**🥗 10-Day High-Protein No-Meat, No-Dairy, No-Soy, No-Processed Foods Meal Plan (1200-1300 Calories Per Day)**

**Day 1 (≈1250 Calories)**

☀ **Breakfast**: Celery juice + Overnight oats with flaxseeds, banana, and cinnamon
🌿 **Lunch**: Quinoa and black bean salad with cucumbers, tomatoes, and lemon dressing
🌙 **Dinner**: Roasted sweet potatoes with sautéed kale and pumpkin seeds
🍏 **Snack**: Apple with almond butter

**Day 2 (≈1300 Calories)**

☀ **Breakfast**: Mashed banana with almond butter and flaxseeds
🌿 **Lunch**: Lentil and spinach salad with olive oil + roasted carrots
🌙 **Dinner**: Stir-fried zucchini, mushrooms, and chickpeas over wild rice
🍏 **Snack**: Roasted pumpkin seeds

**Day 3 (≈1260 Calories)**

☀ **Breakfast**: Celery juice + Chia pudding with flaxseeds, raspberries, and almond butter
🌿 **Lunch**: Chickpea and avocado salad with cucumbers and tomatoes
🌙 **Dinner**: Stuffed bell peppers with quinoa, black beans, and sautéed kale
🍏 **Snack**: Carrot sticks with hummus

**Day 4 (≈1280 Calories)**

☀ **Breakfast**: Green smoothie (kale, banana, flaxseeds, water)
🌿 **Lunch**: Roasted carrots and wild rice with olive oil and lemon
🌙 **Dinner**: Sautéed mushrooms, spinach, and garlic over buckwheat
🍏 **Snack**: Handful of walnuts

**Day 5 (≈1220 Calories)**

☀ **Breakfast**: Almond butter on whole grain toast with cinnamon
🌿 **Lunch**: Lentil and roasted carrot bowl with olive oil and lemon
🌙 **Dinner**: Spaghetti squash with marinara and sautéed mushrooms
🍏 **Snack**: Berries with flaxseeds

**Day 6 (≈1270 Calories)**

☀ **Breakfast**: Celery juice + Overnight oats with strawberries and almond butter
🌿 **Lunch**: Hummus with carrot sticks, cucumber, and cherry tomatoes
🌙 **Dinner**: Stir-fried bok choy, snap peas, and roasted chickpeas
🍏 **Snack**: Pumpkin seeds

**Day 7 (≈1300 Calories)**

☀ **Breakfast**: Oatmeal with flaxseeds, cinnamon, and blueberries
🌿 **Lunch**: Black bean and avocado bowl with quinoa and lime dressing
🌙 **Dinner**: Roasted butternut squash and lentils with tahini dressing
🍏 **Snack**: Celery sticks with almond butter

**Day 8 (≈1250 Calories)**

☀ **Breakfast**: Celery juice + Chia pudding with chopped apple, flaxseeds, and cinnamon
🌿 **Lunch**: Spinach salad with pumpkin seeds, cranberries, and balsamic dressing
🌙 **Dinner**: Grilled zucchini, sweet potatoes, and black bean salad
🍏 **Snack**: Roasted chickpeas

**Day 9 (≈1300 Calories)**

☀ **Breakfast**: Almond butter on whole grain toast with banana slices
🌿 **Lunch**: Roasted carrots and lentil salad with olive oil and lemon
🌙 **Dinner**: Butternut squash and black bean stew
🍏 **Snack**: Handful of walnuts

**Day 10 (≈1240 Calories)**

☀ **Breakfast**: Oatmeal with walnuts, cinnamon, and dates
🌿 **Lunch**: Roasted chickpea and wild rice bowl
🌙 **Dinner**: Sautéed zucchini, spinach, and quinoa
🍏 **Snack**: Carrot sticks with hummus

**🛒 Grocery List (For 10 Days)**

**Fruits & Vegetables**

✅ Bananas (10+)
✅ Apples (5-7)
✅ Berries (strawberries, blueberries, raspberries)
✅ Celery (for juicing & snacking)
✅ Cucumbers
✅ Tomatoes
✅ Kale
✅ Spinach
✅ Zucchini
✅ Mushrooms
✅ Carrots
✅ Sweet potatoes
✅ Butternut squash
✅ Bell peppers
✅ Bok choy
✅ Snap peas
✅ Lemons

**Grains & Legumes**

✅ Quinoa
✅ Wild rice
✅ Buckwheat
✅ Lentils
✅ Black beans
✅ Chickpeas
✅ Whole grain toast
✅ Oats

**Seeds & Nuts**

✅ Flaxseeds
✅ Pumpkin seeds
✅ Walnuts

**Nut Butters & Oils**

✅ Almond butter
✅ Olive oil
✅ Tahini

**Extras**

✅ Cinnamon
✅ Balsamic vinegar
✅ Hummus
✅ Sea salt