

## Anowa 's Vegan Meal Plan

**Note: (Please consume protein powder within 30minutes Post-workout)  
Please refer to [www.Pinterest.com/AnowaAdjah](http://www.Pinterest.com/AnowaAdjah) for recipes to meals.**

### **Week 1**

Pre-Breakfast (If you are not working out in the morning)- Plant Based Protein Powder alone or in smoothie ( Check Pinterest for Vegan smoothie ideas)

Breakfast – Southwestern Tofu Scramble with greens (Food monster app is awesome)

Snack 1- Dry Roasted Edamame (low sodium)

Lunch- Veggie Burger

Snack 2-Crunchy chickpeas (low sodium)

Dinner- Lentil Soup with Cilantro and lemon

### **Week 2**

Pre- Breakfast –Plant Based Protein Powder or Smoothie

Breakfast- Chia Pudding with Blueberries

Snack 1- Quinoa Bar

Lunch- Superfood Salad

Snack- Ezekiel 4:9 cereal

Dinner- Sesame Tofu and Broccoli Salad

### **Week 3**

Pre-Breakfast- Plant Based Protein Powder alone or with Smoothie

Breakfast-Creamy Pumpkin Acai Bowl

Snack-Baked Lentil Crackers

Lunch – Sesame Tofu Broccoli Salad

Snack- Flaxseed Crackers

Dinner- Kale Avocado Chili Salad

**(Continued)**

#### **Week 4**

Pre-Breakfast- Protein Powder alone or in smoothie

Breakfast-Creamy Chai Chia Pudding

Snack- Sunflower Seeds

Lunch- Roasted Artichokes with Garlic Braised Kale

Snack- Black Bean Chips

Dinner-Spinach and Pepper Quiche