

	<u>Holistic Calorie Ratio Pyramid</u>		<u>August 2018- Plant based Clean Meal plan</u>	-	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

August 4th week -3 main meals with 3 snacks - pure plant based clean meals (organic)

Day	Sip of water is called water therapy	Good carbs High protein Breakfast// Juice - (20 gms)of carbs	Calorie	Quick Healthy Lunch(01.30pm) + Snack(11.30am) - 15g Carbs	Calorie	Dining Lite Designer(7pm) + Snack(3pm)10 g carbs	Calorie
Timings	8.30am	//////10am/////		12.30noon	/////3pm/////	07pm//post sips of green tea	
Day 1	Sunday	<u>DETOX</u> - See those Liver's Detox with this drink...feel the difference - Organic Macha Tea + Lemon+ Flax seed powder + Mint leaves + Mix berries (non strained)		<u>AM Snack</u> - Quick bite Made from Almond Flour Spinach, Vegan Cheese, Saffron, Turmeric based Vegan Samos Wrap (low in carbs) made in low temperatures (par-cooked)		<u>Dinner</u> - Clean eating vitamin B12, Vitamin D based Vegan Harissa Tofu served with Pistachio Peanut Couscous (the substantial way to get your fibres before your sleep and workouts)	
		<u>Breakfast</u> -Refreshing Good carb Vegan Veggie Quiche prepared in Sweet potato Crust served with Avacado Toasted Crackers (Blends of healthy Vitamins is a must) (Vitamin D, b6,B12)		<u>Lunch</u> -Extra fuel to body, body smiles - Black pepper Rosemary Roasted Autumn Bruseel sprout Vegetable Pot Pies served with Lentil Mushroom Shepherd Caserole (Must try this combi)		<u>Easy PM Snack</u> - Vegan Coconut Flour Sugarless Waffles made from date syrup, Tapioca Flour,Apple cidar vinegar and Nuts(Clean and contended snack)	
	Timings	8.30am	//////10am/////	12.30noon	/////3pm/////	07pm//post sips of green tea	
Day 2	Monday	<u>Breakfast</u> - Vegan Fresh Morning with Chia Berry,Mango,peanut butter(Almond milk) - layers to relish your amazing bright day with clean meals		<u>Lunch</u> - All time delicious favourite..Broccoli Grilled Tofu sticks+ Paleo based Whole wheat Pasta made of flax seeds in Pesto pine nut sauce, Served with baked cabbage balls in Mushrrom walnut curry (no spices)		<u>Dinner</u> - Two Layer low carb clean meal Vegan Pad Thai served with Roasted Garlic cauliflower lollipops (roasted) + Vegan Sushi made from Brwon rice and marinated veggies	
		<u>Detox</u> bowl - Meditate with Detox Cleanser With Turmeric, Brasil Lemon, Mint, Beet, Ginger, Celery and Orange (Exotic taste)		<u>AM snack</u> - MASON JAR - cold Vegan Greek salad with 8 Veggies of different lettuce, Cherry tomatoes, tiny Celery chopped, Pickled cucumbers, Caramelized Walnuts, Black olive paste, Garlic Vinegar sauce		<u>PM snack</u> - Gluten Free Vegan Green Spinach cashew pizza serevd with peppers and vegan cheese (Low in carbs)	
	Timings	8.30am	//////10am/////	12.30noon	/////3pm/////	07pm//post sips of green tea	
Day 3	Tuesday	<u>Breakfast</u> - New recipe in town Zuchinni parmigiano, Vegan cheese, Camelized onion, Crunchy veggies, Avacado , lemon, Sesame sauce basedFlax seed tangy Wrap (wholesome) (Vitamin Tablet on your plate)		<u>LUNCH</u> - Delicious Vegan veggie Tuscan Skillet servd with Lemon Spring onion Mushroom Brown rice risotto (veggies in your palate with no oils or heavy fats added made from almond milk , nuts and lots of love)		<u>Detox Dinner</u> - Vegetable Golden Gown Gluten Free soya sauce Drizzling Sizzler made from 8 veggies served with stuffed scarf trio peppers + Vegan Mayo sauce on side	
		<u>Detox</u> -Heal your Body with the ultimate Detox - Immune Booster - Spinach, Parsley , ginger, Kale, berries (for flavor)		<u>AM SNACK</u> - MINI Cajun Chickpea Cauliflower Burger stuffed with layers of veggies and Vegan sauce topped with inhouse Flax seed Brown Bread.		<u>PM snack</u> - Sugarless ,Guilt free, No flour , yummy Date Nut based Round happy Coconut Apricot Energy Bites	
