# 7 Day Meal Plan

| Date | Breakfast | Lunch | Dinner |
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| | **Avocado & Coconut Chia Pudding**<br>Creamy pudding with chia seeds, avocado, and coconut milk. | **Spinach & Walnut Salad with Tahini Dressing**<br>Fresh spinach, walnuts, and tahini-based dressing. | **Cauliflower Steak with Almond Pesto**<br>Grilled cauliflower topped with rich almond pesto. |
| | **Tofu Scramble with Avocado**<br>Spiced tofu scramble served with creamy avocado slices. | **Zucchini Noodles with Pesto and Pine Nuts**<br>Low-carb zucchini noodles tossed in basil pesto and pine nuts. | **Stuffed Bell Peppers with Walnut & Mushroom**<br>Bell peppers filled with savory walnut and mushroom mix. |
| | **Coconut Yogurt with Flaxseed & Berries**<br>Dairy-free coconut yogurt topped with flaxseed and fresh berries. | **Kale & Avocado Salad with Hemp Seeds**<br>Crunchy kale salad with avocado and protein-rich hemp seeds. | **Eggplant Steaks with Tahini Sauce**<br>Roasted eggplant slices smothered in creamy tahini sauce. |
| | **Flaxseed & Almond Meal Porridge**<br>Warm porridge made from flaxseed and almond meal. | **Avocado & Hemp Seed Collard Wraps**<br>Collard green wraps packed with avocado and hemp seeds. | **Roasted Brussels Sprouts with Walnut & Garlic**<br>Crispy Brussels sprouts tossed with walnuts and garlic. |
| | **Vegan Keto Smoothie**<br>Smoothie with avocado, coconut milk, spinach, and flaxseed. | **Cauliflower Rice Stir Fry with Tofu**<br>Low-carb cauliflower rice stir-fried with tofu and veggies. | **Stuffed Portobello Mushrooms with Pesto**<br>Portobello caps filled with vegan pesto and nuts. |
| | **Almond Butter & Flaxseed Toast**<br>Toasted low-carb bread with almond butter and ground flaxseed. | **Mixed Greens Salad with Avocado & Olive Oil**<br>Green salad dressed with avocado cubes and extra virgin olive oil. | **Zucchini Lasagna with Cashew Cheese**<br>Layered zucchini slices baked with creamy cashew cheese. |
| | **Chia Seed & Coconut Milk Smoothie Bowl**<br>Thick smoothie bowl topped with nuts and seeds. | **Avocado & Walnut Lettuce Cups**<br>Crisp lettuce cups filled with avocado and walnut mixture. | **Spaghetti Squash with Vegan Alfredo Sauce**<br>Spaghetti squash tossed in rich vegan Alfredo sauce. |

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