milk, vanilla extract, kiwi, berries, hemp seeds, toasted or unsweetened coconut flakes.



Green Smoothie

Ingredients: Coconut milk (canned), kale, mango, flaxseed, hemp seeds, green apple.



Almond Flour Blueberry Muffins .

Ingredients: almond flour, baking soda, salt, eggs, honey, olive oil, vanilla, lemon, fresh or frozen blueberries.



Steel Cut Oatmeal with Berries

Ingredients: Steel cut oatmeal, full fat coconut milk, mixed berries, chia seeds.



Cassava Flour Apple Muffins

Ingredients: Cassava flour, eggs, coconut sugar, olive oil, vanilla extract, coconut milk, tapioca starch, cinnamon, apples, sea salt, baking soda, aluminum free baking powder.



Cinnamon Honey Peach Overnight Oats

Ingredients: Non-dairy plain yogurt (I recommend full fat), non dairy milk, chia seeds, rolled oats, cinnamon, salt, peach, honey



Nut Butter and Banana Wrap

Ingredients: Sprouted grain or cassava flour wrap, green banana, hemp seeds, nut butter, served with a side of blueberries.

LUNCH
You Choose

Pick Three to Four of the following breakfast options for each week.



Quinoa Bowl

Ingredients: Sautéed carrots, Brussel sprouts, broccoli, zucchini, and bell pepper with olive oil and lemon over cooked quinoa.



Sweet Potato and Beans

Ingredients: Sliced avocado, cooked sweet potato, canned black beans, watercress or arugula, apple cider vinegar, olive oil, and tahini. Serve with an orange.



Arugula Feta Salad

Ingredients: Arugula, feta crumbles, cooked butternut squash, pomegranate seeds, hemp hearts, olive oil, apple cider vinegar.



Egg Salad Sandwich

Ingredients: Hard boiled eggs mixed with avocado oil mayo, salt, pepper, and dill over sliced tomato, mixed greens, and sprouted grain bread.



Yogurt Bowl

Ingredients: Full fat Greek or coconut milk yogurt, mixed berries, unsweetened coconut shreds, chopped nuts or chia seeds, mint leaves.



Chocolate Almond Butter Smoothie

Ingredients: Chocolate protein powder, almond butter, chia seeds, spinach, cacao nibs, unsweetened almond milk.



Tempeh Bowl

Ingredients: Cooked sliced tempeh, rice, steamed broccoli, sesame seeds, soy sauce.



Guacamole or Hummus Plate

Ingredients: guacamole (pre-made or mashed avocado with onion) or hummus, sliced reg peppers, snap peas, and sprouted grain bread.

DINNER
You Choose

Pick Three to Four of the following dinner options for each week.



Quinoa Bowl

Ingredients: Cooked quinoa, cucumbers, shredded carrots, shredded cabbage, red bell pepper, olive oil, oregano, black pepper,



Mexican Quinoa

Ingredients: Cooked quinoa, canned black beans, canned, corn, canned tomatoes, olive oil, sea salt, pepper.



Veggie Quesadilla

Ingredients: Whole wheat or sprouted grain tortillas, 14oz can black beans, corn, cilantro, red onion, cumin, salt, shredded cheese (non-dairy or goat, sheep), salsa



Honey Garlic Tofu

Ingredients: Extra firm tofu, avocado oil, cornstarch, garlic, toasted sesame oil, honey, soy sauce, rice vinegar, green onion. Serve with brown rice and steamed broccoli.



Pesto Pasta Salad

Ingredients: Lentil pasta, pesto, red bell peppers, avocado, spinach.



Pea and Farro Stir Fry
(omit eggs)

Ingredients: Olive oil, sweet onion, garlic, farro, frozen peas, paprika, fresh basil, salt, pepper.



Broccoli Quinoa Cakes.
Serve with side salad and sesame seeds.

Ingredients: Quinoa, broccoli, scallion, herbs, egg (or flax egg), garlic, salt, pepper, almond flour, vegan cheese, avocado oil.



Lentil Soup

Ingredients: Olive oil, onion, carrots, celery, tomato paste, garlic, cumin, oregano, basil, thyme, salt, pepper, fire roasted diced tomatoes, vegetable broth, brown lentils, kale, lemon.