	Timings	8.30am	//////10am/////	12.30noon	/////3pm/////	07pm//post sips of green tea	
Day 4	Wednesday	<u>Detox</u> - Morning Joe Detox with Mango, Hemp seeds, and Raspberry (Almond milk based) (No sugars just natural)		<u>AM snack</u> - Veggie based Green Herb , black pepper, Fajita style Veggie cheesy stuffed cups served with Grated peanut parmesan (vegan)		<u>PM SNACK</u> - Scarf Trio Pumpkin squash Toasted Crackers Served with Vegan Salad and dil sauce	
		<u>Breakfast</u> - All time favourite the Avacado Chocolate Almond flour based Waffles garnished with Kiwi, berries + pinch of cocnut crème keeping those cravings of junk food on lower side.		<u>Vitamin B6- B12 - Lunch</u> -The Healthiest High Protein Based Zuchinni lifafel based tots served with aprmesan vegan cheesy sauces layered with Quinao spinach Spring onion baby corn Caserole		<u>Dinner</u> -3 layer Vegan Veggie Shawarma Bowls layered with cooked and raw veggies served in the style of a budha bowl (low carb dinner) (filled with Vitamin levels)	
	Timings	8.30am	//////10am/////	12.30noon	/////3pm/////	07pm//post sips of green tea	
Day 5	Thursday	<u>Detox Complete</u> -Antioxidant a very Berry Antioxidant Detox juice - High fibre		<u>LUNCH</u> - Simple Curried quinao tofu, peanuts,lime,peppers, mushrooms caserole-+ Ramen style Caramelized Broccoli + Cooked sprouts.... loaded with Vitamin D, and bone improvement		<u>PM SNACK</u> - Raw Vegan, Gluten free, Lemon Raspberry cheese cake (Special cakes for 77 Veggie special people)	
		<u>Breakfast</u> (aha) with Love -Vegan Based Aubergines,zucchini, potato cubes, tomato salsa flax , flax seeds High protein Chick pea flour (Vegan) (omelete) (no grains, no Eggs, Paleo)		<u>AM SNACK</u> - Gluten free bread BASED- Grated Zuchinni taco Chips stuffed with Avacado sauce and peppers (made from finest low carb ingredients and protein based		Dinner - Heavenly Yummy Vitamin D based, Asparagus, Green & Yellow Zuchinni Corn Based Almond Milk Chowder sauteed in light ginger,sesame, walnuts,chilli served with Parsley,Mint Baked spiralized Spaghatai Squash topped with Vegan Cheese and Organic Herbs	
	Timings	8.30am	//////10am/////	12.30noon	/////3pm/////	07pm//post sips of green tea	
Day 6	Friday	DETOX JUICE -Pinacolada(Strawberries , blue berries Laban)...clearing those hidden fats in body		AM SNACK - Molly made munch bunch in mushroom walnut based..... (baked veggies tossed in italian french soupy gravy)		DINNER - Protein black beans enchiladas with Cilantro Avacodo Topping...served on side but to had on top of enchiladas	
		BREAKFAST - Whole wheat Simple Italian tomato tofu sandwich		LUNCH - Gluten free detox protein Wrap with marinated Tofu,avacado,Cilantro,Mint,Garlic rolled in Oregano italian Dressing		PM SNACK - Gluten free noodle cheesy spring rolls...pure vegan thai style	
	Timings	8.30am	//////10am/////	12.30noon	/////3pm/////	07pm//post sips of green tea	
Day 7	Saturday	DETOX - Glow your skin...Coffee banana Almond milk skinny smoothie		LUNCH - 3 base lentils combined in tomato sauce and poppy seeds..in a spicy ginger brown rice based mix (coconut curry thai style)		Pm snack -Baked potato carrot pomegranates Samosa	
		Breakfast - HIGH Fibre VEGAN rich Mushroom asparagus quiche lovely blended well to create a wedding pie		AM snack - Cold greek Light Gluten free pasta Salad		Dinner -VEGAN Veggie Kofta tossed in freshly cut veggieserved with cabbage carrot rice served with Mushroom peanut sauce (dip on side)	