THE SCULPTED *vegan*



BUILD
VEGAN MEAL PLAN

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Vegan Meal Plans

Week 1 - 1600 kcal

Meal / Ingredient	Metric	Imperial	Calories (kcal)	Carbs (g)	Protein (g)	Fat (g)
Breakfast – High-Protein Red Lentil Crêpes						
Red lentils (dry)	45 g	1.59 oz	160	28	12	0.5
Water	100 ml	3.38 fl oz	0	0	0	0
Spinach	40 g	1.41 oz	10	1.5	1	0
Onion	30 g	1.05 oz	12	2.7	0.3	0
Edamame	40 g	1.41 oz	55	4	5	2
Olive oil	5 ml	0.18 fl oz	45	0	0	5
Lemon juice	5 ml	0.18 fl oz	1	0.3	0	0
Spices	1 g	0.035 oz	3	0.5	0.1	0
Breakfast Total	—	—	286	37	18.4	7.5
Post Workout Snack – Peach Smoothie						
Plant protein powder	50.8 g	1.79 oz	200	8.3	33.3	4.2
Peaches	70 g	2.47 oz	35	8.4	0.7	0
Almond milk	180 ml	6.09 fl oz	27	1	1	2
Chia seeds	15 g	0.53 oz	75	6	3	6
Cinnamon	1 g	0.035 oz	3	1	0	0
Snack Total	—	—	340	24.7	38.03	12.2
Lunch – High-Protein Mexican Quinoa Bowl						
Quinoa (dry)	30 g	1.06 oz	113	20.3	4.5	1.5

Black beans (canned)	100 g	3.53 oz	115	20	8	0.5
Sweet corn	40 g	1.41 oz	33	7	1.2	0.3
Bell pepper	50 g	1.76 oz	15	3	0.5	0
Lettuce/spinach	40 g	1.41 oz	8	1.2	1	0
Red onion	20 g	0.70 oz	8	1.8	0.2	0
Olive oil	10 ml	0.34 fl oz	90	0	0	10
Lime juice	10 ml	0.34 fl oz	1	0.3	0	0
Spices	1 g	0.035 oz	3	0.5	0	0
Almonds	15 g	0.53 oz	87	3	3	7.5
Lunch Total	—	—	473	57.1	18.4	19.3
Dinner – Creamy Silken Tofu Veggie Pasta						
Whole-wheat pasta (dry)	50 g	1.76 oz	180	38	7	1
Silken tofu	120 g	4.23 oz	60	2	8	3
Zucchini	70 g	2.47 oz	12	2.5	1	0
Spinach	40 g	1.41 oz	10	1.5	1	0
Nutritional yeast	8 g	0.28 oz	25	2	4	1
Olive oil	5 ml	0.17 fl oz	45	0	0	5
Garlic	5 g	0.17 oz	7	1	0.3	0
Herbs	1 g	0.035 oz	3	0.5	0	0
Dinner Total	—	—	342	47.5	21.3	10
Evening Snack– Chocolate Protein Pudding						
Plant protein powder	25.4 g	0.90 oz	100	4.2	16.7	2.1
Almond milk	70 ml	2.36 fl oz	14	0.5	0.2	1
Chia seeds	4 g	0.14 oz	20	1.5	1	1.2
Cocoa powder	6 g	0.21 oz	24	3	1.5	1.6

Snack Total	—	—	158	9.2	18.4	5.7
Daily Total	—	—	1599	175	114	54

Suggested Recipes

Breakfast – High-Protein Red Lentil Crêpes

Prep time: 5 min

Ingredients:

- 45g (1.59 oz) Red lentils (dry)
- 100ml (3.38 fl oz) Water
- 40g (1.41 oz) Spinach
- 30g (1.05 oz) Onion, finely chopped
- 40g (1.41 oz) Edamame (shelled)
- 5ml (0.18 fl oz) Olive oil
- 5ml (0.18 fl oz) Lemon juice
- 1g (0.035 oz) Mixed spices (e.g., cumin, coriander, turmeric, black pepper)

Method:

1. Rinse lentils and soak them in water for 30 minutes if time allows, or blend directly for a smoother batter.

2. Blend the lentils with water and spices to form a smooth batter.

3. Finely chop onion and spinach. Lightly steam or sauté spinach and edamame until tender.

4. Heat a non-stick pan, add 2ml olive oil and pour a ladle of lentil batter to form a thin crêpe. Cook for 2-3 minutes each side until golden and cooked through.

5. In a separate pan, lightly sauté onions and edamame with the remaining olive oil.

6. Serve the crêpes topped with spinach, onion, edamame, and a squeeze of lemon juice.

Post Workout Snack – Peach Smoothie

Prep time: 5 min

Ingredients:

- 50.8g (1.79 oz) Plant protein powder
- 70g (2.47 oz) Peaches, fresh or frozen
- 180ml (6.09 fl oz) Almond milk
- 15g (0.53 oz) Chia seeds
- 1g (0.035 oz) Cinnamon powder

Method:

1. Combine all ingredients in a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy immediately.

Lunch – High-Protein Mexican Quinoa Bowl

Prep time: 10 min **Cook time:** 20 min

Ingredients:

- 30g (1.06 oz) Quinoa (dry)
- 100g (3.53 oz) Black beans (canned, drained & rinsed)
- 40g (1.41 oz) Sweet corn (fresh or canned)
- 50g (1.76 oz) Bell pepper, diced
- 40g (1.41 oz) Lettuce or spinach, chopped
- 20g (0.70 oz) Red onion, diced
- 10ml (0.34 fl oz) Olive oil
- 10ml (0.34 fl oz) Lime juice
- 1g (0.035 oz) Spices (e.g., cumin, paprika, chili powder)
- 15g (0.53 oz) Almonds, chopped

Method:

1. Rinse quinoa and cook in boiling water (2:1 ratio) for about 15 minutes or until water is absorbed. Fluff with a fork.

2. While quinoa cooks, sauté bell peppers and red onions in 5ml olive oil until tender.

3. In a large bowl, combine cooked quinoa, black beans, corn, sautéed vegetables, and chopped lettuce/spinach.

4. Toss with lime juice, remaining olive oil, spices, and almonds.

5. Adjust seasoning to taste and serve.

Dinner – Creamy Silken Tofu Veggie Pasta

Prep time: 5 min **Cook time:** 15 min

Ingredients:

- 50g (1.76 oz) Whole-wheat pasta (dry)
- 120g (4.23 oz) Silken tofu
- 70g (2.47 oz) Zucchini, sliced
- 40g (1.41 oz) Spinach
- 8g (0.28 oz) Nutritional yeast
- 5ml (0.18 fl oz) Olive oil
- 5g (0.18 oz) Garlic, minced
- 1g (0.035 oz) Herbs (e.g., basil, oregano)

Method:

1. Cook pasta in salted water until al dente. Drain and set aside.
2. In a blender or food processor, blend silken tofu with nutritional yeast, herbs, and a pinch of salt to create a creamy sauce.
3. Heat olive oil in a pan, sauté garlic and zucchini until tender. Add spinach and cook until wilted.
4. Mix cooked pasta with the tofu sauce and vegetables. Heat through for 1-2 minutes.
5. Serve warm, optionally garnish with fresh herbs.

Evening Snack – Chocolate Protein Pudding

Prep time: 5 min

Ingredients:

- 25.4g (0.90 oz) Plant protein powder
- 70ml (2.36 fl oz) Almond milk
- 4g (0.14 oz) Chia seeds
- 6g (0.21 oz) Cocoa powder

Method:

1. In a bowl, mix protein powder, cocoa powder, and chia seeds.
2. Gradually add almond milk, stirring to avoid lumps.
3. Cover and refrigerate for at least 30 minutes to allow chia seeds to gel.
4. Stir well before serving.

7 Day Shopping List

Whole Grains & Starches

- Quinoa (dry): 210 g (7.4 oz)
- Whole-wheat pasta (dry): 350 g (12.3 oz)
- Red lentils (dry): 315 g (11.1 oz)

Protein

- Plant protein powder: 533.4 g (18.83 oz)
- Silken tofu: 840 g (29.6 oz / 1.85 lbs)
- Black beans (canned, drained & rinsed): 700 g (24.7 oz / 1.54 lbs)
- Edamame (shelled): 280 g (9.88 oz)

Vegetables

- Spinach: 840 g (29.6 oz / 1.85 lbs)
- Onion (regular + red onion): 350 g (12.3 oz)
- Bell pepper: 350 g (12.3 oz)
- Zucchini: 490 g (17.3 oz)
- Lettuce: 280 g (9.88 oz)
- Sweet corn (fresh or canned): 280 g (9.88 oz)
- Garlic: 35 g (1.23 oz)

Fruits

- Peaches (fresh or frozen): 490 g (17.3 oz / 1.1 lbs)
- Lemons (for juice) or bottled lemon juice: 35 ml (1.18 fl oz)
- Lime juice (bottled or fresh limes): 70 ml (2.36 fl oz)

Nuts & Seeds (Healthy Fats)

- Almonds: 105 g (3.7 oz)
- Chia seeds: 133 g (4.7 oz)

Pantry & Condiments

- Olive oil: 140 ml (4.7 fl oz / about 9.5 teaspoons)
- Cocoa powder: 42 g (1.48 oz)
- Mixed spices (cumin, coriander, turmeric, black pepper): 14 g (0.49 oz)
- Cinnamon powder: 7 g (0.25 oz)
- Nutritional yeast: 56 g (1.97 oz)
- Herbs (basil, oregano, or mixed dried herbs): 7 g (0.25 oz)
- Salt (to taste)

Dairy & Alternatives

- Almond milk: 1750 ml (59 fl oz / ~1.85 quarts)

Vegan Meal Plans

Week 2 - 1600 kcal

Meal / Ingredient	Metric	Imperial	Calories (Kcal)	Carbs (g)	Protein (g)	Fat (g)
Breakfast - Maple Pecan Granola						
Rolled oats	25 g	0.88 oz	94	17	3.1	1.9
Pecans (chopped)	7 g	0.25 oz	49	1	0.5	5.1
Maple syrup	8 g	0.28 oz	21	5.4	0	0
Chia seeds	5 g	0.18 oz	25	2	1	2
Coconut oil	3 ml	0.11 fl oz	26	0	0	3
Cinnamon	1 g	0.035 oz	3	1	0	0
Breakfast Total	—	—	218	26.4	4.6	12
Post Workout Snack - Chocolate Protein Shake						
Plant protein powder	60.2 g	2.13 oz	237	9.9	39.5	4.9
Unsweetened almond milk	250 ml	8.45 fl oz	30	1	1	2.5
Peanut butter	7 g	0.25 oz	42	1.4	2.1	3.7
Banana	30 g	1.06 oz	26	7	0.3	0.1
Snack Total	—	—	335	19.3	42.9	11.2
Lunch - Vegan Freekeh Salad						
Dry freekeh	30 g	1.06 oz	105	22.5	3.5	0.6
Canned chickpeas	100 g	3.53 oz	162	26	8.5	2.3
Cucumber	50 g	1.76 oz	8	2	0.3	0
Cherry tomatoes	50 g	1.76 oz	9	2	0.5	0
Red onion	15 g	0.53 oz	6	1.5	0.2	0

Olive oil	5 ml	0.18 fl oz	45	0	0	5
Lemon juice	10 ml	0.35 fl oz	3	0.5	0	0
Fresh parsley	10 g	0.35 oz	4	1	0.3	0
Salt & pepper (spices)	2 g	0.07 oz	0	0	0	0
Lunch Total	—	—	342	55.5	13.3	7.9
Dinner - Miso Mushroom Bowl						
Dry brown rice	40 g	1.41 oz	143	31.2	2.9	0.9
Firm tofu	120 g	4.23 oz	173	4	19.2	11
Mushrooms	80 g	2.82 oz	18	3.2	2.4	0.4
Raw kale	50 g	1.76 oz	17	3.4	1.7	0
Miso paste	10 g	0.35 oz	22	3	1.3	0.3
Sesame oil	2 ml	0.07 fl oz	18	0	0	2
Garlic	5 g	0.18 oz	7	1.5	0.3	0
Scallions	10 g	0.35 oz	3	0.5	0.2	0
Ginger	5 g	0.18 oz	4	1	0	0
Dinner Total	—	—	405	47.8	28	14.6
Evening Snack – Dark Chocolate Hemp Energy Bites						
Plant protein powder	23.6 g	0.83 oz	83	3.9	15.5	1.9
Medjool dates	20 g	0.70 oz	56	15	0.5	0
Dark chocolate	10 g	0.35 oz	57	5.3	0.7	3.3
Hemp seeds	7.5 g	0.27 oz	40	1.5	2.25	3.45
Almond butter	7 g	0.25 oz	45	1.4	1.4	4.2
Vanilla extract	2 ml	0.07 fl oz	6	0	0	0
Cinnamon	1 g	0.035 oz	3	1	0	0
Snack Total	—-	—	290	28.1	20.35	12.85
Daily Total	—	—	1590	177	109	58

Suggested Recipes

Breakfast — Maple Pecan Granola

Prep time: 5 minutes **Cook time:** 15 minutes

Ingredients:

- 25 g (0.88 oz) Rolled oats
- 7 g (0.25 oz) Pecans, chopped
- 8 g (0.28 oz) Maple syrup
- 5 g (0.18 oz) Chia seeds
- 3 ml (0.11 fl oz) Coconut oil
- 1 g (0.035 oz) Cinnamon

Method:

1. Preheat the oven to 160°C (320°F).
2. In a mixing bowl, combine rolled oats, chopped pecans, chia seeds, and cinnamon.
3. Melt the coconut oil and mix it with maple syrup. Pour this mixture over the dry ingredients and stir until everything is evenly coated.
4. Spread the mixture in a thin layer on a baking sheet lined with parchment paper.
5. Bake for 12-15 minutes, stirring halfway through to ensure even toasting. Watch closely to prevent burning.
6. Remove from the oven and let it cool completely; the granola will crisp as it cools.
7. Serve with your choice of plant milk or enjoy as a snack.

Post-Workout Snack — Chocolate Protein Shake

Prep time: 5 minutes

Ingredients:

- 60.2g (2.13 oz) Plant protein powder (chocolate flavor)
- 250 ml (8.45 fl oz) Unsweetened almond milk
- 7 g (0.25 oz) Peanut butter
- 30 g (1.06 oz) Banana

Method:

1. Add vegan protein powder, almond milk, peanut butter, and banana to a blender.
2. Blend on high speed until smooth and creamy, about 30-45 seconds.
3. Pour into a glass and enjoy immediately as a refreshing post-workout recovery drink.

Lunch — Vegan Freekeh Salad

Prep time: 10 minutes **Cook time:** 25 minutes

Ingredients:

- 30 g (1.06 oz) Dry freekeh
- 100 g (3.53 oz) Canned chickpeas, drained and rinsed
- 50 g (1.76 oz) Cucumber, diced
- 50 g (1.76 oz) Cherry tomatoes, halved
- 15 g (0.53 oz) Red onion, finely chopped
- 5 ml (0.18 fl oz) Olive oil
- 10 ml (0.35 fl oz) Lemon juice
- 10 g (0.35 oz) Fresh parsley, chopped
- 2 g (0.07 oz) Salt & pepper

Method:

1. Rinse freekeh well under cold water.
2. Cook freekeh by simmer in boiling water for about 20-25 minutes until tender. Drain any excess water and fluff with a fork. Let it cool slightly.
3. In a large bowl, combine cooked freekeh, chickpeas, cucumber, cherry tomatoes, and red onion.
4. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
5. Pour the dressing over the salad and toss to combine.
6. Garnish with chopped fresh parsley. Serve chilled or at room temperature.

Dinner — Miso Mushroom Bowl

Prep time: 10 minutes **Cook time:** 25 minutes

Ingredients:

- 40 g (1.41 oz) Dry brown rice
- 120 g (4.23 oz) Firm tofu, cubed
- 80 g (2.82 oz) Mushrooms, sliced
- 50 g (1.76 oz) Raw kale, chopped
- 10 g (0.35 oz) Miso paste
- 2 ml (0.07 fl oz) Sesame oil
- 5 g (0.18 oz) Garlic, minced
- 10 g (0.35 oz) Scallions, chopped
- 5 g (0.18 oz) Ginger, minced

Method:

1. Cook brown rice in 120 ml water. Simmer it for 25-30 minutes. Until cooked and water is absorbed.
2. While rice cooks, heat sesame oil in a large skillet over medium heat.
3. Add garlic, ginger, and scallions; sauté for 1-2 minutes until fragrant.
4. Add mushrooms and cook for 5-7 minutes until tender and browned.
5. Add tofu cubes and cook for another 5 minutes, stirring occasionally to brown all sides.
6. In a small bowl, mix miso paste with 2 tablespoons of hot water to make a smooth sauce.
7. Add chopped kale and miso sauce to the skillet; cook until kale wilts, about 2-3 minutes.
8. Serve mushroom-tofu mixture over cooked brown rice.

Evening Snack — Dark Chocolate Hemp Energy Bites

Prep time: 10 minutes

Ingredients:

- 23.6 g (0.83 oz) Plant protein powder
- 20 g (0.70 oz) Medjool dates, pitted
- 10 g (0.35 oz) Dark chocolate (at least 70% cacao), chopped
- 7.5 g (0.27 oz) Hemp seeds
- 7 g (0.25 oz) Almond butter
- 2 ml (0.07 fl oz) Vanilla extract
- 1 g (0.035 oz) Cinnamon

Method:

1. In a food processor, combine dates, almond butter, and vanilla extract. Pulse until smooth and sticky.
2. Add protein powder, cinnamon, and hemp seeds. Pulse again until combined but still slightly chunky.
3. Stir in chopped dark chocolate pieces by hand.
4. Using your hands, form the mixture into small bite-sized balls (about 12-15).
5. Place energy bites on a tray and chill in the fridge for at least 30 minutes before serving.
6. Store in an airtight container in the fridge for up to a week.

7 Day Shopping List

Whole Grains & Starches

- Rolled oats: 175 g (6.17 oz)
- Dry freekeh: 210 g (7.41 oz)
- Dry brown rice: 280 g (9.88 oz)
- Banana: 210 g (7.41 oz)

Protein

- Plant protein powder (chocolate flavor): 586g (20.72 oz)
- Firm tofu: 840 g (29.6 oz)
- Canned chickpeas, drained: 700 g (24.69 oz)

Vegetables

- Cucumber, diced: 350 g (12.35 oz)
- Cherry tomatoes, halved: 350 g (12.35 oz)
- Red onion, finely chopped: 105 g (3.70 oz)
- Raw kale, chopped: 350 g (12.35 oz)
- Mushrooms, sliced: 560 g (19.75 oz)
- Garlic, minced: 35 g (1.23 oz)
- Scallions, chopped: 70 g (2.47 oz)
- Ginger, minced: 35 g (1.23 oz)
- Fresh parsley, chopped: 70 g (2.47 oz)

Fruits

- Medjool dates, pitted: 140 g (4.94 oz)

Nuts & Seeds (Healthy Fats)

- Pecans, chopped: 49 g (1.73 oz)
- Chia seeds: 35 g (1.23 oz)
- Coconut oil: 21 ml (~19 g / 0.67 oz)
- Peanut butter: 49 g (1.73 oz)
- Hemp seeds: 52.5 g (1.89 oz)
- Almond butter: 49 g (1.73 oz)
- Dark chocolate (70%+ cacao), chopped: 70 g (2.47 oz)

Pantry & Condiments

- Maple syrup: 56 g (1.98 oz)
- Olive oil: 35 ml (~32 g / 1.13 oz)
- Lemon juice: 70 ml (~70 g / 2.47 oz)
- Miso paste: 70 g (2.47 oz)
- Sesame oil: 14 ml (~13 g / 0.46 oz)
- Vanilla extract: 14 ml (~14 g / 0.49 oz)
- Cinnamon powder: 14 g (0.49 oz)
- Salt & pepper: 14 g (0.49 oz)

Dairy & Alternatives

- Unsweetened almond milk: 1750 ml (1.75 L / 59.17 fl oz)

Vegan Meal Plans

Week 3 - 1700 kcal

Meal / Ingredient	Metric	Imperial	Calories (kcal)	Carbs (g)	Protein (g)	Fat (g)
Breakfast - Chickpea "Egg" Salad Toast						
Canned chickpeas	39 g	1.37 0z	100	10.6	3.3	0.9
Vegan mayo	8 g	0.28 oz	24	0.5	0	4
Turmeric	0.5 g	0.018 oz	1.5	0.2	0.05	0
Whole grain bread	35 g	1.23 oz	93	17	3.5	0.7
Avocado	35 g	1.23 oz	56	3	0.5	5
Spinach	15 g	0.53 oz	3.5	0.5	0.5	0.05
Garlic	2 g	0.07 oz	3	0.4	0.1	0
Tomato	30 g	1.05 oz	5	1.2	0.3	0
Breakfast Total	—	—	286	33.4	8.25	10.65
Post Workout Snack - Super Green Protein Shake						
Plant protein powder	35.6 g	1.25 oz	140	5.8	23.3	2.9
Unsweetened almond milk	160 ml	5.4 fl oz	20	0.7	1	1.8
Kale	84 g	2.96 oz	41	7.5	3.6	0.75
Banana	50 g	1.76 oz	45	12	0.5	0.1
Ground flaxseed	5 g	0.18 oz	27	1.5	1	2.3
Cinnamon	0.5 g	0.018 oz	2	0.3	0	0
Snack Total	—	—	275	27.8	29.4	7.85
Lunch - Lentil & Walnut "Meat" Pitas with Tzatziki						
Dry brown lentils	35 g	1.23 oz	123	21	8.7	0.5

Walnuts	9.5 g	0.33 oz	62	1.3	1.6	6.5
Whole wheat pita bread	40 g	1.41 oz	110	23	4	1
Cucumber	40 g	1.41 oz	6	1.2	0.3	0
Vegan yogurt (unsweetened)	70 g	2.47 oz	41	4	2.1	1.5
Lemon juice	10 ml	0.34 fl oz	3	0.7	0	0
Fresh mint	3 g	0.11 oz	1	0.2	0.05	0
Mixed greens	20 g	0.7 oz	5	0.7	0.3	0
Lunch Total	—	—	351	51.4	17.05	9.5
Dinner - Smoky Tempeh & Raw Veggie Bowl						
Tempeh	79 g	2.79 oz	168	7.9	15.8	9.5
Raw broccoli	40 g	1.41 oz	14	3	1.1	0.1
Raw carrots	30 g	1.05 oz	12	3	0.3	0
Raw red bell pepper	30 g	1.05 oz	12	3	0.3	0
Dry quinoa	30 g	1.05 oz	110	20	4	2
Tahini	8 g	0.28 oz	48	1.5	1.5	4.3
Olive oil	5 ml	0.18 fl oz	45	0	0	5
Smoked paprika	0.5 g	0.018 oz	2	0.3	0	0
Soy sauce	5 ml	0.17 fl oz	3	0.5	0.5	0
Maple syrup	5 ml	0.17 fl oz	13	3.5	0	0
Dinner Total	—	—	427	42.7	23.5	20.9
Evening Snack - Peanut Butter Protein Balls						
Natural peanut butter	18 g	0.63 oz	107	3.4	4.5	9
Plant protein powder	35.6 g	1.25 oz	140	5.8	23.3	2.9
Oats	15 g	0.53 oz	56	10	2.3	1
Chia seeds	10 g	0.35 oz	49	4	1.3	3

Maple syrup	3 ml	0.1 fl oz	10	2.3	0	0
Snack Total	—	—	362	25.5	31.4	15.9
Daily Total	—	—	1703	180	109	64

Suggested Recipes

Breakfast — Chickpea "Egg" Salad Toast

Prep time: 10 minutes

Ingredients:

- 39 g (1.37 oz) Canned chickpeas, drained and rinsed
- 8 g (0.28 oz) Vegan mayo
- 0.5 g (0.018 oz) Turmeric powder
- 35 g (1.23 oz) Whole grain bread (toasted)
- 35 g (1.23 oz) Avocado, sliced
- 15 g (0.53 oz) Raw spinach
- 2 g (0.07 oz) Raw garlic, minced
- 30 g (1.05 oz) Raw tomato, sliced

Method:

1. In a bowl, mash the chickpeas roughly with a fork until chunky.
2. Add vegan mayo, turmeric, and minced garlic. Mix well.
3. Toast the whole grain bread slices until golden brown.
4. Spread the chickpea mixture evenly over the toast.
5. Top with sliced avocado, raw spinach leaves, and tomato slices.
6. Season with a pinch of salt and pepper to taste. Serve immediately.

Post-Workout Snack — Super Green Protein Shake

Prep time: 5 minutes

Ingredients:

- 35.6 g (1.25 oz) Plant protein powder
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- 160 ml (5.4 fl oz) Unsweetened almond milk
- 84 g (2.96 oz) Raw kale, chopped
- 50 g (1.76 oz) Banana, peeled
- 5 g (0.18 oz) Ground flaxseed
- 0.5 g (0.018 oz) Ground cinnamon

Method:

1. Add almond milk, kale, banana, flaxseed, and cinnamon into a blender.
2. Blend on high until smooth and creamy.
3. Add vegan protein powder and blend again for 15 seconds.
4. Pour into a glass and enjoy immediately.

Lunch — Lentil & Walnut "Meat" Pitas with Tzatziki

Prep time: 15 minutes **Cook time:** 25 minutes

Ingredients:

- 35 g (1.23 oz) Dry brown lentils
- 9.5 g (0.33 oz) Walnuts, chopped
- 40 g (1.41 oz) Whole wheat pita bread
- 40 g (1.41 oz) Cucumber, diced
- 70 g (2.47 oz) Unsweetened vegan yogurt
- 10 ml (0.34 fl oz) Lemon juice
- 3 g (0.11 oz) Fresh mint, chopped
- 20 g (0.7 oz) Mixed greens

Method:

1. Rinse lentils and cook in boiling water for 20–25 minutes until tender. Drain and let cool slightly.

2. Roughly chop walnuts and toast them lightly in a dry pan over medium heat for 2-3 minutes until fragrant.

3. In a bowl, mix cooked lentils and toasted walnuts. Add salt and pepper to taste.

4. In a small bowl, combine vegan yogurt, lemon juice, chopped mint, and diced cucumber to make tzatziki.

5. Warm the pita bread slightly in a toaster or oven.

6. Stuff the pita with the lentil-walnut mixture, tzatziki, and mixed greens. Serve immediately.

Dinner — Smoky Tempeh & Raw Veggie Bowl

Prep time: 15 minutes **Cook time:** 15 minutes

Ingredients:

- 79 g (2.79 oz) Tempeh, cubed
- 40 g (1.41 oz) Raw broccoli florets
- 30 g (1.05 oz) Raw carrots, sliced
- 30 g (1.05 oz) Raw red bell pepper, sliced
- 30 g (1.05 oz) Dry quinoa
- 5 ml (0.18 fl oz) Olive oil
- 8 g (0.28 oz) Tahini
- 0.5 g (0.018 oz) Smoked paprika
- 5 ml (0.17 fl oz) Soy sauce
- 5 ml (0.17 fl oz) Maple syrup

Method:

1. Rinse quinoa and cook in 100 ml water for 12-15 minutes until tender. Fluff with a fork.

2. Heat a non-stick pan over medium heat. Add cubed tempeh and cook for 5 minutes, stirring occasionally.

3. Add soy sauce, maple syrup, smoked paprika and cook another 3-4 minutes until the tempeh is glazed and smoky. Remove from heat.
4. Saute broccoli carrots and red bell pepper in olive oil for 4 - 5 minutes.

