

1 WEEK MEAL PLAN

DAY 1:

Raw till 4

Breakfast: (345 calories)

Fresh fruit

- 500 g of organic grapes (345 calories)

Lunch: (650 calories)

Green smoothie:

- 6 bananas
- 50 - 75 g of arugula
- the juice from 1/2 of a lemon
- Some water

Blend and enjoy



Dinner: (548 calories)

Spaghetti with tomato sauce

- 120 g of gluten free spaghetti or pasta like Corn/Rice Pasta
- 250 g tomato sauce without additives, low fat, low salt
- 15 cherry tomatoes
- 1 spring onion
- 1 cup of mushrooms
- 10 leaves of fresh basil

Cook the spaghetti until soft. Meanwhile chop the cherry tomatoes, the spring onion, the mushrooms and the basil into smaller pieces and add to a pot. Add 2 table-spoons of water and heat it very briefly. Pour the toma-

to sauce on top of the vegetables and let it simmer for a minute. Mix the spaghetti and the sauce and enjoy.

Snack whenever: (554 calories).

Orange juice

9 oranges - juice them into orange juice. If you like, you can blend in 1x1 cm of ginger. If you can't get fresh oranges you can sometimes buy freshly squeezed from the supermarket.

Total 2.097 calories

DAY 1:



DAY 2:

Breakfast: (662 calories)

Nice cream with mint

- 5 bananas
- 1 cup of blueberries or blackberries
- 2 dates
- 1 handful of fresh mint leaves

Peel and slice the bananas into small chunks. Place

them in one flat layer in a plastic bag and freeze them. Defreeze the bananas 30 minutes before you want make the nice cream. Add all the ingredients to a food processor or a good blender and mix until it becomes soft ice. Use the tamper and a spatula if needed. Decorate with for example berries, raisins and mint leaves.

Lunch: (660 calories)

Green smoothie

- 6 bananas
 - 50 g of parsley
 - 50 g of baby spinach
 - Some water
- Blend and enjoy.



Dinner: (716 calories)

Veggie noodles

- 150g rice noodles
- 300g mixed vegetables of your choice
- 2 tsp corn starch
- 1 tsp Sugar
- 1 cup of vegetable stock or water
- A pinch of salt
- Optional: a tiny pinch of chili

Cut the vegetables into strips. Place the veggies, the sugar and 3 tbsp of the stock (45g) in a non-stick pan over a medium heat. Cook for about 5 minutes. Then you mix in the rest of the stock with the starch and add the salt. Stir well. When the liquid reaches boiling point,

you can turn off the heat. Cook the noodles and drain them. Add them to the pan and turn on the high heat. Mix well and serve.

In total: 2.038 calories

DAY 2:



DAY 3:

Breakfast: (607 calories)

Smoothie bowl

- 4 bananas
- 1 cups of blueberries
- 1/2 cup of raspberries
- 1/2 cup of blackberries
- 2 dates
- 1 tsp. vanilla

Blend all the ingredients to a smoothie in a blender and place in a bowl. The smoothie will become like pudding after a while. Decorate with various berries, shredded coconut, chia seeds, slices of fruit and mint leaves.

Lunch: (531 calories)

Green smoothie:

- 2 mangoes
- 1 bananas
- 50 g of baby spinach
- 50 g of fresh basil
- Some water

Blend and enjoy.



Dinner: (678 calories)

Sweet potatoes with tomatoes

- 5 medium size sweet potatoes
- 20 cherry tomatoes
- 1 spring onion
- 1/2 red bell pepper
- 8 sugar peas
- some water

Boil the sweet potatoes and chop them into smaller pieces. Cut the cherry tomatoes in halves and add the potatoes to a bowl. Chop up the bell pepper, the spring onion and the sugar peas and mix everything well. Add a little bit of water to make it moist.

Snack whenever: (93 calories)

Basic salad

- 125 g iceberg lettuce
- 1/2 of cucumber
- 10 cherry tomatoes
- 1/2 red bell pepper
- 1 lemon

Chop everything into small pieces and place in a large bowl. Squeeze the juice from the lemon on top.

In total: 1.909 Calories

DAY 3:



DAY 4:

Breakfast: (592 calories)

Exotic smoothie

- 1/3 pineapple (300 g)
- 2 mangoes
- 10 frozen or fresh strawberries
- 1-2 glasses of water

Blend the 2 mangoes and add the pineapple and the strawberries. You can leave the calix (green tops) on

the strawberries if you like. Add 1-2 glasses of water to raise the level to about the middle of the blender jug. Blend at a high speed and enjoy a glass of sweet exotic smoothie.

