

Follicular Phase Vegan Menu Plan

Phase I	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Maca Green Lentil Dal with Quinoa	Fermented Green Smoothie	Your Choice	Fruit Granola Yogurt Parfait	Power Protein Smoothie	Steel Cut Oats with Strawberries	Baked Veggie Frittata, Flaxseed Crackers
Lunch	Your Choice	Leftover Sweet Potato & Cauliflower Stew	Lemon Black Beans with Veggies	Leftover Yukon Gold Potato & Lentil Soup, Flaxseed Crackers	Purple Kale Salad with Spicy Veggie Pita	Mixed Green Salad with Toast & Nut Butter	Hemp and Avocado Salad
Snack	Blueberries with Coconut Yogurt	Natural Corn Tortilla Chips with Fermented Salsa	Homemade Popcorn with Coconut Oil & Sea Salt	Banana	Mixed Berries with Coconut Yogurt	Kombucha Pear Smoothie	Vegetables with Apple Sauerkraut Chutney
Dinner	Sweet Potato & Cauliflower Stew, Green Salad	Baked Tofu with Tomatoes & Broccoli, Brown Rice	Rosemary Yukon Gold Potato & Lentil Soup, Flaxseed Crackers	Sambal Tempeh with Steamed Veggies and Brown Rice	Chickpea in Miso Marinade	Your Choice	Pasta Fagioli

Snack	Cashews	Orange	Apple	Fermented Chocolate Treat	Hot Chocolate Maca Drink,	Almonds	Grapes
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