

		<u>Holistic Calorie Ratio Pyramid</u>		August 2018- Plant based Clean Meal plan		77 Veggie Boutique Approved Meals	
		Carbs per day - 40 gms -25%		Avoid drinking water after meals		Last meal should be 3 hours prior to bed	
		Sodium Per day - 1100 milligrams per day		<i>Meals prepared in Olive oils and Himalayan Salts</i>		mary@77veggie.com	
		Good Fats - 20% fats a day		Gluten Free, Vegan are Anti-inflammatory foods (Works 100%)(high protein)		fred@77veggie.com	
		Estimated Glycemic Load - 60 / per day		Organic ingredients used - Certified		Consuming meals from 77 Veggie feels getting closer to your SOUL	
		Proteins Per day - 160gms - 40% a day		1400 cal based meal plan		You will love the perfect 1000 recipes	
Day	WEEK 1	Good fats Low GI Breakfast + Detox Juice	Calorie /carb 5:4	+ Super Lite Lunch Super high Protein snack	Calorie carb 4:3	Lowest Carb Dinner + High fibre PM snack	Calorie/ carb 3:1
	Timings	8.30am //10am/////		12.30noon //11/3pm/////		07pm/////sips of green tea after that	
Day 1	Sunday	DETOX - Beautiful Antistress and healing power juice ...WaterCress,Berries,flax seed ,Ginger,parsley (Really tasty and super antioxidant) (magnesium boosted)		Lunch -Vegan Ghormeh Sabzi (Persian Herbed Stew with red Kidney Beans) delicious Green leafy Veggies Parsley, Spinach,Cilantro,Chives,Green onions,leeks,Red kidney beans,tomato,turmeric,lemon juice, Lotus stick, Dried lemons, Himalayan Salt ...SO delicious served with Red pepper Brown Rice and Asparagus garlic		PM snack -High Iron & Fibre rich Baked OAT spring rolls pattie stuffed with Herbes and protein, served with vegan Tahini Ranch Dil Dips	
		Low Carb High protein Simple Breakfast - Vitamin B12, B6, Iron rich - Farmers Market combi of Marinated vegan cheese,quinoa,Spinach, tomato, avacado Wrap(savoury)served with Grated hash browns(sweet potatoes) (good fats are mandatory to avoid junk foods)		AM snack - High protein Pink Strawberry Vegan based mini Lentil Donuts flavoured in rose water (Gluten free ,Watercress flour, no other flour used at all)		Dinner - High Fibre Mediterranean Casserole - High Protein Chickpea, Aubergine,Onion,Bay leaf served with grilled peppers and olives	
	Timings	8.30am //10am/////		12.30noon //11/3pm/////		07pm/////sips of green tea after that	
Day 2	Monday	DETOX -Simple Green Tea Berry - Lemon,Organic Green tea (chamomile) Berry ...cleansing brings brain waves stronger...Cleanses your GUT		Amazing Snack - Quick Bite - Vitamin Loaded ...high protein Chickpea flour MINI Buritto covered with Basil based zuchinni tomato sandwich (glutenfree and vegan)(no breads used)		DINNER - (Cold Mezza) -Granny special for evening times....Grabanzo corn cucumber beans cherry tomatoes (spring onions)Cold mezza salad (add sauce when consuming) Served with Veggie Filafel Balls and exotic Parsley walnut thick Sauce	
		BREAKFAST -Vitamin D and B12 boosted with 3 Layer Overnight Oats,Chia, Vegan hazelnut based flavour, vegan coconut crème sugarless (date)Based overnight to enhance taste and nutrients...healthiest breakfast to start(no sugars added only DATES)		Lunch - Vitman D boosted -by Amazing fresh Iowa(US) POWER BOWL - Sweet corn,Asparagus,green beans, snow pea in gluten free teriyaki (dark black)sauce on 2 spoons of red rice noodles topped with meatless vegan cheesy balls (sauces on side)		PM SNACK - Baked gluten free sweet potato, carrots,vegan cheese,kale blended in simple cajun lemon covered in samaosa style	
	Timings	8.30am //10am/////		12.30noon //11/3pm/////		07pm/////sips of green tea after that	
Day 3	Tuesday	DETOX -Watermelon Rose Slushie refreshing till the intestines clean up..yoga type slush designed with Flax seed, sesame powder		LUNCH -3 layer -Zuchinni, broccoli, oats, cauliflower baked pattie served with thick Cashew Walnut tomato sauce and grilled veggies palate..be aware...high vitamin loaded (you wont miss your junky foods)		DINNER - 2 layer Thai Style Coconut based Italina style Veggie Gown served with Cabbage meatless balls + Vegan Marinated Tofu Cubes	
