		Holistic Calorie Ratio Pyramid		**HIGH CARB HIGH PROTEIN Meal plan**	-	77 Veggie Catering Approved Meals	
		Carbs per day - 108 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*		fred@77veggie.com	
		Good Fats - 227 gms per day		Gluten Free, Vegan are Anti-inflamatory foods (Works 100%)		combination of RAW AND PAR COOKED FOODS KEEPS HEALTHY PROTEINS IN BODY	
		Estimated Glycemic Load - 60 / per day		60% Organic Ingredients used		We Design to love your body and soul	
		Proteins Per day - 159 gms		CALORIES as per NUTRITIONIST SHEET			
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 //////3pm////		07pm/////sips of green tea after that	
Day 1	Sunday	Protein Drink -THANK YOUR BODY with Cranberry , Blue berry, Apple cider, Lime , Coconut water, Pumpkin seed powder DETOX CLEANSER HAPPY BODY BOOST		Lunch -SPINACH, VEGAN CHEESE SPREAD, BROWN RICE Cooked & rolled in Chickpea flour sushi rolls served with Hummus Dip + Stir Fry Sweet chilli sauce based Peppers + Honey Dew Garbanzo beans		PM snack -Gluten Free Vegan CASHWENUT , Majdool dates BASED VEGAN CHOCOLATE MOOUSE topped ith edible flowers and pepitta Nuts	
		Breakfast -Scotch VEGAN AVACADO Scrambled Egg + Quinao CHESSY PATTIE stuffed inside a Gluten Free BREAD BURGER STYLE Served with MUSTARD VEGAN SAUCE - HIGH PROTEIN, VITAMIN D, Good Carb MEAL		AM snack - Holistic eating - Gluten free Vegan Brocolli, Corn BAKED LOLIPOPS - In round shape and stick form (BEST BITES TO GO) serevd with Tangy Sauce		Dinner - Winter Summer BLISS BOWLS with sweet potato Falafel and Jalpeno RANCH Dressing BOWL - with Vegan Feta CHEESE , GREENS, and LENTIL sprinkles	
	Timings	8.30am /////10am//////		12.30noon //////3pm////		07pm/////sips of green tea after that	
Day 2	Monday	Protein Juice-Vitamin D based Orange, LIME , KALE, PARSLEY PUNCH Protein DETOX JUICE - SAY HELLO TO THOSE CLEAN INTESTINES		AM SNACK - WHO SAYS POTATOES ARE HARMFUL - BIG RED POTATO BASED BIG MAC Potato stuffed baked skins - Stuffed with minced chickpea, vegan mayo sauce , vegan cheesey bites		Dinner -Granny special for evening times....General TSO chickpea stew served with Vitnamese Tofu and Steamed veggies	
		Breakfast -Vitamin D and B12 boosted ACAI BERRY PURPLE BOWL Served with CHIA SEEDS + Kiwi Cut fruits + Banana cut (Overnight Oat Bowl) (purely made from Nuts and Dates)		Lunch - VEGAN GIANT MUSHROOM OAT MEATBALLS Layered with Thick Grandma Tomato Salsa sauce serevd with Lentil noodles on bottom- gluten free and purely high protein based		PM SNACK -SIMPLE COLD SUN DRIED TOMATO WALNUT SALAD - served with Tahina Maple sauce (Vegan and Gluten free)	
	Timings	8.30am /////10am//////		12.30noon //////3pm////		07pm/////sips of green tea after that	
Day 3	Tuesday	Protein Juice - Immune Booster - Melon, Spinach, parsley, Lemon, Flax seed powder based Protein Drink		LUNCH - 3 layer -Gluten free Mac and Cheese(vegan) ((no pasta) served with Stir Fry Veggies & Thick Tomato Ginger Chickpea Caserole		Happy Dinner - Spiced Veggie Veagn Goulash served with Yougurt Dumplings (vegan based) and Tofu chickpea Pumpkin squash Curry	
		Breakfast --Start your day with HEAVY HEALTHY CARB - Beetroot, Flax seed, pepitta powder based Vegan Buritto Bean Wraps with NEW TANGY SWEET SAUCE + pink sauce + VEGGIES(MUST EAT)		AM SNACK - GRABBB to GOO - YUMMY VEGAN COCONUT BASED - Lemon Curd CHIA pudding - Made from Vegan almond & Coconut milk (date & turmeric based)		PM SNACK -Baked gluten free Flax seed flour based WONTON Scraf trio chilli BAKERS CUPS	
	Timings	8.30am /////10am//////		12.30noon //////3pm////		07pm/////sips of green tea after that	
Day 4	Wednesday	Breakfast -HEALTHIEST GUILT FREE VEGAN MAJDOOL DATE based LENTIL donuts designed with Fresh edibel flowers and Cranberry sauce and shells (NO SUGARS, NO FLOURS)		AM Snack -NOODLE BOX - Lentil Noodles sauteed in red pepper AVCADO peanut sauce yopped with zuchinni fritters (Feel happy and lite)		PM SNACK - Healthy foods come in by smart ingredients...Vegan Creamy Tofu Ricotta served with Zaatar thin crackers.	
