

Menstrual Phase Vegan Menu Plan

Phase IV	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Broccoli Spinach Omelette	Fruit Energy Smoothie	Chia Pudding	Pineapple Green Smoothie	Nutty Cocoa Protein Bars	Your Choice	Whole Grain French Toast, Strawberries
Lunch	Your Choice	Chickpea Dip with Pita Chips	Curried Coconut Soup, Potato Salad with Tahini	Falafel Salad Wrap	Leftover Tandoori Adzuki Beans, Mushroom Miso Soup	Leftover Seafood Paella	Leftover Quinoa Veggie Bowl, 2 Slices Cooked Tempeh Bacon
Snack	Almonds	Cherry Corn Muffin	Kombucha	Leftover Potato Salad	Yogurt & Banana	Pineapple	Pear
Dinner	Black Bean, Asparagus & Tomato Kimchi Chutney	Pan-Grilled Tofu with Pineapple Salsa, Steamed Kale & Carrots	Your Choice	Tandoori Adzuki Beans Chickpeas with Roasted Root Vegetables	Mediterranean Vegan Paella	Quinoa Veggie Bowl, Green Salad	Sweet Potato Chili with 1/4 cup Sauerkraut, Green Salad

Snack	Fruit Salad	Cashews	Veggies with Leftover Chickpea Dip	Apple	Grapefruit	Kombucha	Orange
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