		BREAKFAST -The purest Form of GLUTEN FREE SUGARFREE TASTY PANCAKE made from Coconut Flour, Almond Flour & Strawberry (vegan and pure gluten free) (use of date syrup)		AM snack -8 veggie crushed in scarf trio chilli bakers murfums(mini Panini)(high protein bakes)topped with mushrooms and caramelized onion (made from sesame pumkin seed gluten free base) (filled with OMEGA 3)		PM Snack -Mini Pizza BASED SUSHI (made with chickpea flour) (no soda no Yeast) served with SPICY Cauliflower Alfresco Sauce	
	Timings	8.30am //10am/////		12.30noon //11/3pm/////		07pm/////sips of green tea after that	
Day 4	Wednesday	BREAKFAST - High Fibre, Magnesium based cleansing foods -Gluten Free Vegan Avacado, SPINACH,Vegan Cheese Pieces, onions, parsley based Flax seed, Sesame seed based Green Wrap (gluten free and Low in carbs) (Healthy wrap to start your day)		AM Snack - Heavenly Dark chocolate Coconut based Mouse (made of clean ingredients and pure Vegan) (Gluten free and no sugars added) (must keep this recipe in your kitchen)		Am Snack - Veggie Quinoa Kabab filled with Vegan pepper Marinara Sauce served with Spicy Chinese Sauce	
		DETOX -Simple celery tonic loaded with vitamins to balance chemicals in body		LUNCH - Butternut Squash Macroni and cheese recipe...who says junk food cannot be prepared in healthy style and tastier (purely Vegan style)served with chickpea and jalapeno		Dinner - Enchilada Style base topped with Broccoli and Turmeric basil cheese served with Potato and green bean sticks (Life changing Dinners) (Gluten Free Vegan)	
	Timings	8.30am //10am/////		12.30noon //11/3pm/////		07pm/////sips of green tea after that	
Day 5	Thursday	DETOX CLEANSER -Antioxidants loaded extraordinary berry smoothie- Made of all finest energy boosting ingredients		AM snack - High Fibre, boosting those tired muscles, reviving by Oatbased Mushroom Bean Burger Pattie gluten free - served with Cilantro avacado sauce		DINNER - Simple Hot mezza Asparagus Mushroom peanut walnut based salad served with mashed sweet potato(high Protein High Fibre) + EXOTIC SPINACH	
		BREAKFAST -Apple, Cranberry, kiwi Gluten free WAFFLES, no yeast, freshly prepared to keep you moving longer(oat based) (gluten free vegan) (made from OATS) (Smiles on your face)		LUNCH - Golden Gown Sizzler steamed in 10 veggies served with Majudhara sauce layered with BROWN LOW GI Tofu Rice PLANT PROTEIN BOOSTER BOWL)		PM Snack -Vegan gluten free MACHA green pistachio vegan crème raspberry soufle	
	Timings	8.30am //10am/////		12.30noon //11/3pm/////		07pm/////sips of green tea after that	
Day 6	Friday	DETOX -Lemon,Honey,Turmeric,Apple Cidar,Ginger Clear Detox Juice		AM SNACK -Tyroid controller Broccoli baked pattie (bakes) served with Mint Cilantro sauce		PM SNACK -Giten free low carb baked stuffed Carrot pomegranate SAMOSA (vegan cheeseoptional)	
		BREAKFAST - Gluten free iron rich Spinach Jacket with peppers,spinach,pomegranates, Veggie hot dog, onions Mufellatas		LUNCH -Spinach,broccoli,Feta ginger based Fritatta (gluten free and crustless) served with Salsa sauce		DINNER - Light Dinner - Salad Buddha Bowl - Mild scalloped cheese peanut pepper corn balls served with salads on side	
	Timings	8.30am //10am/////		12.30noon //11/3pm/////		07pm/////sips of green tea after that	
Day 7	Saturday	DETOX -Miracle cureBeet,Apple,Carrot,Calery,lime,ginger...Str engthens immunity and pancreas		LUNCH -Sun dried tomatoes,Molly,sprouts, almonds,red onions,flax seeds,lettuce tossed in vegan italian cheese,oliveoil,lemon and orange juice (cold mezza)		DINNER -Balti low fat potatoes sauteed in aubergines,pepers and tomatoes.	
		BREAKFAST - HASH Browns served with scrambled tofu, sun dried tomatoes, walnuts,scarf trio + panini on side		AM SNACK -Spinach,pea crushed soup style with light almond milk touch giivng the thickness to it		PM SNACK - Dil sesame sweet potatoes baked wedges served with Peanut dipping sauce	