		Protein Shake -Simple celery tonic loaded with vitamins to balance chemicals in body		Lunch -Gluten Free Vegan Rainbow Veggie Italiano Pizza (made from Grain free and Carbs (low in carbs) (vegan style)(Aubergine Base)		Dinner - Clean eating vitamin B12, Vitamin D boosted Asparagus, Quinao Stir fry in Miso Sauce (Vegan) served with Marinated TOFU and peppers in light Ginger peanut Soya sauce	
	Timings	8.30am /////10am//////		12.30noon //////3pm////		07pm/////sips of green tea after that	
Day 5	Thursday	Protein Drink- Antioxidants loaded extraordinary berry smoothie		Am snack -High Fibre, boosting those tired muscles, reviving by Oatbased Quinao Mushroom Bean Burger Pattie gluten free - served with Cilantro tahina sauce		DINNER - Vegan Cheese cubes, Ganochi, Peppers in lovely Tomato Oregano Italian sauce with Walnut cashewnut pinenut sauce served with Amarnath Veggie pot (Gluten Free)	
		Breakfast - PALEO Vegan Gluten free Yummy Best Vegan Omelette with mushrooms & Aubergines folded in vacado thick cashew sauce & White Ranch Sauce		Lunch - Iron Rich - Stuffed Elmony Spinach with Roasted pine nuts served with Cyclindrical Zuchinni kababs and Thick Red Roma Tomato cashew Sauce		PM snack - Nut based Flourless, NO WHEAT USED,Vegan gluten free Blueberry chocolate vegan crème raspberry soufle (77 Veggie special)	
	Timings	8.30am /////10am//////		12.30noon //////3pm////		07pm/////sips of green tea after that	
Day 6	Friday	High protein Shake - Peanutbutter Almond mily shot		Tyroid controller Brocolli baked pattie (bakes) served with Mint Cilantro sauce		Glten free low carb baked stuffed Carrot pomegranate spring rolls (vegan cheeseoptional)	
		Gluten free iron rich Spinach Jacket with peppers,spinach,pomegranates, marianated sauce wrap		Spinach,brocolli,Feta ginger based Quiche(gluten free and crustless) served with Salsa sauce		Mild scalloped cheese peanut pepper corn balls served with salads on side	
	Timings	8.30am /////10am//////		12.30noon //////3pm////		07pm/////sips of green tea after that	
Day 7	Saturday	Miracle cure ....Beet,Apple,Carrot,Calery,lime,ginger...Strengthens immunity and pancreas		Sun dried tomatoes,Molly,sprouts,almonds,red onions,flax seeds,lettuce tossed in vegan italian cheese,oliveoil,lemon and orange juice (cold mezza)		Balti low fat potatoes sauteed in aubergines,pepers and tomatoes.	
		Filafel Gluten free Wrap served with avacados and cucumbers in tahina sauce		Spinach,pea crushed soup style with light almond milk touch giivng the thickness to it		Dil sesame sweet potatoes baked wedges served with Peanut dipping sauce	