5. Arrange cooked quinoa in a bowl. Top with cooked tempeh and broccoli, carrots, and red bell pepper slices.

6. Drizzle tahini over the bowl. Toss lightly before serving.

Evening Snack — Peanut Butter Protein Balls

Prep time: 15 minutes

Ingredients:

- 18 g (0.63 oz) Natural peanut butter
- 35.6 g (1.25 oz) Plant protein powder
- 15 g (0.53 oz) Oats
- 10 g (0.35 oz) Chia seeds
- 3 ml (0.1 fl oz) Maple syrup

Method:

1. In a mixing bowl, combine peanut butter, protein powder, oats, chia seeds, and maple syrup.
2. Mix well until a sticky dough forms. If too dry, add a tiny splash of water or almond milk.
3. Roll the mixture into 6-8 small balls.
4. Place on a tray and refrigerate for 30 minutes to firm up (optional).
5. Store in an airtight container in the fridge. Enjoy as a protein-packed evening snack.

7 Day Shopping List

Whole Grains & Starches

- Whole grain bread (toasted) — 245 g (8.61 oz)
- Whole wheat pita bread — 280 g (9.88 oz)
- Dry quinoa — 210 g (7.41 oz)
- Oats — 105 g (3.70 oz)

Protein

- Canned chickpeas (drained & rinsed) — 273 g (9.62 oz)
- Plant protein powder — 498 g (17.5 oz)
- Dry brown lentils — 245 g (8.64 oz)
- Tempeh, cubed — 553 g (19.5 oz)

Vegetables

- Raw spinach — 105 g (3.7 oz)
- Raw garlic, minced — 14 g (0.49 oz)
- Raw tomato, sliced — 210 g (7.41 oz)
- Raw kale, chopped — 588 g (20.7 oz)
- Cucumber, diced — 280 g (9.88 oz)
- Fresh mint, chopped — 21 g (0.74 oz)
- Mixed greens — 140 g (4.94 oz)
- Raw broccoli florets — 280 g (9.88 oz)
- Raw carrots, sliced — 210 g (7.41 oz)
- Raw red bell pepper, sliced — 210 g (7.41 oz)

Fruits

- Banana, peeled — 350 g (12.35 oz)
- Avocado, sliced — 245 g (8.64 oz)

Nuts & Seeds (Healthy Fats)

- Walnuts, chopped — 67 g (2.36 oz)
- Natural peanut butter — 126 g (4.44 oz)
- Chia seeds — 70 g (2.47 oz)
- Ground flaxseed — 35 g (1.23 oz)
- Olive oil — 35 ml (1.18 fl oz)

Pantry & Condiments

- Vegan mayo — 56 g (1.98 oz)
- Turmeric powder — 3.5 g (0.12 oz)
- Ground cinnamon — 3.5 g (0.12 oz)
- Tahini — 56 g (1.98 oz)
- Smoked paprika — 3.5 g (0.12 oz)
- Soy sauce — 35 ml (1.18 fl oz)
- Maple syrup — 56 ml (1.90 fl oz)
- Salt & pepper — to taste
- Lemon juice — 70 ml (2.36 fl oz)

Dairy & Alternatives

- Unsweetened almond milk — 1120 ml (37.8 fl oz)
- Unsweetened vegan yogurt — 490 g (17.3 oz

Vegan Meal Plans

Week 4 - 1700 kcal

Meal / Ingredient	Metric	Imperial	Calories (Kcal)	Carbs (g)	Protein (g)	Fat (g)
Breakfast — Vegan English Breakfast Bowl						
Firm tofu	80 g	2.82 oz	96	2.4	11.3	6
Mushrooms	50 g	1.76 oz	11	2.1	1.4	0
Tomatoes	50 g	1.76 oz	9	2.1	0.5	0
Beans (canned, drained)	85 g	3 oz	75	14.6	3.9	0.3
Potato	50 g	1.75 oz	39	8.65	1	0
Wholegrain bread slice	25 g	0.88 oz	62	12.5	2.5	0.6
Olive oil	3 ml	0.10 fl oz	24	0	0	2.7
turmeric, garlic, onion powder, salt	2 g	0.07 oz	7	1.3	0.3	0
Breakfast Total	—	—	323	43.65	20.9	9.6
Post Workout Snack — Banana Oats Shake						
Plant protein powder	35.6 g	1.25 oz	140	5.8	23.3	2.9
Banana	40 g	1.41 oz	35	8	0.45	0.1
Rolled oats	15 g	0.53 oz	56	10	2.3	1.1
Unsweetened almond milk	200 ml	6.76 fl oz	24	1	1	2
Peanut butter	10 g	0.35 oz	60	2	2.7	5.3
Cinnamon	1 g	0.04 oz	3	1	0	0
Snack Total	—	—	318	27.8	39.75	11.4
Lunch — Lentil & Seitan Salad						
Seitan	100 g	3.53 oz	130	3.5	23	1.9

Green lentils (dry)	30 g	1.06 oz	102	18	7.8	0.4
Cucumber (chopped)	30 g	1.06 oz	5	1.2	0.2	0
Cherry tomatoes	30 g	1.06 oz	5	1.2	0.3	0
Kale	20 g	0.71 oz	10	2	0.7	0
Nutritional yeast	20 g	0.71 oz	80	4	10	1.6
Tahini	20 g	0.71 oz	120	4	3.3	10.7
Lemon juice	7 g	0.25 oz	3	0.7	0	0
Mince Garlic	3g	1 clove	4	1	0.2	0
Olive oil	7 ml	0.24 fl oz	56	0	0	6.3
Salt, pepper	1 g	0.04 oz	3	0.5	0	0
Lunch Total	—	—	518	36.1	45.5	20.9
Dinner — Chickpea & Spinach Curry						
Chickpeas (canned, drained)	85 g	3 oz	138	24	7.8	2
Spinach	70 g	2.47 oz	16	3	2.1	0
White rice (dry)	30 g	1.06 oz	108	24	2.5	0.3
Diced tomatoes	70 g	2.47 oz	13	3	0.7	0.1
Onion	35 g	1.23 oz	14	3.5	0.4	0
Garlic (minced)	4 g	0.14 oz	6	1	0.3	0
Coconut oil	7 ml	0.25 fl oz	63	0	0	7
Turmeric,cumin, salt , chili flakes	4 g	0.14 oz	12	2.5	0.4	0
Dinner Total	—	—	370	61	14.2	9.4
Evening Snack — Roasted Spiced Chickpeas & Almonds						
Chickpeas (canned, drained)	42 g	1. 5 oz	69	12	3.9	1
Olive oil (for roasting)	7 ml	0.24 fl oz	56	0	0	6.3
Almonds	7 g	0.25 oz	40	1	1.4	3.5

smoked paprika, garlic powder, cayenne, salt	1 g	0.04 oz	3	0.5	0	0
Snack Total	—	—	168	13.5	5.3	10.8
Daily Total	—	—	1697	182	125	62

Suggested Recipes

Breakfast — Vegan English Breakfast Bowl

Prep time: 10 minutes **Cook time:** 15 minutes

Ingredients:

- 80 g (2.82 oz) Firm tofu, raw, crumbled
- 50 g (1.76 oz) Mushrooms, sliced
- 50 g (1.76 oz) Tomatoes, chopped
- 85 g (3 oz) Canned baked beans, drained
- 50 g (1.75 oz) Potato, peeled and cubed
- 25 g (0.88 oz) Wholegrain bread slice
- 3 ml (0.10 fl oz) Olive oil
- 2 g (0.07 oz) Turmeric, garlic powder, onion powder, salt (combined)

Method:

1. Boil cubed potatoes in salted water for 8-10 minutes until tender. Drain and set aside.
2. Heat 1.5 ml olive oil in a pan over medium heat. Add crumbled tofu, turmeric, garlic powder, onion powder, and salt. Sauté for 5-7 minutes until lightly browned.
3. In another pan, heat remaining olive oil. Add mushrooms and tomatoes, sauté for 5 minutes until softened.
4. Heat beans in a small saucepan until warmed through.
5. Toast the bread slice until golden brown.
6. Plate tofu scramble, sautéed veggies, baked beans, boiled potatoes, and toasted bread. Serve immediately.