Lunch: (624 calorier)

Green smoothie:

- 2 mangoes
- 150 g raspberry
- 2 peaches
- 50 g of lettuce
- 50 g of parsley
- Some water



Dinner: (636 calories)

Vegetable soup with rice

- 2 cups of rice
- 2 leeks
- 2 stems of celery
- 5 carrots
- 30 g of onion
- a little bit of vegetable bouillon(vegan broth)

Boil the rice. Chop the vegetables carefully into smaller pieces. Boil them with a little bit of vegan bouillon until they are soft. Put the boiled vegetables in a blender and add a little bit of the vegetable water. Blend it into a creamy vegetable soup and serve with the rice.

Snack whenever: (242 calories)

Mango salad

- 1 mango
- 12 cherry tomatoes
- 1 cup of cilantro leaves

In total: 2.094 calories



DAY 4:

DAY 5:

Breakfast: (528 calories)

Fruit salad

- 2 peaches
- 2 apples
- 1 pear
- 6 dates

Cut the fruit into smaller pieces and mix well. Blend the pitted dates with water and use as a sauce on top.

Lunch: (628 calories)

Green smoothie

- 150 g of blackberries
- 150 g of blueberries
- 4 bananas
- 2 dates
- 50 g of kale
- Water



Dinner: (649 calories)

Pumpkin soup with quinoa

- 2 small Hokkaido pumpkins or one medium sized
- 1/4 onion or two spring onions
- 1 stem of celery
- 2 carrots
- 2 cups of quinoa (or rice)

Boil the quinoa. Remove the peel and the seeds from the pumpkin and chop the 'meat' into smaller chunks. Wash the carrots, the celery and the onions and chop them into smaller pieces too. Boil everything until soft and then pour the water and the vegetables in the blender and blend it all into a soup. Serve the soup with the quinoa and use it as a sauce.

Snack whenever: (189 calories)

Fresh fruit

- 2 apples

In total: 1.994 calories

DAY 5:



DAY 6:

Breakfast: (611 calories)

Datorade

- 2 bananas
- 25 dates
- 1-2 tbsp. cinnamon
- 1 tbsp. carob powder

Remove the pits from the dates and place the pitted dates in the blender. Add 1-2 glasses of water and

blend at high speed to form an even consistency. Add 1-2 more glasses of water and blend again. Add the bananas, the cinnamon and the carob. Blend until the smoothie is creamy and smooth.

Lunch: (551 calories)

Green smoothie:

- 1/2 pineapple (450 g)
- 3 bananas
- 75 g of iceberg lettuce
- Some water



Dinner: (865 calories)

French fries with mashed chickpeas

- 160 g of chickpeas
- 1/2 lemon
- 1 clove of garlic
- 1/2 avocado
- 1/4 onion
- 2 sweet potatoes
- 2 small white potatoes
- a pinch of dried basil
- a pinch of dried oregano
- a little bit of nutmeg
- tiny bit of salt
- water

Soak the chickpeas in water for 12 hours. Then boil them for 40 minutes and place the peas in a blender. Add the juice from the lemon, the avocado, the clove of garlic, the onion and tiny bit of water and blend it into a creamy mash.

Boil the potatoes/sweet potatoes but not too long and cut them into long french fries. Sprinkle the dried herbs on top and bake them in the oven at 230 Celsius until they are golden. Add a tiny bit of salt if you want. Use the chickpea mash as a dip for the french fries.

In total: 2.027 calories

DAY 6:



DAY 7:

Breakfast: (483 calories)

Fruit salad

- 1 mangos
- 200g of strawberries
- 2 peaches
- 30 g of fresh lemon balm
- 5 dates

Cut into pieces and mix well.

Lunch: (691 calories)

Green smoothie:

- 1 and 1/2 honeydew melons or other melon
- 2 handfuls of fresh mint leaves
- 2 leaves of iceberg lettuce
- Optional: some water



Dinner: (app. 850 calories)

Vegan sushi

- 1 package of nori seaweed sheets
- 180 g sushi rice or risotto rice
- 2 tablespoons of rice vinegar
- 2 tsp. of sugar
- 1 bamboo-rolling mat
- Slices from various vegetables: carrot, cucumber, cabbage, bell pepper, avocado etc.
- Soy with low salt content or coco aminos

Boil the rice until they get sticky. Heat the vinegar and the sugar in a pot but do not allow it to boil. Steer until the sugar has dissolved and let it cool. Mix the rice with the vinegar/sugar liquid. Place 1 sheet of nori

paper on the bamboo mat and add some rice in a flat layer. The rice should cover 1/3 of the paper in one end of it. Place strips of avocado or cucumber in a long line on top and roll it all up with the bamboo mat. Cut pieces with a very sharp knife and enjoy.

In total: 2.024 calories

DAY 7:

