

7-Day Plant-Base Menu

Breakfast

Lunch

Dinner



DAY 1

Breakfast 2-4 cups of warm water
with 1/2 lemon 1 cup

1 glass banana smoothie

Wait 15 minutes

Grape salad

Lunch 1 handful of almond nuts

Green Peas Salad

Dinner 1 handful of cashew nuts

1 plate Cantaloupe



DAY 2

Breakfast 2-4 cups of warm water
with 1/2 lemon 1 cup

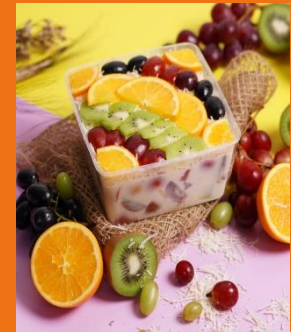
Fruit Salad

Lunch 1 handful of pumpkin seeds

1 full plate of Lettuce Salad

Dinner 1 handful of almond nuts

1 plate Pineapple slices



DAY 3

Breakfast 2-4 cups of warm water
with 1/2 lemon 1 cup

1 glass of juiced Mango drink

Wait 15 minutes

Papaya coconut Salad

Lunch 1 handful of almond nuts

Herbed Corn Salad

1 handful of cashew nuts

Dinner 7 olives

4 kiwis



DAY 4

Breakfast 2-4 cups of warm water
with 1/2 lemon 1 cup

Green Bean Cucumber Salad

Lunch 1 handful of sunflower seeds
Lettuce Salad

Dinner 1 handful of pine nuts
4 tangerines



DAY 5

Breakfast 2-4 cups of warm water
with 1/2 lemon 1 cup
1 glass of juiced Water melon drink
Chick pea and avocado salad
Lunch 1 handful of pumpkin seeds
Green peas salad
Dinner 1 handful of monkey nuts
3-4 mangoes



DAY 6

Breakfast 2-4 cups of warm water
with 1/2 lemon 1 cup
Onion and tomato salad
Lunch 1 handful of pecan nuts
1 full plate of Lettuce salad
Dinner 1 handful of cashew nuts
10 strawberries



DAY 7

Breakfast 2-4 cups of warm water
with 1/2 lemon 1 cup

1 cup of sliced tomatoes

Tofu and Olive salad

Lunch 1 handful of pistachio nuts

Tomato lettuce salad

1 teaspoon kelp powder

Dinner 1 handful of almond nuts



DRINK WATER be Healthy

**Avoid drinking fizzy
carbonated drinks.**

**Drink filtered water 15 - 30
minutes before a meal and 2
hours after a meal.**

**Drink water at room
temperature.**

**Do not drink with your meal.
The food will not digest.**

**Drink only water in between
your meals.**