Post Workout Snack — Banana Oats Shake

Prep time: 5 minutes

Ingredients:

- 35.6 g (1.25 oz) Plant protein powder
- 40 g (1.41 oz) Banana, sliced
- 15 g (0.53 oz) Rolled oats
- 200 ml (6.76 fl oz) Unsweetened almond milk
- 10 g (0.35 oz) Peanut butter
- 1 g (0.04 oz) Ground cinnamon

Method:

1. Combine all ingredients in a blender.
2. Blend until smooth and creamy, about 30 seconds.
3. Pour into a glass and enjoy immediately.

Lunch — Lentil & Seitan Salad

Prep time: 10 minutes **Cook time:** 20 minutes

Ingredients:

- 100 g (3.53 oz) Seitan, sliced or cubed
- 30 g (1.06 oz) Green lentils, dry
- 30 g (1.06 oz) Cucumber, chopped
- 30 g (1.06 oz) Cherry tomatoes, halved
- 20 g (0.71 oz) Kale, chopped
- 20 g (0.71 oz) Nutritional yeast
- 20 g (0.71 oz) Tahini
- 7 g (0.25 oz) Lemon juice
- 1 clove (3g) minced garlic
- 7 ml (0.24 fl oz) Olive oil
- 1 g (0.04 oz) Salt and pepper

Method:

1. Rinse lentils and boil in salted water for 15-20 minutes until tender but firm. Drain and cool.

2. Heat olive oil in a pan over medium heat. Add seitan and sauté for 5-7 minutes until browned.

3. Chop cucumber, halve cherry tomatoes, and chop kale finely.

4. In a small bowl, mix tahini, lemon juice, minced garlic, salt, and pepper. Add water if needed to thin.

5. In a large bowl, combine lentils, seitan, cucumber, tomatoes, kale, and nutritional yeast. Toss with tahini dressing. Serve immediately or chilled.

Dinner — Chickpea & Spinach Curry

Prep time: 10 minutes **Cook time:** 25 minutes

Ingredients:

- 85 g (3 oz) Canned chickpeas, drained and rinsed
- 70 g (2.47 oz) Fresh spinach
- 30 g (1.06 oz) White rice, dry
- 70 g (2.47 oz) Diced tomatoes
- 35 g (1.23 oz) Onion, chopped
- 4 g (0.14 oz) Garlic, minced
- 7 ml (0.25 fl oz) Coconut oil
- 4 g (0.14 oz) Turmeric, cumin, salt, chili flakes (combined)

Method:

1. Rinse rice and cook in plenty of water until soft then drain.(about 15 minutes).

2. Heat coconut oil in a pan over medium heat. Sauté onions and garlic for 5 minutes until soft.

3. Add diced tomatoes and spices; cook for 3-4 minutes until fragrant.

4. Add chickpeas and spinach, simmer for 10 minutes until spinach is wilted and flavors meld.

5. Serve chickpea curry over cooked rice.

Evening Snack — Roasted Spiced Chickpeas & Almonds

Prep time: 5 minutes **Cook time:** 25 minutes

Ingredients:

- 42 g (1.5 oz) Canned chickpeas, drained and rinsed
- 7 ml (0.24 fl oz) Olive oil
- 7 g (0.25 oz) Almonds
- 1 g (0.04 oz) Smoked paprika, garlic powder, cayenne, salt (combined)

Method:

1. Preheat the oven to 200°C (400°F).
2. Toss chickpeas with olive oil and spices until evenly coated.
3. Spread chickpeas on a baking tray and roast for 20-25 minutes until crispy, shaking tray halfway through.
4. Toast almonds lightly in a dry pan for 3-4 minutes.
5. Serve roasted chickpeas with toasted almonds as a crunchy snack.

7 Day Shopping List

Whole Grains & Starches

- Wholegrain bread — 175 g (6.17 oz)
- Rolled oats — 105 g (3.7 oz)
- White rice, dry — 210 g (7.4 oz)
- Potato, peeled and cubed — 350 g (12.3 oz)

Protein

- Firm tofu, raw — 560 g (19.7 oz)
- Seitan — 700 g (24.7 oz)
- Canned baked beans, drained — 595 g (21 oz)
- Green lentils, dry — 210 g (7.4 oz)
- Canned chickpeas— 889 g (31.3 oz)
- Plant protein powder — 249 g (8.75 oz)
- Peanut butter — 70 g (2.47 oz)

Vegetables

- Mushrooms, 350 g (12.3oz)
- Tomatoes, 1050 g (37oz)
- Cherry tomatoes 210 g (7.4 oz)
- Cucumber— 210 g (7.4 oz)
- Kale, chopped — 140 g (4.9 oz)
- Fresh spinach — 490 g (17.3 oz)
- Onion, chopped — 245 g (8.6 oz)
- Garlic, minced — 49g (1.8 oz)

Fruits

- Banana, sliced — 280 g (9.9 oz)

Nuts & Seeds (Healthy Fats)

- Almonds — 49 g (1.73 oz)
- Olive oil — 119 ml (4 fl oz)
- Coconut oil — 49 ml (1.73 fl oz)

Pantry & Condiments

- Turmeric powder — 42 g (1.48 oz)
- Garlic powder — 21 g (0.74 oz)
- Onion powder — 14 g (0.5 oz)
- Salt — approx. 56 g (1.97 oz)
- Black pepper — 7 g (0.25 oz)
- Smoked paprika — 7 g (0.25 oz)
- Cayenne pepper — 7 g (0.25 oz)
- Chili flakes — 28 g (1 oz)
- Ground cinnamon — 7 g (0.25 oz)
- Lemon juice — 49 ml (1.7 fl oz)
- Tahini — 140 g (4.9 oz)
- Nutritional yeast — 140 g (4.9 oz)

Dairy & Alternatives

- Unsweetened almond milk — 1400 ml (47.3 fl oz)

