

		Holistic Calorie Ratio Pyramid		WEIGHT LOSS MEAL PLAN - Plant based Clean Meal plan		77 Veggie Catering approved meals
		Carbs per day - 40 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 - 70gms a day//Sat. fats- 3gms		Gluten Free, Vegan are Anti-inflammatory foods (Works 100%)		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		
		Proteins Per day - 90-100gms		WEIGHT LOSS MEAL PLAN		2020 recipes to enjoy

WEIGHT LOSS MEAL PLAN 3 main meals with 3 snacks - pure plant based- High Protein

Days	Give your body happy foods	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 //11/3pm////		07pm//post sips of green tea	
Day 1	Sunday	Detox- Loads of Vitamin D, GREEN POWER JUICE - PARSLEY, SPINACH, CUCUMBER, ORANGES, SUNFLOWER SEED POWDER, PINCH OF DATE SYRUP		Lunch -SUPERB HIGH PROTEIN - Lentil VEGGIE LOAF made from Nuts and Flax MIX, Onions, Pure clean ingredients added served with Spinach Kale SPREAD + Mashed Potato Herb scoop (Greek touch)		Dinner - Light Dinners GOOD CARBS - VEGGIE BROWN RICE Bean Jumbaliya served with Vegan Mexican Chille & Stuffed OAT Onion Rings with Chipotle Sauce	
		Breakfast -Vegan Omelete Filled inside a Big Gluten Free Bread BUN stuffed with Veggie delight and Avacado Tomato baked well in Olive Oil and Vegan Cheese(Nut based and Good Carbs)		AM Snack -Guilt Free Sweet potato & Feta Tart (Vegan) flavoured with Italiano dressings and herbs (Baked in low temperatures)		Light PM bites...Oat based Red Velvet Vegan Cashewnut Cheesecake (made from Gluten free almond flour & Olive oil) (Good fats to keep those bad fats melting)	
	Timings	8.30am //10am/////		12.30noon //11/3pm////		07pm//post sips of green tea	
Day 2	Monday	Breakfast - BUNDLE OF VITAMIN JAR - Plant Based Carrot Cake, Pepitta seed, Pumkin seed based , Medjool dates, Almond milk, Based OVERNIGHT OATS filled with Berries and Kiwi		Lunch- BAKED in Hevenly Style - Vegan Pasta Primavera With Protein based Broccoli, Snow pea & Kale designed with Veggie Vegan Chunky Portabello Patties served with spicy Ginger garlic sauce		Dinner -2 Layer simple light Vitamin D , High protein dinner plated in Chickpea Spinach Cheese in English flavours stuffed Peppers , designed in baked style veggie pot served with BABY CORN and Asparagus	
		DETOX - Green Apple, Cranberry, watercress GUT CLEANER Detox juice deliciously designed with Lemon ginger pieces		AM snack -Key Lime Pie Chia Pudding prepared with Lemon zist and almond milk- GUILT FREE CLEAN EATING		Pm snack -Simple Crunchy Thai Peanut & Quinoa Salad (made from spirals veggies, protein based) (keep those good foods clean your gut)	
	Timings	8.30am //10am/////		12.30noon //11/3pm////		07pm//post sips of green tea	
Day 3	Tuesday	Breakfast -GOOD CARB - Zucchini Sweet potato Protein Waffle made from BRAN & Oats - stuffed with Pesto Avacado Sauce, Scrambled egg (vegan)Grilled Veggies, Vegan Cheese & Cherry Tomatoes (Need to eat mandatory carbs)		AM snack -Protein Power ball -OAT DATE COCONUT Based peanut butter DOODLE based PROTEIN BALLS - RAW & NUT BASED only - stuffed with Walnut,Almond,Cashew,Raisins		Dinner - AHA - FIBROUS SPROUTS , PAR COOKED VEGGIES, Budha Bowl Style served with Chickpea Teriyaki Sticks (filling but light on tummy)	
		Detox Cleanser - with Lemon, Mint,coconut water drenched in cucumber pieces - see those guts cleaning by this blend		Lunch - Vegan Wellington made from lentil, veggies in lovely simple Rosemary Sage flavours topped with Vegan Worcestershire Sauce and Flax seed powder served with Grilled cooked spicy sun dried tomatoes and Broccoli		PM Snack - FINGER HEALTHY FOODS _ BASIL PESTO Ricotta Vegan SHELLS made from Nut made cheese and Kidney bean	
