

VEGAN HIGH PROTEIN MEAL PLAN

BREAKFAST

MON	TUE	WED	THU	FRI
Almond Butter Protein Oats	Blue Spirulina Smoothie	Almond Butter Protein Oats	Blue Spirulina Smoothie	Almond Butter Protein Oats

LUNCH

MON	TUE	WED	THU	FRI
Chickpea Quesadilla	Veggie + Hummus Wraps	Chickpea Quesadilla	Veggie + Hummus Wraps	Chickpea Quesadilla

DINNER

MON	TUE	WED	THU	FRI
Healthy Mac and Cheese	Tofu Scramble	Italian "Chicken" Bake	Healthy Mac and Cheese	Tofu Scramble

REMEMBER TO EAT ACCORDING TO YOUR GOALS.