

DAY ONE

Overnight Oats



BREAKFAST

Ingredients

- 1/2 cup rolled oats
- 1 cup almond milk
- 1 tablespoon chia seeds
- 1/2 cup mixed berries

Instructions

1. Mix oats, almond milk, and chia seeds in a jar.
2. Refrigerate overnight.
3. Top with mixed berries in the morning.



Quinoa Salad

Lunch

Ingredients

- 1 cup cooked quinoa
- 1/2 cup chickpeas
- 1/2 cucumber, diced
- 1/2 red bell pepper, diced
- 1/4 cup diced red onion
- Fresh lemon juice and olive oil for dressing

Instructions

1. Combine all ingredients in a bowl.
2. Drizzle with lemon juice and olive oil.



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DAY ONE

Sweet Potato and Black Bean Tacos

Dinner

Ingredients

- 2 medium sweet potatoes, diced
- 1 can black beans, drained and rinsed
- Whole wheat tortillas
- Salsa and avocado for topping

Instructions

1. Roast sweet potatoes in the oven until tender.
2. Warm tortillas and fill with sweet potatoes, black beans, salsa, and avocado.

Nutrition Information

Day 1

Calories: Approximately 1500-1600 kcal

Macronutrients: Protein 45g, Carbohydrates 250g, Fat 35g

Fiber: 35g

Vitamins and Minerals: High in vitamin A, vitamin C, potassium, and folate.



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DAY TWO

Greek Yogurt Parfait

BREAKFAST

Ingredients

- 1 cup Greek yogurt
- 1/2 cup granola
- 1/2 cup mixed berries
- Honey for drizzling (optional)

Instructions

1. Layer yogurt, granola, and berries in a glass.
2. Drizzle with honey if desired.

Lentil and Vegetable Soup

Lunch

Ingredients

- 1 cup green or brown lentils
- Mixed vegetables (carrots, celery, spinach, etc.)
- Vegetable broth

Instructions

1. Cook lentils and vegetables in vegetable broth until tender.



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DAY TWO

Eggplant and Chickpea Curry

Dinner

Ingredients

1 large eggplant, cubed

1 can chickpeas, drained and rinsed

Curry sauce (tomato, coconut milk, and spices)

Brown rice for serving

Instructions

1. Sauté eggplant until lightly browned, then add chickpeas and curry sauce.
2. Serve over brown rice.

Nutrition Information

Day 2

Calories: Approximately 1500-1600 kcal

Macronutrients: Protein 40g, Carbohydrates 240g, Fat 35g

Fiber: 35g

Vitamins and Minerals: High in vitamin K, vitamin B6, and manganese.



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DAY Three

Avocado Toast

BREAKFAST

Ingredients

2 slices whole-grain bread

1 ripe avocado, mashed

Sliced tomatoes and a sprinkle of flaxseeds for topping

Instructions

1. Toast the bread and spread mashed avocado on top.
2. Add sliced tomatoes and sprinkle flaxseeds.

Chickpea and Vegetable Stir-Fry

Lunch

Ingredients

1 cup chickpeas

Assorted vegetables (bell peppers, broccoli, carrots, snap peas)

Low-sodium soy sauce and ginger for stir-fry sauce

Instructions

1. Stir-fry chickpeas and vegetables in a pan with the sauce.



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DAY Three

Stuffed Bell Peppers

Dinner

Ingredients

Bell peppers

Quinoa or brown rice

Black beans, corn, diced tomatoes

Spices (cumin, chili powder)

Instructions

1. Cut the tops off bell peppers and stuff with a mixture of cooked quinoa, black beans, corn, and diced tomatoes seasoned with spices. Bake until peppers are tender.



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DAY Four

Chia Seed Pudding

BREAKFAST

Ingredients

2 tablespoons chia seeds

1 cup almond milk

Sliced bananas and chopped almonds for topping

Instructions

1. Mix chia seeds and almond milk in a jar.
2. Refrigerate overnight and top with bananas and chopped almonds.

Spinach and Quinoa Salad

Lunch

Ingredients

Spinach leaves

Cooked quinoa

Cherry tomatoes, cucumber, red onion

Balsamic vinaigrette dressing

Instructions

1. Toss spinach, quinoa, and chopped vegetables with dressing.



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DAY Four

Lentil and Mushroom Stuffed Portobello Mushrooms



Dinner

Ingredients

Portobello mushroom caps
Cooked lentils and sautéed mushrooms
Fresh herbs (thyme, rosemary)

Instructions

1. Fill mushroom caps with the lentil and mushroom mixture, then bake until tender.



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DAY FIVE

Whole Grain Pancakes

BREAKFAST

Ingredients

Whole grain pancake mix

Fresh fruit (berries, sliced bananas) for topping

Instructions

1. Prepare pancakes according to package instructions, top with fresh fruit.



Roasted Vegetable Wrap

Lunch

Ingredients

Roasted vegetables (zucchini, red bell pepper, eggplant)

Whole wheat tortilla

Hummus for spreading

Instructions

1. Spread hummus on the tortilla, add roasted vegetables, and wrap.



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DAY FIVE

Spaghetti Squash with Tomato Basil Sauce

Dinner

Ingredients

Spaghetti squash

Tomato basil sauce (homemade or store-bought)

Fresh basil leaves for garnish

Instructions

1. Roast spaghetti squash and top with tomato basil sauce and fresh basil.

Nutrition Information

Day 3-5

Calories: Approximately 1500-1600 kcal per day

Macronutrients: Protein 40-45g per day, Carbohydrates 240-250g per day, Fat 35-40g per day

Fiber: 30-35g per day

Vitamins and Minerals: High in vitamins C, K, and folate; good source of antioxidants.