Vegan Meal Plans

Week 5 - 1800 kcal

Meal / Ingredient	Metric	Imperial	Calories (kcal)	Carbs (g)	Protein (g)	Fat (g)
Breakfast – Blueberry Wondershake Oatmeal						
Rolled oats (dry)	34 g	1.20 oz	129	22	4.3	2.1
Almond milk (unsweetened)	250 ml	8.45 fl oz	30	1	1	2
Chia seeds	6 g	0.21 oz	30	3	1.2	2.5
Blueberries	75 g	2.65 oz	42	10	0.5	0
Plant protein powder	46.5 g	1.64 oz	183	7.6	30.5	3.8
Cinnamon	1 g	0.04 oz	3	1	0	0
Breakfast Total	—	—	417	44.6	37.5	10.4
Post Workout Snack – Shake with Rice Cake						
Plant protein powder	46.5 g	1.64 oz	183	7.6	30.5	3.8
Rice cake	9 g	0.32 oz	35	7	0.7	0.2
Jam / fruit spread	10 g	0.35 oz	25	6	0	0
Snack Total	—	—	243	20.6	31.2	4
Lunch – Edamame Quinoa Bowl						
Edamame (dry)	34 g	1.20 oz	126	9	12.5	5.5
Quinoa (dry)	30 g	1.06 oz	111	20	4.2	1.8
Mixed vegetables	150 g	5.29 oz	50	10	3	0
Soy sauce	15 ml	0.51 fl oz	10	1	2	0
Lime juice	10 ml	0.34 fl oz	2	0	0	0

Olive oil	1.5 ml	0.054 fl oz	14	0	0	1.5
Lunch Total	—	—	313	40	21.7	8.8
Dinner – Creamy Tomato Lentil Pasta						
Whole-grain pasta (dry)	58 g	2.05 oz	220	42	8	1.7
Red lentils (dry)	50 g	1.76 oz	178	30	13.5	0.7
Tomato purée	120 g	4.23 oz	50	10	2	0
Raw spinach	60 g	2.12 oz	14	2	2	0
Olive oil	15 ml	0.51 fl oz	128	0	0	15
Garlic	5 g	0.18 oz	7	1	0.3	0
Herbs/spices	2 g	0.07 oz	2	0	0	0
Dinner Total	—	—	599	85	25.8	17.4
Evening Snack – Light Trail Mix						
Dark chocolate	6 g	0.21 oz	36	3	0.4	3
Almonds	8 g	0.28 oz	47	1.5	1.5	4
Walnuts	8 g	0.28 oz	52	1	1	5
Cranberries (dried)	7 g	0.25 oz	23	6	0	0
Hemp seeds	12 g	0.42 oz	71	2	4	6
Snack Total	—	—	229	13.5	6.9	18
Daily Total	—	—	1801	203	123	58

Suggested Recipes

Breakfast – Blueberry Wondershake Oatmeal

Prep time: 5 minutes **Cook time:** 5 minutes

Ingredients:

- 34 g (1.20 oz) rolled oats (dry)
- 250 ml (8.45 fl oz) unsweetened almond milk
- 6 g (0.21 oz) chia seeds
- 75 g (2.65 oz) blueberries (fresh or thawed if frozen)
- 46.5 g (1.64 oz) Plant protein powder
- 1 g (0.04 oz) cinnamon powder

Method:

1. In a small pot, bring the almond milk to a gentle simmer over medium heat.
2. Add the rolled oats and cook, stirring occasionally, for about 4–5 minutes until the oats soften and absorb most of the milk.
3. Stir in the chia seeds and cinnamon, cook for another minute.
4. Remove from heat and let the mixture cool slightly.
5. Mix in the protein powder until smooth and fully incorporated.
6. Top with fresh blueberries. Serve warm.

Post Workout Snack – Shake with Rice Cake

Prep time: 2 minutes

Ingredients:

- 46.5 g (1.64 oz) Plant protein powder
- 9 g (0.32 oz) rice cake
- 10 g (0.35 oz) jam or fruit spread (low sugar preferred)

Method:

1. Prepare the protein shake by mixing protein powder with water.

2. Spread the jam evenly on the rice cake.

3. Enjoy together immediately post-workout.

Lunch – Edamame Quinoa Bowl

Prep time: 10 minutes **Cook time:** 20 minutes

Ingredients:

- 34 g (1.20 oz) edamame (dry weight, shelled)
- 30 g (1.06 oz) quinoa (dry)
- 150 g (5.29 oz) mixed vegetables (e.g., bell peppers, carrots, peas)
- 15 ml (0.51 fl oz) soy sauce (low sodium)
- 10 ml (0.34 fl oz) fresh lime juice
- 1.5 ml (0.054 fl oz) olive oil

Method:

1. Rinse the quinoa under cold water. Cook quinoa in double the amount of water (60 ml) over medium heat for about 15 minutes until water is absorbed and quinoa is tender. Fluff with a fork and set aside.

2. Cook edamame by boiling in water for 5–7 minutes until tender; drain.

3. Lightly steam or sauté mixed vegetables until just tender (about 5 minutes).

4. In a large bowl, combine cooked quinoa, edamame, and vegetables.

5. Drizzle olive oil, soy sauce, and lime juice over the mixture. Toss gently to combine.

6. Serve warm or at room temperature.

Dinner – Creamy Tomato Lentil Pasta

Prep time: 10 minutes **Cook time:** 20 minutes

Ingredients:

- 58 g (2.05 oz) whole-grain pasta (dry)

- 50 g (1.76 oz) red lentils (dry)
- 120 g (4.23 oz) tomato purée
- 60 g (2.12 oz) raw spinach
- 15 ml (0.51 fl oz) olive oil
- 5 g (0.18 oz) garlic (minced)
- 2 g (0.07 oz) herbs and spices (e.g., oregano, basil, chili flakes)

Method:

1. Cook the pasta in boiling salted water until al dente (usually 8–10 minutes). Drain and set aside, reserving some pasta water.

2. While pasta cooks, rinse red lentils and boil in 2x volume water for 15 minutes until tender but not mushy. Drain excess water if needed.

3. In a pan, heat olive oil over medium heat. Add minced garlic and sauté for 1 minute until fragrant.

4. Add tomato purée and herbs/spices. Stir and simmer for 5 minutes.

5. Stir in cooked lentils and spinach, cook until spinach wilts (about 2 minutes). If sauce is thick, add reserved pasta water to loosen.

