

		<u>Holistic Calorie Ratio Pyramid</u>		<b>POWER PLANT MEAL PLAN HIGH PROTEIN ( High in Iron, Magnesium, and Vitamin D.</b>		77 Veggie Catering Approved Meals	
		Carbs per day - 84 gms		Avoid drinking water after meals		Avoid drinking water immediately after meals	
		Sodium Per day - 1100 miligrams per day		Meals prepared in Olive oils and Himalayan Salts		<a href="mailto:fred@77veggie.com">fred@77veggie.com</a>	
		Good Fats - 50gms a day//Sat. fats- 3gms		Gluten Free, Vegan are Anti-inflammatory foods (Works 100%)		<a href="#">combination of RAW AND PAR COOKED FOODS KEEPS HEALTHY PROTEINS IN BODY</a>	
		Estimated Glycemic Load - 60 / per day		Veggie based vitamins are absorbed faster in body		Organic items used ( no artificial preservatives )	
		Proteins Per day - 120-190gms		HIGH PROTEIN MEAL PLAN		<a href="#">1000-2000 recipes to go</a>	
3 main meals with 3 snacks - pure plant based clean meals (organic)(High in Iron, Magnesium, and Vitamin D )							
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 //113pm////		07pm//post sips of green tea	
Day 1	Sunday	DETOX - IRON RICH , Anemia free, VITAMIN D INGREDIENTS- APRICOT, WaterCress, Strawberries,flax seed ,Ginger,parsley blended in coconut Water (Really tasty and super antioxidant) (magnesium boosted)		Lunch -Vegan High Protein RICH - Crunchy Cashew Thai Quinoa Caserole served with Ginger, Saffron, Asparagus Sweet potato cubes Stir fry Combinations of Good carbs and Good fats ( Olive oil) (Vegan gluten free super tasty)		PM snack - Baked Vegan Croquettes made from Kale, Flax seed, Fresh corn prepared with almond flour and baked with love .. Require this quick bite to avoid any junkies served with Avacado dil dip	
		BREAKFAST - Good CARB , Low in GI, High Protein Grated Carrot, BASIL, Pine nut, Zucchini baked WAFFLE (Savoury) -Vitamin B12, B6, Iron rich - Farmers Market based Organic HASH BROWNS( no potato) topped with grilled cherry tomatoes + flax seed made from Gluten free & Tapioca flour		AM snack- High protein Pink Coconut Strawberry Vegan based mini Lentil Donuts flavoured in rose water (Gluten free ,Watercress flour, no sugars made from natural ingredients) ( Date based)		Dinner - High Fibre NO BAD FATS - NATURAL PLANT BASED Casserole - High Protein Chickpea, broccoli Peanut Baked Vegan Balls served in coconut Turmeric Cardamon Sauce Layered on top of Red Rice Gluten Free noodles + Baby Corn	
	Timings	8.30am //10am////////		12.30noon //113pm////		07pm//sips of green tea after that	
Day 2	Monday	Detox Juice - Meditate with Detox Cleanser With Turmeric, Brasil Lemon, Mint, Beet, Ginger, Celery and Orange ( Exotic taste) (Must include this to Avoid Thyoids)		Amazing Snack - Good Fat snack should be included here - Avacado Cauliflower Herbed Peanut SPRING ONION Pattie served with Vegan Coleslaw Salad (RAW)		DINNER - ( Cold Mezza) -A smart Good Carb dinner keeps those belly flat for evening times.. SPINACH GINGER DIJON MUSTARD CASEROLE served with TOMATO CHICKPEA STEW + Golden Gown Caserole ( Flax seed based)	
		BREAKFAST -SMILEY BOWL -High Protein nutrients...healthiest breakfast to start- FIGS, Cherries, Raw ALMONDS , CHIA based Overnight Oats - Made from almond milk, Coconut, cherry flavour( natural) Coconut Yogurt( VEGAN & GLUTEN FREE)		Lunch - Vitman D boosted -by our SUPER CHEFS- POWER BOWL - SMOKED Snow Pea IN COWBOY QUESO + Rissotto Pepper baked KOFTA served with Lentil Carrot Caserole ( Right carbs, No flours, No sugars) ( A 3 layer delicious BOWL)		PM SNACK - MINI CHEESE BURGER - So Healthy - made from Gluten free thin bread layered with Scarf Trio Mushroom sauce and layered with VEGAN NUT CHEESE sprinkled with chery tomatoes (MUFFIN STYLE ) ( Low in CARBS)	
