

# Precision Natural Medicine

## Vegan/Vegetarian Menu Plan

### Day 1

#### Breakfast

Multi-grain cereal w/ almond or oat milk or water,  
Hand full of seeds, nuts and blueberries over cereal;  
Vitamins; Clean Water

#### 10:00am Snack

Nut Butter and whole grain crackers

#### Lunch

Nut Butter and honey sandwich on whole grain  
bread; Hand full of raw carrots;  
Apple (organic if possible); Vitamins; Clean Water.

#### 2:00pm Snack

Hand full of raw red, yellow, or green pepper slices  
with hummus dip

#### 4:00 pm Snack

Hand full of raw nuts and seeds

#### Dinner

Baked Idaho or Sweet potato w/ Salsa or Earth  
Balance Spread with Side salad with diced red &  
green peppers, pine nuts, kidney beans, sprouts and  
your choice of other veggies;  
Vitamins; Clean Water

#### 8:00pm Snack

Hummus and carrot sticks

### Day 2

#### Breakfast

Oatmeal; Hand full of seeds and nuts;  
Vitamins; Clean Water

#### 10:00am Snack

Hand full of broccoli w/ dressing

#### Lunch

Veggie Roll Up (see recipe); Imagine Foods Tomato  
Soup; Hand full of raw veggies; piece of whole fruit  
Vitamins; Clean Water

#### 2:00pm Snack

Hand Full of Seeds and Nuts

#### 4:00pm Snack

Hummus and Whole Grain Crackers

#### Dinner

Chicken-Mushroom Soup (see recipe: vegan option);  
Small side salad (green; bean sprouts; broccoli;  
sweet red pepper; pine nuts w/ apple cider vinegar,  
sea salt and pepper)

Pineapple; Clean Water; Vitamins

#### 8:00pm Snack

Small bowl of leftover soup

### Day 3

#### Breakfast

Same as Day 1; Vitamins; Clean Water

#### 10:00am Snack

Instant Cup of Soup (see Brands We Use)

#### Lunch

Big salad from grocery store salad bar (make sure  
you get enough protein by adding seeds and nuts,  
sprouts, or some other form of protein).

Top with Annie's Natural's Goddess Dressing;  
Hummus and Crackers; Vitamins; Clean Water

#### 2:00pm Snack

Betty Lou Smacker

#### 4:00pm Snack

Hand Full of Seeds and Nuts

#### Dinner

Quinoa and Black Bean Salad (see recipe)  
Mashed potatoes; Raw carrots, broccoli, and celery  
w/ dressing dip of your choice;  
Grapes, Pineapple, and Kiwi fruit cup;  
Clean Water; Vitamins

#### 8:00pm Snack

Hummus and Veggie Sticks

### Day 4

#### Breakfast

Same as Day 2; Vitamins; Clean Water

#### 10:00am Snack

Hand full of seeds and nuts

#### Lunch

Leftover soup from Day 2; Hummus and Crackers;  
Vitamins; Clean Water

#### 2:00pm Snack

Avocado and Applesauce (combine in a food  
processor or mini chopper and make a "pudding")

#### 4:00pm Snack

Betty Lou Smacker

#### Dinner

Black Beans and Rice (see recipe); various raw  
vegetables with hummus dip. Clean Water; Vitamins

#### 8:00pm Snack

Peanut butter and banana (2 T peanut butter and  
one medium banana mashed together)

## Day 5

### Breakfast

Toasted Peanut Butter (or other nut butter); banana;  
Vitamins; Clean Water

### 10:00am Snack

Hummus and crackers

### Lunch

Lemony Quinoa (see recipe)  
Large Salad; Vitamins; Clean Water

### 2:00pm Snack

Betty Lou Smacker

### 4:00pm Snack

Few bites of leftover chicken salad

### Dinner

'Fantastic Foods' Lentil and Rice Pilaf; Slices of  
Artisan Multi Grain bread with coconut butter and  
honey; Asparagus sautéed Bragg's Liquid Aminos  
(Spray with Bragg's Liquid Aminos and sauté for  
approx. 10–15mins).

Raw Carrots; Clean Water; Vitamins

### 8:00pm Snack

Tropical smoothie (see recipe)

## Day 6

### Breakfast

Same as Day 1  
Vitamins; Clean Water

### 10:00am Snack

Betty Lou Smacker

### Lunch

Veggie burger or grilled portabella mushroom (try  
topping with the hummus like on "Day 1"); Spud pups  
by Cascadian Farms; Raw veggies; Vitamins; Clean  
Water

### 2:00pm Snack

Apple Slices and peanut butter

### 4:00pm Snack

Hand full of baby carrots and dressing

### Dinner

Roll-ups (see recipe)  
Small side salad (greens; bean sprouts; broccoli;  
pistachios); Clean Water; Vitamins

### 8:00pm Snack

Leftover Roll-ups

## Day 7

### Breakfast

Frozen whole grain waffle with nut butter spread;  
Serving of fruit; Vitamins; Clean Water

### 10:00am Snack

Betty Lou Smacker

### Lunch

Garbage Soup

Take all of your leftover vegetables and add  
2 cartons veggie broth, 3 – 4 cups of tomato base  
(this can be a jar spaghetti sauce or stewed  
tomatoes or tomatoes put in a blender and pureed  
(my choice), 1–2 tbs. Spike all purpose seasoning,  
1tbs. cumin, ½ tsp. thyme, 1 bay leaf, ½ tsp. garlic  
powder, 3 tbs. onion flakes. Throw it in the crock  
pot. Cook on low all day or on high for 3 – 4 hours or  
put it in a stew pot and cook for at least 30 minutes.

Hummus and Crackers or veggie sticks

Vitamins; Clean Water

### 2:00pm Snack

Leftover soup

### 4:00pm Snack

Hummus and veggie sticks

### Dinner

Avocado Sandwiches (whole grain bread, spread of  
hummus, sliced avocado, tomatoes, cucumbers,  
sprouts);

Baked sweet potato or white potato (brush the skins  
with olive oil to keep them moist and edible);

Fruit; Vitamins; Clean Water

### 8:00pm Snack

Betty Lou Smacker

**We purposefully did not put serving sizes on this list. Don't worry about fat grams or calories. Just eat the right KINDS of foods. Eat until you are content but not "over-stuffed".**