

# BODY & SOUL COACHING

## SAMPLE VEGAN MENU

	MEAL 1	MEAL 2	MEAL 3
MON	tofu scramble Ezekiel toast	seitan, vegetable stir- fry & brown rice	vegan chili & sour cream
TUE	protein shake with strawberries	Beyond Burger asparagus, sweet potato	power bowl with greens and faro
WED	Overnight Cinnamon Oats with Chia Seeds	protein shake with strawberries and banana	Seitan and spinach salad
THU	protein shake with spinach & berries	chickpea salad & garden salad	crispy tempeh, green beans, stewed tomato
FRI	tofu scramble with sautéed vegetables	mixed greens salad with Gardein "Chik'n"	Kale, black-eyed peas, and tofu