	Timings	8.30am //10am////////		12.30noon //113pm////		07pm//sips of green tea after that	
Day 3	Tuesday	DETOX - KIWI, Apple, Apple cidar, chia seeds, Celery. Spinach Detox cleanser ( keep those Brain waves going stronger)		LUNCH -3 layer -SKINNY VEGGIE VEGAN LASAGNA filled with High Protein Bowl served with Herbed PEA + CABBAGE Spinach RICE ( You wont miss your junky foods)		DINNER -LIGHT HAPPY BOWL - Thai Style LEMON GRASS style VEGAN Buritto BOWL layered with BROWN LEMON RICE + Grilled VEGGIES + BEANS ( Chile form) + CRUSHED TOFU	
		BREAKFAST -The purest Form of GLUTEN FREE VEGAN Broccoli Cheddar Molly Sun dried tomato WRAP Stuffed with Grilled Veggies , Filafels and VEGAN TAHINA CHEESE ( perfect balanced mornings)		AM snack -VEGAN HIGH PROTEIN EDAMAME TABOULEH SALAD filled with SMALL CRISPY BAKED ONION RINGS - Lovely combinations to relish RAW ( filled with OMEGA 3)		PM Snack -GUILT FREE Chocolate PEANUT BUTTER Almond flour based WALNUT Sauce SHOTS ( Eat your GUILT FREE DESERTS)	
	Timings	8.30am //10am////////		12.30noon //113pm////		07pm//sips of green tea after that	
Day 4	Wednesday	BREAKFAST - High Fibre, Magnesium based cleansing foods -Gluten Free Vegan Avacado Tomato , SPINACH,Vegan Cheese Pieces, CRISPY veggies ( VEGAN) parsley based Flax seed, Sesame seed based Green Chickpea flour Muffelata ( NO flour or wheat Used) ( Healthy wrap to start your day)		AM Snack - Heavy Right Carb MINI MAC & CHEESE Bites beautifully cooked in Almond Flour cups and VEGAN Artisan herbed cheese served with a spicy Sauce on side		Am Snack - Veggie Quinoa Kabab filled with Vegan pepper Marinara Sauce served with Spicy Chinese Sauce	
		DETOX -Simple meals should be added - Like the Simple celery, lime, Protein tonic loaded with vitamins to balance chemicals in body		LUNCH - Grilled Veggie Vegan buritto Bowls served with Pesto Green rice , Grilled peppers, Steamed broccoli, Green moong Onion Roast, CORN COBS ( can have it cold too)		Dinner - GENERAL TSO - Chinese Garlic Lemon sesame based Potato Wedges, Aubergine Wedges, Peppers wedges sauteed in Light Soya sauce + Sweet chilli sauce ( Gluten free) served with Brown Rice Spring onion Tofu Plate	
	Timings	8.30am //10am////////		12.30noon //113pm////		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,, GOOD FATS , NO FLOUR, GLUTEN FREE - RED RICE NOODLE BASED MUFFIN topped with Meatless crushed balls + sprinkled with Cashew parmesan Powder		DINNER - Simple Hot mezza Asparagus Mushroom peanut walnut BASED SAUCE ( high Protein High Fibre) + EXOTIC PEANUT SPINACH + HERBED MASHED ALMOND POTATO	
		BREAKFAST - MANGO, Cranberry Gluten free WAFFLES, WALNUT, Pepitta Based no yeast, freshly prepared to keep you moving longer( oat based) ( gluten free vegan) (made from OATS) ( Smiles on your face)		LUNCH - HIGH PROTEIN LENTIL BASED BASIL PINE NUT SUN DRIED TOMATO BASED PASTA served with Parmesan Zuchinni + Gluten Free Asian style based Cauliflower Chickpea Sharwama		PM Snack -Vegan gluten free MACHA crème, Pistachio Layered Cake, Orange Almond Cake holding a Granola Base ( good fats in small cups)	
	Timings	8.30am //10am////////		12.30noon //113pm////		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 Muffelatas		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 //113pm////		07pm//sips of green tea after that	
Day 7	Saturday	DETOX -Miracle cure ....Beet,Apple,Carrot,Calery,lime,ginger...Strengthen s 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 giingv the thickness to it		PM SNACK - Dil sesame sweet potatoes baked wedges served with Peanut dipping sauce	