

7-DAY MEAL PLAN

RITA MAY

	Breakfast	Lunch	Snack	Dinner
Monday	Berry protein smoothies	Mexican salad with Tempeh bacon	Veggies with hummus	French lentil soup
Tuesday	Minty chocolate smoothie	Buddha bowl	Veggies with peanut butter	Raw bowl
Wednesday	Iron rich immune boosting beetroot smoothie	Mexican salad Chocolate chia pudding	Veggies with nuts	Tofu scramble with mushroom Choc chia pudding
Thursday	Matcha green smoothie	French lentil soup garlic mushrooms, Brussel sprouts	Fruits	Guacamole, salad, veggies
Friday	Chocolate raspberry oatmeal	Brain- and mood boosting, salad	Veggies with hummus	Mushroom & pea soup with spelt dumplings
Saturday	Tropical green smoothie	Creamy leek soup	Soy yoghurt with berries	Zucchini noodle with tomato sauce
Sunday	American protein pancakes	Portobello burger Sweet potato chips Kale chips	Peanut butter chocolate banana ice creme	Quinoa tabbouleh

About the meal plan

This is a gluten-free, plant-based meal plan following the rules of Dr. Fuhrman's nutritarian, nutrient-dense diet approach (described in his book: Eat to live) for weight loss. If you don't want to lose weight, you can still eat the same food for the health benefits but in larger quantities.

I recommend you to try this healthy, plant-based meal plan but if you can't live without animal products, you will find suggestions at the end of the recipes on how to incorporate them.

If you want to use cow's milk, you can, but I don't recommend it. The protein powder is not essential, you can also omit it. Introducing animal products may slow down weight loss.

The portions are suitable for a 50 - 55 kg woman. Of course, if you are heavier (or lighter) or you are a man, or very active the portions should be adjusted accordingly.

I recommend a warm drink in the morning (tea, coffee, barley coffee with about 100 ml plant milk and optional stevia) either with breakfast or before it. This way you can have breakfast a bit later, around 9 o'clock.

About the meal plan

Whenever you get hungry eat some fruit, drink a similar warm drink again or a refreshing cold low-calorie drink, e.g. lemonade with stevia, fruit-infused water (fruits and mint soaked in water), mineral water, etc. Drink at least 8 glasses of water during the day.

This meal plan contains food that you may not like and that's normal. Everyone has their own food preferences.

For a personalized meal plan that takes into account your food preferences, lifestyle, activity level, age, diet history, hormonal and other health issues contact me at hello@ritamayblog.com or book a 20-minute free discovery call:

<https://calendly.com/ritamayblog/free-consultation>

In my opinion, there is no One-Diet-Fits-All. We will choose a way of eating that you like because that's the one you will be able to sustain in the long term.

My health coaching service is a unique blend of nutrition advice, delicious recipes, stress-reducing techniques, and mindset hacks to change your habits and achieve all your goals easily. It isn't a simple meal plan, it's a holistic approach to achieve wellness.

Book a free 20-minute discovery call: <https://calendly.com/ritamayblog/free-consultation>

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DAY 1

Breakfast

Berry protein smoothie (1 portion)



1 banana
1/2 cup fresh berries (or frozen)
1 tbsp peanut butter
1 tbsp vegan protein powder
2 cups fresh spinach (or frozen)
1/2 cup almond milk (or
other plant milk)
Water
Blend the ingredient with
water to the desired thickness.

DAY 1



Lunch

Mexican salad with tempeh bacon (1 portion)

1/4 - 1/2 avocado

1 cup cherry tomatoes

Chipotle chili (or smoked paprika)

1/2 cup corn

1/2 tin black or kidney beans (or cook your own)

1 cup kale, 2 cups lettuce

1/2 - 1 lime, Taco spice

1/2 Tempeh or tofu block

1 - 2 tbsp soy sauce

Chop the greens and the tomatoes and mix with the beans and corn.

Make a salad sauce from the avocado, lime and taco spice with some

water. Slice the tempeh or tofu and fry both sides in a little coconut oil.

Pour the soy sauce over them and fry for 1 more minute. eat the salad with this tempeh bacon.

Tempeh can be substituted with chicken breast.