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DAY SIX

Berry and Spinach Smoothie

BREAKFAST

Ingredients

Handful of spinach
1 cup mixed berries
1 banana
1 cup almond milk
1 tablespoon flaxseeds

Instructions

1. Blend all ingredients until smooth.

Mediterranean Quinoa Bowl

Lunch

Ingredients

Cooked quinoa
Cherry tomatoes, cucumber, olives, feta cheese
Lemon vinaigrette dressing

Instructions

1. Toss quinoa and vegetables with dressing and top with feta cheese.



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DAY SIX

Chickpea and Vegetable Curry

Dinner

Ingredients

Chickpeas, bell peppers, onion, and tomatoes

Curry spices (turmeric, cumin, coriander)

Coconut milk

Instructions

1. Simmer chickpeas, vegetables, and spices in coconut milk until cooked.



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DAY SEVEN

Peanut Butter and Banana Toast

BREAKFAST

Ingredients

Whole-grain bread
Peanut butter
Sliced bananas
Drizzle of honey (optional)

Instructions

1. Spread peanut butter on the toast, top with banana slices, and drizzle honey if desired.

Roasted Beet and Goat Cheese Salad

Lunch

Ingredients

Roasted beets
Mixed greens
Goat cheese
Balsamic vinaigrette dressing

Instructions

1. Combine beets, greens, and goat cheese, and drizzle with dressing.



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DAY SEVEN

Stuffed Zucchini Boats

Dinner

Ingredients

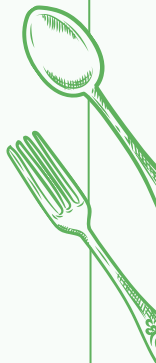
Zucchini

Quinoa or brown rice

Sautéed spinach, mushrooms, and onions

Instructions

1. Hollow out zucchini and stuff with quinoa and sautéed vegetables.



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DAY EIGHT

Oatmeal with Almond Butter and Berries



BREAKFAST

Ingredients

Rolled oats
Almond butter
Mixed berries

Instructions

1. Cook oats, top with almond butter and mixed berries.



Lentil and Kale Salad

Lunch

Ingredients

Cooked lentils
Chopped kale
Cherry tomatoes, red onion, and feta cheese
Balsamic vinaigrette dressing

Instructions

1. Mix lentils, kale, vegetables, and feta cheese, and drizzle with dressing.



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DAY EIGHT

Vegetable Stir-Fry with Tofu

Dinner

Ingredients

Tofu, assorted vegetables
Stir-fry sauce (soy sauce, garlic, ginger)
Brown rice for serving

Instructions

1. Sauté tofu and vegetables with the stir-fry sauce, serve over brown rice.

Nutrition Information

Day 6-8

Calories: Approximately 1500-1600 kcal per day

Macronutrients: Protein 40-45g per day, Carbohydrates 240-250g per day, Fat 35-40g per day

Fiber: 30-35g per day

Vitamins and Minerals: High in vitamins A, C, K, and folate; good source of antioxidants and plant-based protein.



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DAY NINE

Spinach and Mushroom Omelette

BREAKFAST

Ingredients

Eggs

Spinach, mushrooms, and diced onions

Cheese (optional)

Instructions

1. Make an omelette with spinach, mushrooms, onions, and cheese (if desired).

Hummus and Veggie Wrap

Lunch

Ingredients

Whole wheat tortilla

Hummus

Sliced cucumbers, bell peppers, and carrots

Instructions

1. Spread hummus on the tortilla, add sliced vegetables, and wrap.



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DAY NINE

Butternut Squash and Lentil Soup

Dinner

Ingredients

Butternut squash, red lentils, onions, and garlic
Vegetable broth

Instructions

1. Simmer butternut squash, red lentils, onions, and garlic in vegetable broth until tender, then blend.

Nutrition Information

Day 9

Calories: Approximately 1500-1600 kcal for the day

Macronutrients: Protein 40-45g, Carbohydrates 240-250g, Fat 35-40g

Fiber: 30-35g

Vitamins and Minerals: High in vitamins A, C, K, and folate; good source of antioxidants and plant-based protein.