	Timings	8.30am //10am/////		12.30noon //11/3pm////		07pm//post sips of green tea	
Day 4	Wednesday	Detox juice - Immune Booster - Melon, Parsley, Lime, Ginger, Celery Glass Shot for cleansing that skin and intestines		LUNCH - Heal the tummy with baked Zucchini fritters served with Quinoa baby corn caserole - Buffalo Tofu Wings (baked) in lovely protein based Italian sauce		DINNER - Vegan Gluten free Lasagne with Lentils, Spinach, pesto, pine nut based served with Vegan veggie Light Sushi rolls + grilled veggies on side	
		Breakfast -WAFFLE TIME - Gluten Free Made from Oats, Nuts, Berry Juice, PURPLE YAM WAFFLES topped with COCONUT CREAM FRUIT SHOTS		AM SNACK - HIGH PROTEIN, Haemoglobin boost ,Beetroot Hummus tahina served with smoky pine and walnuts and veggie sticks		PM snack - Simple Scarf Trio chilli Bakers made with mixed peppers in Simple flavors topped with asparagus small sticks (baked) (Grab and go)	
	Timings	8.30am //10am/////		12.30noon //11/3pm////		07pm//post sips of green tea	
Day 5	Thursday	Detox juice - THICK PROTEIN SHAKE - Strawberry Banana Almond flax seed based SHAKE - Clean and Protein based		Am snack -Gluten free Vegan easy pesy Macaroni Salad made with delicious 8 kind of veggies and Gluten free lentil Macaroni		PM snack -Vegan Pinenut strawberry shortcake & chocolate crumbled nut toppings...Date based Gluten free-not much baking (yeast free)	
		Breakfast - BEST VEGAN OMELETE IN TOWN - Aubergines,zucchini tomato flax , hemp seeds high protein Chick pea flour Muffelatas (Omlette roll) (Spinach based)		Lunch -Keep those office lunches fun - Gluten Free Vegan Rainbow Veggie Italiano Pizza base made from cauliflower and zucchini) and Carbs (low in carbs) (vegan style)		DINNER - Heavenly Yummy Vitamin D based, Iron rich-Kale, Spinach Tofu Caserole serevd with sweet potato Baked sticks & a Tangy spicy sauce on side	
	Timings	8.30am //10am/////		12.30noon //11/3pm////		07pm//post sips of green tea	
Day 6	Friday	DETOX - Pinacolada(Strawberries , blue berries Laban)...clearing those hidden fats in body		AM SNACK - Baked high protein Mini Murfums(77 veggie special) in mall square types chickpea flour based stuffed in veggies		Dinner - Cauliflower Risotto with Roasted Mushrooms layered with Vegan cheesy Spinach bake layered with flax seed walnut powder completing its fibre and protein content added with Lentil zucchini	
		BREAKFAST - Simple Italian tomato tofu AVACADO WRAP made from gluten free nut ingredients		Lunch - Complete your Box with this 2 Layer - Lovely Thai lemon grass Asparagus,Celery, Veggie Curry served with Pesto Greek Brown Rice sprinkled with Saffron and Mushrooms (Meditation bowl)		PM SNACK -Gluten free noodle cheesy spring rolls...pure vegan thai style	
	Timings	8.30am //10am/////		12.30noon //11/3pm////		07pm//post sips of green tea	
Day 7	Saturday	DETOX - Glow your skin...Fresh Peach Flax seed smoothie		LUNCH- Truly Divine BOWL -Gluten free Red Rice Noodles + Baked veggie balls sauteed in Light walnut turmeric ginger sauce + Light stir fry broccoli sesame style		Easy PM Snack -Grain free Gluten free Broccoli Cheesy sticks made from Psyllium husk and nutritional yeast (vegan) (GOOD FATS, Vitamin D , FIBRE)	
		BREAKFAST - Yummy Banana Chocolate Berry Pancakes made from Almond flour, Oats & olive oil (almond milk based served with fruits on side		AM SNACK - Cold greek Light Gluten free pasta Salad		Dinner -Two layer Fibre filled, Protein packed VEGAN Lasagna served with Broccoli and cheese	