Snack

Veggies with hummus (1 portion)



Cut up carrot, peppers, kohlrabi, celery, mange tout, etc. and eat it with 1 tbsp hummus

Dinner

French lentil soup (4-6 portions)



Recipe from the cookbook: Isa Chandra Moskowitz és Terry Hope Romero "Veganomicon"
The recipe can be found here too:
<http://www.theppk.com/nomicon.html>

DAY 2

Breakfast



Chocolate mint smoothie (1 portion)

1 banana
1/2 cup berries, e.g. blueberries (or frozen)
3 dates (or stevia)
1 tbsp hemp seed (or chia, or linseed)
1 tbsp sugar-free cocoa powder (or raw cacao)
2 cups spinach (or frozen)
1/2 cup almond milk (or other plant milk)
water

Blend the ingredients.

DAY 2



Lunch

Buddha bowl (1 portion)

2 cups lettuce
1/2 cup cooked quinoa
1/2 tin chickpeas

Steamed Brussel sprouts or broccoli or asparagus

1 tbsp apple cider vinegar

1 tbsp tahini

1 date (or stevia)

1/2 cm fresh ginger (or as much as you like)

1 tsp miso creme

Cook the quinoa according to package instructions (you can make more, you will need it during the week). Make a salad sauce from the apple cider vinegar, tahini, date, ginger and miso with some water in a blender. Put the rest of the ingredients on a plate and pour the sauce over.

Tip: You can have some grilled fish as well if you need to.

Snack

Veggies with peanut butter

Cut up carrot, peppers, kohlrabi, celery, mange tout, etc. and eat it with 1-2 tbsp peanut butter (or other nut butter or just simply a handful of nuts or seeds).



Dinner

Raw bowl (1 portion)

Recipe from 82 years
old triathlon
Iron lady Ruth Heidrich.
<http://ruthheidrich.com/>

- 3 cups greens (the greener the better)
- 1 big carrot, 1 1/2 tomato
- 1 yellow pepper (or other colors)
- 1/2 head raw (or lightly steamed) broccoli
- 1/4 cup sauerkaut (or kimchi)
- 1 clove grated garlic (or garlic powder)
- 1 tsp mustard, 1/4 tsp curry powder
- 2 tbsp apple cider vinegar, salt, pepper

Chop the veggies, grate the carrots. From the last 5 ingredients make a salad sauce and add it to the vegetables.

Tip: you can add grilled chicken.

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DAY 3

Breakfast



Iron rich immune
boosting beetroot
smoothie
(1 portion)

- 1 beetroot
- 1 orange
- 1 apple
- 1/2 banana
- 2 cups spinach
- 2 tbs hemp seed (or chia, flaxseed)
- 1 cm fresh ginger
- 1 cm fresh turmeric (optional)
- 1/2 lemon, water



Lunch

Mexican salad (1 portion)

Repeat Monday's lunch with the leftover beans and corn. Use 1/2 cup cooked quinoa instead of the tempeh bacon.

Dessert

Csokis chia puding (2 portions)



2 tbsp chia seeds

1/2 tbsp sugar-free cocoa powder or carob

1/2 cup almond milk (or other plant milk)

Stevia

Blueberries or other fruit

Mix everything (except the fruits) together and let it sit until it thickens.

Serve it with fruit.

Eat half of it after lunch and the other half after dinner.

Snack

Veggies with nuts

Cut up carrot, peppers, kohlrabi, celery, mange tout, etc. and eat it with a handful of nuts or seeds).



Dinner

Mushroom tofu scramble (1 portion)

200 g mushrooms

1/2 tofu block (or 2 eggs)

1 cups greens (kale or spinach)

1/2 tsp garlic powder or fresh garlic

1/2 tsp turmeric

1/2 tk kala namak salt (this makes the eggy smell and taste)

Pepper, sauerkraut

Clean and slice the mushrooms, break up the tofu with your hand. Fry the mushrooms in a little bit of coconut oil for a few minutes, then add the tofu and cook them together. Add turmeric, kala namak, pepper and the greens and cook them with a little bit of water till the greens are wilted. You can also add chili or chili sauce. Instead of bread eat it with some raw vegetables, e.g. peppers and sauerkraut.

