

# 30-day fruit and vegetable diet plan

Name:

Start Date:

Week 1   Day 1-7	Week 2   Day 8-14
<ul style="list-style-type: none"><li><input type="checkbox"/> <b>Breakfast:</b> Green smoothie (spinach, banana, almond milk)</li><li><input type="checkbox"/> <b>Snack:</b> Apple slices with almond butter</li><li><input type="checkbox"/> <b>Lunch:</b> Mixed salad with avocado, cherry tomatoes, and grilled vegetables</li><li><input type="checkbox"/> <b>Snack:</b> Carrot sticks with hummus</li><li><input type="checkbox"/> <b>Dinner:</b> Zucchini noodles with marinara sauce and roasted chickpeas</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> <b>Breakfast:</b> Berry and spinach smoothie</li><li><input type="checkbox"/> <b>Snack:</b> Sliced cucumber with guacamole</li><li><input type="checkbox"/> <b>Lunch:</b> Quinoa salad with mixed greens, bell peppers, and grilled tofu</li><li><input type="checkbox"/> <b>Snack:</b> Celery sticks with peanut butter</li><li><input type="checkbox"/> <b>Dinner:</b> Stir-fried vegetables with tofu over brown rice</li></ul>
Week 3   Day 15 - 21	Week 4   Day 22 - 30
<ul style="list-style-type: none"><li><input type="checkbox"/> <b>Breakfast:</b> Mango and kale smoothie</li><li><input type="checkbox"/> <b>Snack:</b> Mixed berries</li><li><input type="checkbox"/> <b>Lunch:</b> Lentil soup with a side of mixed greens</li><li><input type="checkbox"/> <b>Snack:</b> Bell pepper strips with hummus</li><li><input type="checkbox"/> <b>Dinner:</b> Portobello mushroom burgers with sweet potato fries</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> <b>Breakfast:</b> Pineapple and spinach smoothie</li><li><input type="checkbox"/> <b>Snack:</b> Edamame beans</li><li><input type="checkbox"/> <b>Lunch:</b> Chickpea salad with cucumbers, tomatoes, and lemon-tahini dressing</li><li><input type="checkbox"/> <b>Snack:</b> Sliced bell peppers with Greek yogurt dip</li><li><input type="checkbox"/> <b>Dinner:</b> Vegetable stir-fry with tofu or tempeh</li></ul>

**Additional Notes:**

