

Day	Meal 1 (Break Fast - 12:00 PM)	Pre-Workout / Snack (3:30 PM)	Meal 2 (Dinner - 7:30 PM)	Protein Sources
Day 1	Super-Green Hemp Smoothie: Spinach, banana, 3 tbsp hemp hearts, 1 scoop raw vegan protein powder, spirulina, almond milk.	Pumpkin Seeds & an Apple.	Raw Pad Thai: Zucchini/kelp noodles, cabbage, sprouted mung beans, spicy almond butter sauce.	Hemp, Spirulina, Almonds
Day 2	Chia Seed Pudding Bowl: 4 tbsp chia seeds soaked in almond milk, topped with walnuts, hemp hearts, and blueberries.	Raw Protein Bar (dates, oats, protein powder, cacao).	Massive Taco Salad: Walnut "meat", greens, guacamole, hemp seeds, nutritional yeast.	Chia, Walnuts, Nutritional Yeast
Day 3	Sprouted Lentil Salad: Sprouted lentils, cucumber, tomato, parsley, lemon, pumpkin seeds.	Celery sticks with Almond Butter.	Creamy Cashew Soup: Blended broccoli, avocado, cashews, nutritional yeast. Served with flax crackers.	Sprouted Lentils, Cashews
Day 4	Choco-Protein Smoothie Bowl: Frozen banana, raw cacao, protein powder, avocado,	Handful of Goji Berries and Sunflower Seeds.	Stuffed Peppers: Peppers stuffed with sunflower seed & walnut pâté. Side of greens.	Pea Protein, Sunflower Seeds

	topped with hazelnuts.			
Day 5	Raw Oat Bowl: Soaked rolled oats, mixed berries, flax meal, pumpkin seeds, almond milk.	Banana with Tahini drizzle.	"Burrito" Collard Wraps: Collard greens filled with walnut meat, guacamole, cashew sour cream.	Oats, Flax, Walnuts