DAY 4



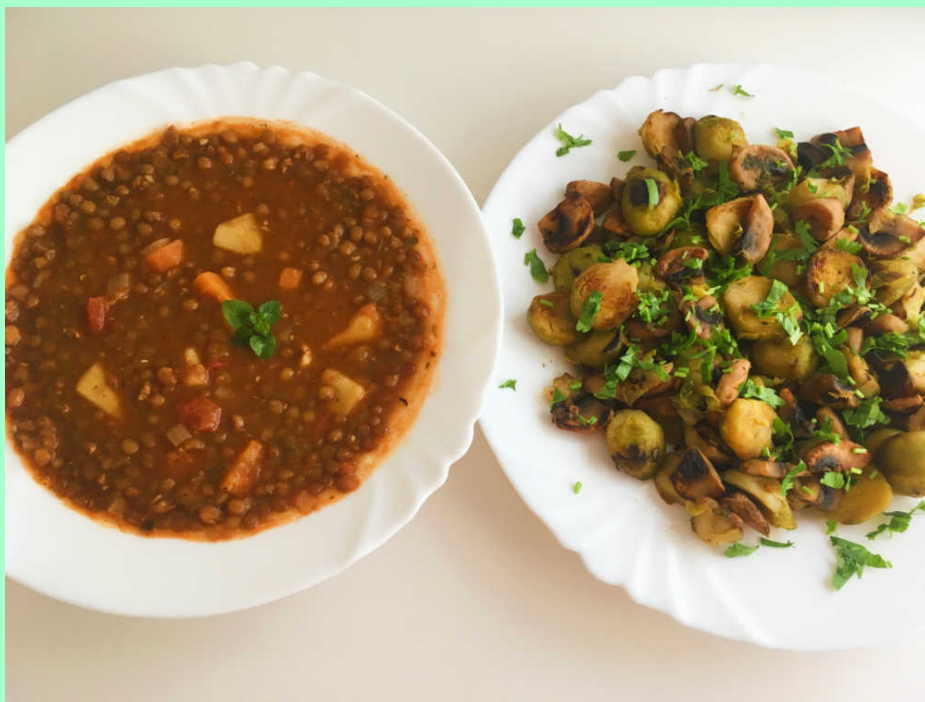
Breakfast

Matcha green
smoothie
(1 portion)

1-2 cups spinach
1 tsp matcha powder (Japanese green tea)
1 portion plant protein powder (+ vanilla + stevia)
2 tbsp flaxseed
1/4 - 1/2 avocado
1 cup almond milk (or other plant milk)
Ice/water

Blend the ingredients.

DAY 4



Lunch

Leftover lentil soup with garlic mushrooms and Brussel sprouts (1 portion)

1 portion of french lentil soup

20 dkg mushrooms

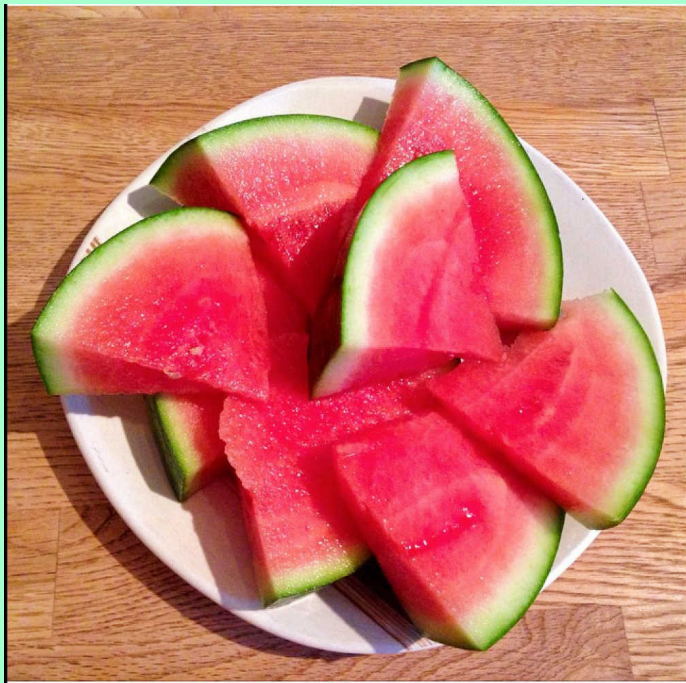
Leftover Brussels from Buddha bowl or asparagus/spinach/kale/broccoli

1 clove garlic or garlic powder, salt, pepper

1 tsp coconut oil

Parsley

Fry the chopped or grated garlic in the coconut oil, add the mushroom and the spices and cook until it's nice and brown. Add the Brussel sprouts or other greens and fry them together. Eat the soup and the vegetables together.



