**🥗 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