

Nourished Circle Weekly Meal Plan

Vegan



DAY	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY Kickoff & Stability	(Prep Ahead): Overnight Oats. Base: Old-fashioned oats, chia seeds, cinnamon, and soy milk. Add berries in the am	Quinoa & Black Bean Salad with lime-cilantro dressing and avocado.	Sliced cucumber with hummus.	Red Lentil Dahl made with coconut milk and turmeric, served over brown rice
TUESDAY Anti-Inflammatory Focus	Smoothie: Spinach, frozen berries, ground flaxseed, and unsweetened almond/soy milk.	Leftover over dinner mixed greens.	Handful of nuts or seeds	Tofu Sheet Pan tofu, broccoli, Brussels sprouts, olive oil
WEDNESDAY Mid-Week Power	(Prep Ahead): Overnight Oats. Base: Old-fashioned oats, chia seeds, cinnamon, and soy milk. Add berries in the am	"Reset Salad": Arugula, chickpeas, edamame, pumpkin seeds, and olive oil/lemon dressing.	Carrots + Greek yogurt	Chickpea pasta + sugar-free marinara + spinach
THURSDAY Gut Health	Smoothie: Spinach, frozen berries, ground flaxseed, and unsweetened almond/soy milk.	Leftover chickpea pasta + veggies	Berries + handful of nuts	Veggie & bean minestrone soup
FRIDAY Comfort without the Crash	Overnight oats with chia seeds, cinnamon, and stewed apples (No added sugar).	Quinoa + black bean salad (repeat)	Apple slices + Almond butter, yogurt dip	Stuffed sweet potato (sweet potato + lentils + tahini)
SATURDAY Savory Weekend	Scramble Tofu with spinach, Greek yogurt, and turmeric, 1 slice whole wheat/GF bread, and ½ avocado.	Leftover soup or lentils over greens	Sliced cucumber with hummus.	Zucchini Noodles with Tofu & Tahini-Ginger Sauce
SUNDAY Kickoff & Stability	Healthy Pancakes	Big reset salad with beans + seeds	Fruit + nuts	Buddha Bowl

Repeating meals is intentional

You can mix and match between meal types (Tuesday lunch with Friday lunch, etc.)

Snacks are optional - listen to hunger

If a day goes off-plan, just return to the next meal

This plan is here to support, not control

Consistency comes from simplicity.

You can make 3 servings of overnight oats on Sunday night.

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DAY	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY Kickoff & Stability	(Prep Ahead): Overnight Oats. Base: Old-fashioned oats, chia seeds, cinnamon, and soy milk. Add berries in the am	Quinoa & Black Bean Salad with lime-cilantro dressing and avocado. optional: boiled egg or salmon	Sliced cucumber with hummus.	Baked salmon + broccoli + roasted sweet potato
TUESDAY Anti-Inflammatory Focus	Smoothie: Spinach, frozen berries, ground flaxseed, and unsweetened almond/soy milk.	Leftover over dinner mixed greens.	Handful of nuts or seeds	Grilled Shrimp Tacos using corn tortillas (GF), topped with cabbage slaw and lime.
WEDNESDAY Mid-Week Power	Scramble eggs with Greek yogurt, 1 slice whole wheat/GF bread, and ½ avocado.	"Reset Salad": Arugula, chickpeas, edamame, pumpkin seeds, and olive oil/lemon dressing. (+leftover shrimp)	Carrots + Greek yogurt	Cod (or white fish) baked in parchment with zucchini, cherry tomatoes, and olives; side of wild /brown rice.
THURSDAY Gut Health	Overnight Chia Seed Pudding made with soy milk and topped with kiwi.	Quinoa salad + boiled egg or fish	Berries + handful of nuts	Veggie & bean minestrone soup
FRIDAY Comfort without the Crash	Scramble eggs with spinach, Greek yogurt, and turmeric, 1 slice whole wheat/GF bread, and ½ avocado.	Quinoa + black bean salad (repeat)	Apple slices + Almond butter, yogurt dip	Stuffed sweet potato (sweet potato + lentils + tahini)
SATURDAY Savory Weekend	Old Fashion oats with chia seeds, cinnamon, and stewed apples (No added sugar).	Leftover soup or lentils over greens	Sliced cucumber with hummus.	Zucchini Noodles with grilled salmon cubes & Tahini-Ginger Sauce
SUNDAY Kickoff & Stability	Healthy Pancakes	Big reset salad with beans + seeds	Fruit + nuts	Buddha Bowl

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