



@Beyond Food Market Meal Plan

plant-based & gluten-free

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

meal 1

Gluten-free plant-based pancakes

Gluten-free, plant-based pancakes.
Add blueberries & topped with some pure maple syrup

meal 1

StrawBerry Banana Smoothie

30 oz. of water
1 cup of strawberries
6 frozen bananas
2 tablespoons chia seeds
2 tablespoons hemp seeds
3 d&elion leaves

meal 1

Avocado Banana Smoothie

30 oz. of water
4 dates
1/2 avocado
6 frozen bananas
2 tablespoons chia seeds
2 tablespoons hemp seeds
3 d&elion leaves

meal 1

Pineapple Banana Mango Smoothie

30 oz. of water
1 cup of pineapple
1/2 mango
6 frozen bananas
2 tablespoons chia seeds
2 tablespoons hemp seeds
3 d&elion leaves

meal 1

Blue-Berry Banana Smoothie

30 oz. of water
1 cup of blueberries
6 frozen bananas
2 tablespoons chia seeds
2 tablespoons hemp seeds
3 d&elion leaves

meal 1

Straw Berry Banana Smoothie

30 oz. of water
1 cup of strawberries
6 frozen bananas
2 tablespoons chia seeds
2 tablespoons hemp seeds
3 d&elion leaves

meal 1

Plant-based stir-fry scramble

Just Egg plantbased egg,
Stir-fry potatoes, bell pepper, onion, tomato, plantbased cheese,cilantro

mini-meal

Trail Mix with Nut butter

a few h&fuls of raw walnuts, gluten-free vegan chocolate chips, raisins eaten with your favorite nut butter

mini-meal

Fruit & Nuts

two apples, walnuts, gluten-free vegan chocolate chips, nut butter spread

mini-meal

Stuffed Dates

6 dates stuffed with nutbutter & sprinkled with vegan chocolate chips, crushed nuts & topped with sweet sauce

mini-meal

Nut Butter & Toast

Nutbutter on gluten-free, vegan toast topped with chia seeds

mini-meal

Yogurt wth fruit

Plantbased yogurt with fruit

mini-meal

Fruit & Nuts

two apples, walnuts, gluten-free vegan chocolate chips, nut butter spread

mini-meal

Fruit Bowl

Bowl of fruit: grapes, mango, papaya

mini-meal

Banana Icecream

Banana Icecream blend 2 frozen bananas add nuts & chochoate chips freeze for one hour & enjoy

mini-meal

Black Bean Brownies

Black bean brownies

mini-meal

Protein bar & fruit

Grapes & 1 protein bar

mini-meal

Chocolate with Nut Butter

Plantbased, gluten free chocolate (endagered species br&) with some almond butter

mini-meal

Gluten free cookies

Gluten Free, vegan chocolate chip cookies

mini-meal

Bag of Chips

Gluten-free, plantbsed bag of chips

mini-meal

Plant-bsed Quesadillas

Quesadillas Mission Plantbased glutenfree spinich wraps with your choice of plantbased cheese

mini-meal

Avocado Tacos

3 avocado tacos with tomatoes, onions, salsa, & vegan cheese

mini-meal

Hummus

Hummus & veggies (celery, carrots, chips)

mini-meal

Chips & Salsa

3 air fried tortillas with salsa

mini-meal

Sweet Potato Fries

Air fried sweet potato(2-3)fries with your choice of sauce

mini-meal

Savory Popcorn

popcorn with your choice of plantbased toppings sprinkled with some pink sea salt

mini-meal

Refried Bean Tacos

3 refried bean tacos

mini-meal

Roasted Chick Peas

roasted chick peas

meal 1

Lentils & Jasmine Rice

Lentils on a bed of jasmine rice & salad greens.

meal 1

Tofu Tacos with lentils

tofu tacos on corn tortillas tomatoes,onions, salsa, & vegan cheese. Guacamole, & lentils

meal 1

Quinoa Salad

Quinoa, salad greens, kale, walnuts, raisins, tomatoes, onions, avocado, bell peppers, carrots. dressing: olive oil, liquid aminos

meal 1

Refried Bean tacos & Rice

Refried beans, tomatoes,onions, salsa, & vegan cheese. guacamole, refried beans, jasmine rice & salad greens.

meal 1

Garbonzo Beans & Rice

Garbonzo beans on a bed of jasmin rice. topped with tomatoes,onions, salsa, & avocado. salad greens.

meal 1

Guacamole & Chips

Avocado, onion, tomato, cilantro, lime, jalepeno, salt.
Air Fry or oven bake 3-6 tortillas olive oil optional

meal 1

Mexican Bean Salad

1 can black beans
1 can of corn
1 tomato
1 small onion
1 bell pepper
1 avocado
cilantro, lime, salt to taste