

<u>Holistic Calorie Ratio Pyramid</u>	<b>July 2nd week 2018- Plant based Clean Meal plan</b>	77 Veggie Catering Approved Meals
Carbs per day - 84 gms	Avoid drinking water after meals	<a href="http://www.77veggie.com">www.77veggie.com</a>
Sodium Per day - 1100 milligrams per day	Meals prepared in <b>FIRST COLD PRESS Olive oils and Himalayan PINK Salts</b>	<a href="mailto:mary@77veggie.com">mary@77veggie.com</a> // <a href="mailto:fred@77veggie.com">fred@77veggie.com</a>
Good Fats - 50gms a day//Sat. fats- 3gms	<i>Gluten Free, Vegan are Anti-inflammatory foods (Works 100%)</i>	combination of RAW AND PAR COOKED FOODS KEEPS HEALTHY PROTEINS IN BODY
Estimated Glycemic Load - 60 / per day	Veggie based vitamins are absorbed faster in body	Organic items used ( no artificial preservatives )
Proteins Per day - 100-120gms	<b>1300-1400 calories per day</b>	<a href="#">2000 receipes we hold to serve you</a>



"Healthy, Vegan, Affordable,  
Full of Good, Good"



July 02nd week -3 main meals with 3 snacks - pure plant based clean meals (organic)							
Date	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul	14-Jul
Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Detoxifying Juice</b>	Detox-Natural Medicinal detox Shake having Green Apple, Cucumber, Flax seeds,Celery,Ginger...Weight loss strengthner and GUT cleaner	Detox - Simple Immune green booster - Cantaloupe,spinach, Brazil lemon, Orange slush...cleansing brings brain waves stronger - Metabolism booster	DETOX -Lemon, Orange, Kiwi Infused Detox Cleanser- MINT & CUCUMBER INFUSED( did u know cucumber helps in weight loss)	Detox - Antioxidants loaded extraordinary BERRIES, BANANA, NUT SMOOTHIE( HIGH PROTEIN)	Detox - Simple Green juicing blended with Spinach, kale, parsley, lemon, ginger, Flax seed, Chia seeds - Must add this to once a week	DETOX - Miracle cure ...Beet,Apple,Carrot,Calery,l ime,ginger...Strengthens immunity and pancreas	Detox - Watermelon Rose Slushie refreshing till the intestines clean up...yoga type slush ( must have )
<b>Protein Based Breakfast 8am</b>	Breakfast -High protein Flax, Pepitta, Sunflower,Sesame seed based Vegan Gluten free WRAP filled with Crispy Veggie hot dog balls, lettuce, Avacado, Dill tatziki Sauce( No soy) *Organic veggies and vegan ingrdients used)	Breakfast - High Protein Scrambled Tofu Veggies sauteed in Avacado Scarf Trio Dressing loaded with pepitta and caramelized onion( health in your box)	Breakfast - Vitamin D and B12 boosted with Overnight Oats,Chia, Coconut Granola, Vegan crême(peanut butter) (sugarless)Date based Mango layer, Lemon zist, Rasperry cake flavours to enhance taste and nutrients...health on the GO	Breakfast -Start your lovely Day with Baked Cauliflower Hash browns(no potato) ( no flour) gluten free Vegan yummy style served with Vegan Omelet filled with Avacado, Spinach and Mushroom	Breakfast - New version of challenging high packed nutrient based Blueberry Avacado Gluten free Pancake, Made from strictly coconut flours and no yeasts or nbaking powders use...pure clean meals	BREAKFAST - VEGAN Omelette - Aubergines,zucchini tomato flax , hemp seeds high protein Chick pea flour vegan mufellatas served with grilled red cherry tomatoes	Breakfast -Rainbow style Overnight Oats served with Pistachio,walnut,peanut butter,berries,overnight Oats with Granola and Macha surprise flavour blend ( green protein seed based power)
<b>Cleansing Am Snack 10:00am</b>	AM SNACK - 1 RAW A DAY keeps the doctor Away( Organic Veggie Salad skinny Bowl made from 7 veggies topped with Walnuts, Pepitta, Sun dried tomatoes)	AM Snack - Thyroid controller Broccoli baked round thin high protein pattie ( bakes) served with Mint Cilantro Vegan sauce	AM Snack - Fill it with Love with your very most light - 7 MASON JAR - Salad in 7 layers in a cup( Vegan) ( filled with Pepitta, sunflowerseeds)	Baked high protein Mini Murfums (77 veggie special) in mall square types chickpea flour based stuffed in veggies	Everybody's favourite in healthy style- Sun dried tomato pesto Canopy ( flower pots) - Made from no flours, baked with bean and proteins	Avacado Hummus nut based Dip served with simple carrot and cucumber sticks	AM snack - High Fibre, boosting those tired muscles, reviving by Oatbased Mushroom Bean Burger Pattie gluten free - served with Cilantro avacado sauce
