

Meal Plan

The 10 Day Plant-Based Challenge

Level 1 involves adding one plant-based meal per day into your diet for 10 days. You can have this as a lunch or dinner. If you have any leftovers, you can also use them for lunches and snacks the following days. If you're ready to go 100% plant based for 10 days Level 2 includes daily breakfast, lunch and dinner suggestions for the entire 10 days.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
LEVEL 1	Dinner Best Ever Vegan Mac n Cheese (p. 13)	Dinner Mexican Bean Chili (p. 14)	Dinner Pasta Marinara (p. 14)	Dinner Easy Cashew Basil Pesto with Spaghetti Squash Noodles (p. 15)	Dinner Mushroom Stroganoff (p. 16)	Dinner Easiest Ever Vegan Thai Peanut Noodles (p. 17)	Dinner Baked Falafel Collard Wraps (p. 17)	Dinner Easy Vegan Red Thai Curry (p. 18)	Dinner Steamed Vegetables and Quinoa with Satay Sauce (p. 19)	Dinner Roast Vegetable Salad (p. 19)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	
LEVEL 2	Breakfast Grain-Free Granola with Almond Milk and Blueberries (p. 21)	Breakfast Smashed Avocado on Sautéed Greens and Quinoa (p. 22)	Breakfast Chia Seed Pudding (p. 21)	Breakfast Grain-Free Granola with Almond Milk and Blueberries (p. 21)	Breakfast Smashed Avocado on Sautéed Greens and Quinoa (p. 22)	Breakfast Chia Seed Pudding (p. 21)	Breakfast Grain-Free Granola with Almond Milk and Blueberries (p. 21)	Breakfast Smashed Avocado on Sautéed Greens and Quinoa (p. 22)	Breakfast Chia Seed Pudding (p. 21)	Breakfast Chia Seed Pudding (p. 21)	Breakfast Grain-Free Granola with Almond Milk and Blueberries (p. 21)
	Lunch Miso Mushroom Soup (p. 19)	Lunch Best Ever Vegan Mac n Cheese (p. 13)	Lunch Mexican Bean Chili (p. 14)	Lunch Mexican Bean Chili (p. 14)	Lunch Easy Cashew Basil Pesto with Spaghetti Squash Noodles (p. 15)	Lunch Mushroom Stroganoff (p. 16)	Lunch Easiest Ever Vegan Thai Peanut Noodles (p. 17)	Lunch Baked Falafel Collard Wraps (p. 17)	Lunch Easy Vegan Red Thai Curry (p. 18)	Lunch Steamed Vegetables and Quinoa with Satay Sauce (p. 18)	
	Dinner Best Ever Vegan Mac n Cheese (p. 13)	Dinner Mexican Bean Chili (p. 14)	Dinner Pasta Marinara (p. 14)	Dinner Easy Cashew Basil Pesto with Spaghetti Squash Noodles (p. 15)	Dinner Mushroom Stroganoff (p. 16)	Dinner Easiest Ever Vegan Thai Peanut Noodles (p. 17)	Dinner Baked Falafel Collard Wraps (p. 17)	Dinner Easy Vegan Red Thai Curry (p. 18)	Dinner Steamed Vegetables and Quinoa with Satay Sauce (p. 18)	Dinner Roast Vegetable Salad (p. 19)	

We are using leftovers for lunch the next day!