Snack

Fresh fruit

Any seasonal fruit (kb. 20-30 dkg)
(except tinned and dried fruit).

Vacsora

Guacamole,
salad,
veggies
(1 portion)



1/2 avocado, 1 tomato finely chopped, 1/4 red or spring onion finely chopped, lemon juice, 1 bag of lettuce/greens, (smoked salmon), veggies (carrot, pepper, celery, cucumber), wholemeal or low carb tortilla triangles baked in the oven

Make guacamole from the avocado, onion, tomato, lemon juice, chili, salt, and pepper. Dip the veggies and tortilla chips into the guacamole. Make a salad sauce from lemon juice, salt, and pepper and serve it with the lettuce leaves. You can have smoked salmon with it if you need to.

Make the breakfast for tomorrow tonight!

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DAY 5

Breakfast

Chocolate
raspberry oatmeal
(1 portion)



1/2 cup oats

1 cup almond milk (or other plant milk)

1/2 - 1 tbsp sugar-free cocoa or raw cacao or carob

1 tbsp ground flax seed

1 tbsp coconut flakes

1/2 cup frozen raspberries (or fresh)

stevia

Mix everything in a bowl, cover and keep it in the fridge overnight. In the morning add a bit more milk if necessary and enjoy this yummy dessert-like breakfast.

Lunch

Brain- and mood boosting salad with seeds (1 portion)



3 cups salad greens, 1 carrot, 5 cherry tomatoes
1 cup cooked chickpeas (freshly cooked or tinned)
1 ½ tbsp pumpkin seeds, 1 tbsp sesame seeds
Salt, pepper
½ lemon juice
(1 tsp extra virgin olive oil)
(¼ red onion finely chopped)

Wash and chop the salad greens. Peel the carrot and make ribbons with the peeler from it. Chop the tomatoes and onion. Sieve and thoroughly rinse the chickpeas to prevent bloating. Dry fry (without oil) the seeds in a frying pan. Mix everything in a salad bowl.

You can also eat some low-calorie fruit if you are still hungry.

Tip: you can add ½ cup cottage cheese too.

Snack

Veggies with hummus (1 portion)



Cut up carrot, peppers, kohlrabi, celery, mange tout, etc. and eat it with 1 tbsp hummus.

Dinner

Mushroom & pea soup with spelt dumplings (4 portions)

Soup



1 tbsp oil, 3 medium carrots, 50 dkg mushroom, 1/2 kg peas, 1 bunch parsley, 1 tbsp spelt flour, 1.5 tbsp paprika, 2.5 l water, salt, stock
Fry the chopped carrots and mushroom in the oil, add the peas and the chopped parsley. Saute together for about 15 minutes. Add a little water if necessary. Sprinkle the flour and paprika on and mix. Saute for a minute, then add water, salt, stock and cook it until it's ready.

Dumplings

1 cup spelt flour, 1 tbsp ground flaxseed, salt, 100 ml water
Mix the ingredients, make dumplings and cook them in the soup.

Tip: the mushroom can be substituted with chicken breast.

DAY 6

Breakfast

Tropical protein smoothie (1 portion)



- 1 banana
- 1 tbsp coconut flakes
- 1/2 cup fresh or frozen mango
- 1/2 cup fresh or frozen pineapple
- 1/2 cup fresh or frozen raspberry
- 1/2 cup plant milk
- 1/2 portion vegan protein powder

Blend everything and enjoy it.

Lunch

Creamy leek soup (1 főnek)



1 leek

1 potato (or more leek)

1 tsp oil

1 ½ cup stock

500 ml plant-based cream

Salt, pepper (dill or nutmeg)

(1-2 eggs)

Wash the leek and chop it. Peel and chop the potato. Saute the leek for a few minutes in the oil. Add the stock, salt, pepper, dill or nutmeg and potato. Cover it and cook for 25 minutes at low heat. Blend it with a blender or handheld mixer. Add the plant-based cream.