<b>Healthy Protein Lunch 12.30noon</b>	Lunch - Vegan Basil Pesto Based 10 Veggie PALATE Sauteed & steamed , served with Pepper Walnut TOFU mujadhara sauce and 2 spoon of Brown LOW GI rice( balanced Protein PLATE)	LUNCH - Butternut Squash Macroni and cheese recipe...who says junk food cannot be prepared in healthy style and tastier (purely Vegan style)served with parsley herbed Chickpea + Str Fry Peppers	Lunch with 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	Lunch -5 - Eat right , Eat light, the Best Skinny Vegan, High Protein Burrito Bowls served with Green snow pea( veggie) and Asparagus vegan cheese Caserole to Fuel your Body	Vitamin B6- B12 - Lunch-The Healthiest High protein Lentil Pasta tossed in Basil tomato vegan cream served with Parcooked Spinach ginger onion	LUNCH - Easy Enchiladas + Ramen style Carmelized Broccoli + Cooked sprouts + white creamy Vegan potato caserole+ tacos... loaded with Vitamin D, and bone improvement( gluten free)	DINNER- 2 layer Red BiStro Sizzler (10veggies) sauteed in lovely italian herbs served with crushy carmelized onions+ carmelized asparagus
<b>FAT FREE , NO CARB Pm Snack 3pm</b>	PM Snack -Mini Zucchini Pizza base topped with delicious grilled veggies grated beetroot and jalepeno( no soda no Yeast) served with Cauliflower Alfresco Sauce( No flour used)	Who says sweet is bad for health...proven healthy...Here we have Raspberry Zinger Date Energy Bites made from Almond Butter,Coconut,Raspberries, Cranberries and dates ( no sugars at all)	Am Snack - Veggie Quinao Kabab filled with Vegan pepper Marinara Sauce served with Spicy Chinese Sauce	PM snack - Vegan gluten free Coffee Raspbaerry Zist Brownie ( made from coconut and almond flours) ( date based)	Easy PM Snack - no complicated foods with clean eating -Scallion Herbed Crispy Fritters (Gluten free ) ( Low in carbs) served with Spring onion ginger schewan sauce	PM snack - Gluten Free Vegan jaggery based Velvet pine nut cake made from Almond flour, watercrest flour, starwberry essence,crushed pine nuts,sprinkled with cocoa powder(100% pure) no sugars only at 77 Veggie	PM Snack - MINI salad PALATE served with Batata HARRA ( herbed baked potatoes) ( low Carb) served with Vinegrette Sauce
<b>Nourishing Dinner 07pm .post sips of green tea</b>	Dinner - Chitpotle Bowl - High Protein - Mexican style - Minced Veggies , Tofu, Ca emelized mushrooms, onions, Snow pea, Green pea Glaucomole ( very tasty and yummy) Magnesium - 100mg	Keep life happy with simple dinners- Roasted Brussel sprouts and Broccoli beautifully light sauteed in Thai Sweet potato Vegan Sauce ( Paleo) served with lemon, Peanut pad thai Spinach Cabbage	Dinner - Clean eating vitamin B12, Vitamin D boosted with Vegan Cheese, Mushroom,parsley,White Pea based Meatless Salisbury balls sauteed in lemon grass Tangy sauce (no soy) served with CABBAGE PEANUT Long Green beans	Dinner - Should be completed with Balanced Protein of yellow Lentil Chilli Stew Served with Coconut Peanut based Cabbage balls served with your Snow pea	Lunch- Heavenly Yummy Vitamin D based, Asparagus, Green & Yellow Zucchini Corn Based Almond Milk Chowder sauteed in light ginger,sesame, walnuts,chilli served with Parsley,Mint Baked spiralized Spaghati Squash topped with Vegan Cheese and Organic Herbs	Dinner -Two layer Fibre filled, Protein packed VEGAN Lasagna served with Broccoli and cheese	Dinner - Simple High Iron, Magnesium based Spinach Chickpea Arbiatta Meal served with Grated light sauteed cabbage in mustard seeds

OFFICE VEGAN MEALS

We Are 100%

- ✓ Vegan
- ✓ Gluten Free
- ✓ Low Carb
- ✓ Dairy Free
- ✓ Fresh From Farm