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DAY TEN

Banana Walnut Pancakes

BREAKFAST

Ingredients

Whole grain pancake mix

Chopped walnuts and sliced bananas for topping

Instructions

1. Prepare pancakes according to package instructions, top with chopped walnuts and sliced bananas.

Caprese Salad Wrap

Lunch

Ingredients

Whole wheat tortilla

Fresh mozzarella, tomatoes, fresh basil

Balsamic reduction for drizzling

Instructions

1. Assemble mozzarella, tomato, and basil in a tortilla, and drizzle with balsamic reduction.



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Stuffed Acorn Squash

Dinner

Ingredients

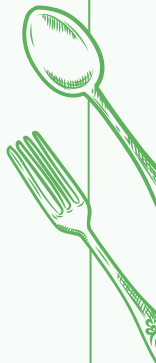
Acorn squash

Quinoa, cranberries, and pecans

Maple syrup for drizzling

Instructions

1. Roast acorn squash and stuff with quinoa, cranberries, and pecans. Drizzle with maple syrup.



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DAY ELEVEN

Spinach and Mushroom Omelette



BREAKFAST

Ingredients

Eggs

Spinach, mushrooms, and diced onions

Cheese (optional)

Instructions

1. Make an omelette with spinach, mushrooms, onions, and cheese (if desired).



Hummus and Veggie Wrap

Lunch

Ingredients

Whole wheat tortilla

Hummus

Sliced cucumbers, bell peppers, and carrots

Instructions

1. Spread hummus on the tortilla, add sliced vegetables, and wrap.



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DAY ELEVEN

Butternut Squash and Lentil Soup

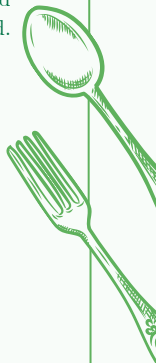
Dinner

Ingredients

Butternut squash, red lentils, onions, and garlic
Vegetable broth

Instructions

1. Simmer butternut squash, red lentils, onions, and garlic in vegetable broth until tender, then blend.



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DAY TWELVE

Mango and Coconut Chia Pudding

BREAKFAST

Ingredients

2 tablespoons chia seeds
1 cup coconut milk
Sliced mango for topping

Instructions

1. Mix chia seeds and coconut milk in a jar.
2. Refrigerate overnight and top with sliced mango.

Quinoa and Black Bean Salad

Lunch

Ingredients

Cooked quinoa
Black beans, corn, diced tomatoes
Lime vinaigrette dressing

Instructions

1. Mix quinoa, black beans, corn, and diced tomatoes with lime vinaigrette.



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DAY TWELVE

Mushroom and Spinach Stuffed Peppers

Dinner

Ingredients

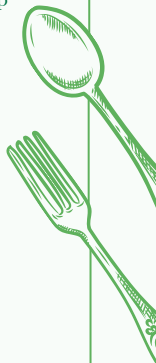
Bell peppers

Sautéed mushrooms, spinach, and onions

Tomato sauce for topping

Instructions

1. Fill bell peppers with sautéed vegetables and top with tomato sauce, then bake until peppers are tender.



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DAY THIRTEEN

Blueberry Almond Smoothie Bowl

BREAKFAST

Ingredients

Almond milk

Frozen blueberries, sliced almonds, and granola for topping

Instructions

1. Blend almond milk and frozen blueberries, then top with sliced almonds and granola.

Avocado and Chickpea Salad

Lunch

Ingredients

Avocado, chickpeas, red onion, and cilantro

Lime dressing

Instructions

1. Combine avocado, chickpeas, red onion, and cilantro, and drizzle with lime dressing.



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Roasted Vegetable and Lentil Bowl

Dinner

Ingredients

Roasted vegetables (carrots, beets, Brussels sprouts)

Cooked lentils

Tahini dressing

Instructions

1. Arrange roasted vegetables and lentils in a bowl and drizzle with tahini dressing.



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DAY FOURTEEN

Peanut Butter Banana Smoothie

BREAKFAST

Ingredients

Banana, peanut butter, almond milk
A handful of spinach (optional)

Instructions

1. Blend banana, peanut butter, almond milk, and spinach until smooth.

Spinach and Chickpea Wrap

Lunch

Ingredients

Whole wheat tortilla
Sautéed spinach and chickpeas
Greek yogurt sauce (yogurt, lemon juice, garlic)

Instructions

1. Fill tortilla with sautéed spinach and chickpeas, and drizzle with Greek yogurt sauce.



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DAY FOURTEEN

Portobello Mushroom and Quinoa Stuffed Bell Peppers

Dinner

Ingredients

Bell peppers

Cooked quinoa, sautéed portobello mushrooms, and diced tomatoes

Italian seasoning

Instructions

1. Fill bell peppers with quinoa, mushrooms, diced tomatoes, and Italian seasoning. Bake until peppers are tender.

Nutrition Information

Day 6-8

Calories: Approximately 1500-1600 kcal per day

Macronutrients: Protein 40-45g per day, Carbohydrates 240-250g per day, Fat 35-40g per day

Fiber: 30-35g per day

Vitamins and Minerals: High in vitamins A, C, K, and folate; good source of antioxidants and plant-based protein.

Feel free to adapt and modify these meal ideas to suit your tastes and nutritional needs. Staying consistent with whole, unprocessed ingredients and a variety of fruits, vegetables, legumes, and whole grains will help you maintain a balanced and nutritious vegetarian diet.



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