Serve it with sauteed mushroom, spinach, garlic, lentil mixture.

Optional: it can be also served with boiled eggs.

Snack

Yogurt with berries (1 portion)

250 g Alpro almond or soy yogurt

½ cup fresh or frozen berries

stevia

Mix together and enjoy it!

Dinner

Zucchini noodle with tomato sauce (1 portion)



1 large zucchini, 1/2 tin chopped tomatoes or 2-3 cherry tomatoes, 1 clove garlic, Italian spice mixture, salt, pepper, (fresh basil and oregano), 1/2 Californian pepper chopped, 2 cups chopped green leaves (arugula, kale, spenót, broccoli, etc.), 1/2 tin white beans, nutritional yeast, 1 tsp olive oil

Saute the garlic in the oil, add the tomatoes, spices and cook it for 20-25 minutes covered. Make noodles from the zucchini with a peeler or a spiralizer. Mix it with the chopped pepper, cherry tomatoes, and greens and pour the finished tomato sauce over them. Add nutritional yeast and fresh herbs according to taste.

Tip: you can use cheese instead of nutritional yeast.

Put a ripe peeled sliced banana in the freezer for the dessert tomorrow. .

DAY 7

Breakfast

American protein pancakes with berries (1 portion)

1/2 cup (glutenfree) oats

1/2 cup plant milk

1/4 cup vegan protein powder

1/4 cup banana (or apple sauce, pumpkin puree)

1/2 tbsp ground flaxseed

1 tsp baking powder

Vanilla aroma, a pinch of salt, optional cinnamon

Blend the ingredients with a blender or handheld mixer and cook small pancakes in a little bit of coconut oil.

The full recipe is on the blog:

<http://ritamayblog.com/en/extremely-simple-vegan-protein-pancakes/>



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Lunch

Portobello burger, sweet potato & kale chips (1 portion)



2 big Portobello mushrooms

1 tbsp soy sauce

2 tbsp balsamic vinegar

1 sweet potato

1 bunch of kale

Oil, mustard, ketchup, vegan mayo, (avocado)

Clean the mushrooms and remove the stalk. Mix 1 tbsp olive oil, the soy sauce and the balsamic vinegar and marinate the mushrooms in this mixture. Wash the sweet potato and cut it to chips shapes.

Wash the kale leaves and dry them with a paper towel. Cut out the stems and tear leaves into large pieces.

Preheat the oven to 200°C (390 F). Spray it a little bit of oil on the sweet potato and kale, and massage the oil into the kale leaves. Put the sweet potato on baking paper in a tray and bake them for 10 minutes. Turn them over, add the kale leaves too and bake both of them for about 5 minutes. Take them out of the oven and add salt.

Portobello burger, sweet potato and kale chips (1 portion)

cont.

In the meantime grill the mushrooms. Serve the mushroom burgers with mustard, ketchup, vegan mayo, and the sweet potato and kale chips.

Tip: You can marinate and grill a chicken breast.

Dessert

Quick peanut butter & chocolate banana (ice) cream (1 portion)

1 (frozen) ripe banana

2 tbsp sugar-free peanut butter or other nut butter

Vanilla aroma,

stevia

2-4 tbsp almond milk

1-2 tbsp cacao nibs or dark chocolate chips

Blend the ingredients (except the cacao nibs). Add the almond milk slowly, you may need less/more. Stir in the cacao nibs and enjoy it straight away.

If you don't want to eat a cold dessert, you don't need to freeze the banana. It is also delicious as a room temperature cream.

Dinner

Quinoa tabbouleh (1 portion)



1/2 cup cooked quinoa (about 1/8 cup dry)
salt, pepper
2 tbsp lemon juice
1 tbsp olive oil
1 cucumber peeled, deseeded and diced
1 big tomato deseeded and diced
1 bunch of fresh parsley and mint finely chopped
1 spring onion or 1/4 red onion thinly sliced
romaine lettuce

Cook the quinoa according to package instructions. Make a salad dressing from lemon juice, oil, salt, and pepper. Mix half of the dressing into the quinoa, add the cucumber, tomato, onion, and fresh herbs. Pour over the remaining salad dressing and serve the tabbouleh in salad leaves.

Tip: you can add feta cheese.