6. Mix the sauce with the pasta and cook together for 1–2 minutes to combine flavors. Serve warm.

Evening Snack – Light Trail Mix

Prep time: 1 minutes

Ingredients:

- 6 g (0.21 oz) dark chocolate (80% or higher)
- 8 g (0.28 oz) almonds
- 8 g (0.28 oz) walnuts
- 7 g (0.25 oz) dried cranberries (unsweetened)
- 12 g (0.42 oz) hemp seeds

Method:

1. Mix all ingredients in a small bowl or container.

2. Enjoy as a nutritious evening snack.

7 Day Shopping List

Whole Grains & Starches

- Rolled oats (dry): 238 g (8.4 oz)
- Rice cakes: 63 g (2.2 oz)
- Quinoa (dry): 210 g (7.4 oz)
- Whole-grain pasta (dry): 406 g (14.3 oz)

Proteins

- Plant protein powder: 651 g (22.96 oz)
- Edamame (dry weight, shelled): 238 g (8.4 oz)
- Red lentils (dry): 350 g (12.3 oz)

Vegetables

- Mixed vegetables (bell peppers, carrots, peas): 1,050 g (37 oz)
- Raw spinach: 420 g (14.8 oz)
- Garlic (minced): 35 g (1.2 oz)
- Tomato purée: 840 g (29.6 oz
- Fresh lime juice (or fresh limes): 70 ml (2.4 fl oz)
- Fresh or frozen blueberries: 525 g (18.5 oz)

Fruits

- Jam or fruit spread (low sugar): 70 g (2.5 oz)
- Dried cranberries (unsweetened): 49 g (1.7 oz)

Nuts & Seeds (Healthy Fats)

- Chia seeds: 42 g (1.48 oz)
- Almonds: 56 g (2 oz)
- Walnuts: 56 g (2 oz)
- Hemp seeds: 84 g (3 oz)
- Dark chocolate (80%+): 42 g (1.48 oz)
- Olive oil: 116 ml (3.9 fl oz)

Pantry & Condiments

- Unsweetened almond milk: 1,750 ml (59.2 fl oz)
- Low sodium soy sauce: 105 ml (3.55 fl oz)
- Cinnamon powder: 7 g (0.25 oz)
- Herbs and spices (oregano, basil, chili flakes): 14 g (0.5 oz)

Vegan Meal Plans

Week 6 - 1800 kcal

Meal / Recipe	Metric	Imperial	Calories (kcal)	Carbs (g)	Protein (g)	Fat (g)
Breakfast - Acai Bowl						
Acai pulp	100 g	3.53 oz	70	14	1	1
Pineapple chunks	40 g	1.41 oz	20	5.2	0.2	0.04
Banana	50 g	1.76 oz	45	12	0.5	0.15
Mango	40 g	1.41 oz	24	6	0.2	0.08
Coconut flakes	7 g	0.25 oz	46	1.7	0.5	4.5
Strawberries	25 g	0.88 oz	8	1.75	0.17	0.08
Blueberries	25 g	0.88 oz	14	3.5	0.18	0.08
Pepitas	7 g	0.25 oz	39	1	2.1	3.4
Granola	10 g	0.35 oz	40	6.5	0.8	1
Almonds	7 g	0.25 oz	41	1.5	1.5	3.5
Almond butter	1 g	0.04 oz	7	0.2	0.2	0.55
Chia seeds	5 g	0.18 oz	25	2.1	0.85	1.55
Honey	3 ml	0.11 fl oz	9	2.5	0	0
Breakfast Total	—	—	388	57.95	8.2	15.93
Post Workout Snack: - Strawberry Banana Shake						
Plant protein powder	66 g	2.33 oz	260	10.8	43.3	5.4
Strawberries	50 g	1.76 oz	15	3.5	0.35	0.15
Banana	50 g	1.76 oz	45	12	0.5	0.15
Almond milk (unsweetened)	200 ml	6.76 fl oz	30	0.6	0.8	2.4

Dates	12 g	0.42 oz	34	8.4	0.3	0
Snack Total	—	—	384	35.3	45.25	8.1
Lunch - Chickpea Tuna Melt						
Canned chickpeas	110 g	3.88 oz	180	29.7	10	3.3
Celery	15	0.53 oz	2	0.75	0.08	0
Vegan mayo	4 g	0.14 oz	18	0.8	0	2
Chives	5 g	0.18 oz	1	0.1	0.1	0
Bread (2 slices)	50 g	1.76 oz	125	23.3	4.7	1.7
Vegan cheddar cheese	20 g	0.71 oz	70	0.6	4	5.6
Sprouts	20 g	0.71 oz	6	1	1	0
Lunch Total	—	—	402	54.81	19.88	12.6
Dinner - Sticky Glazed Tofu Bowl						
Extra firm tofu	140 g	4.94 oz	196	4.2	21	12.6
Olive oil	1.5 ml	0.05 fl oz	14	0	0	1.5
Shelled edamame	80 g	2.82 oz	96	7.2	9	4
White rice (dry)	15 g	0.53 oz	54	12	1.05	0.1
Avocado	20 g	0.70 oz	32	1.8	0.5	3
Cucumber	25 g	0.88 oz	4	1	0.25	0
Soy sauce	5 ml	0.18 fl oz	5	0.5	1	0
Maple syrup	5 ml	0.18 fl oz	17	4.5	0	0
Sriracha	2 ml	0.07 l oz	5	1	0	0
Minced garlic	1 g	0.04 oz	2	0.5	0.1	0
Vegan mayo	5 g	0.18 oz	22	0.1	0	2.5
Tomato paste	3 g	0.11 oz	6	1.5	0.3	0
Rice vinegar	2 ml	0.07 oz	0	0	0	0

Grated ginger	1 g	0.04 oz	1	0.2	0	0
Cilantro & green onions	10 g	0.35 oz	3	0.5	0.3	0
Dinner Total	—	—	457	34	32.5	23.7
Evening Snack - Peanut Butter Cup Bars						
Peanut butter	8 g	0.28 oz	47	1.6	2	4
Almond flour	8 g	0.28 oz	46	1.6	1.68	4
Maple syrup	3 ml	0.11 fl oz	8	2.1	0	0
Semi-sweet chocolate	10 g	0.35 oz	52	7	0.35	3
Coconut oil	1 ml	0.04 fl oz	9	0	0	1
Sea salt (optional)	pinch	-	0	0	0	0
Snack Total	—	—	162	12.3	4.03	12
Daily Total			1793	194	110	72

Suggested Recipes

Breakfast - Acai Bowl

Prep time: 10 minutes

Ingredients:

- 100 g (3.53 oz) Acai pulp
- 40 g (1.41 oz) Pineapple chunks
- 50 g (1.76 oz) Banana
- 40 g (1.41 oz) Mango
- 7 g (0.25 oz) Coconut flakes
- 25 g (0.88 oz) Strawberries
- 25 g (0.88 oz) Blueberries
- 7 g (0.25 oz) Pepitas
- 10 g (0.35 oz) Granola
- 7 g (0.25 oz) Almonds
- 1 g (0.04 oz) Almond butter
- 5 g (0.18 oz) Chia seeds
- 3 ml (0.11 fl oz) Honey

Method:

1. In a blender, combine the acai pulp, pineapple chunks, banana, and mango. Blend until smooth.

2. Pour the acai blend into a bowl.

3. Sprinkle coconut flakes, strawberries, blueberries, pepitas, granola, almonds, and chia seeds evenly on top.

4. Drizzle honey over the bowl for sweetness.

5. Serve immediately.

Post Workout Snack - Strawberry Banana Shake

Prep time: 5 minutes

Ingredients:

- 66 g (2.33 oz) Plant protein powder

- 50 g (1.76 oz) Strawberries
- 50 g (1.76 oz) Banana
- 200 ml (6.76 fl oz) Almond milk (unsweetened)
- 12 g (0.42 oz) Dates

Method:

1. Add the protein powder, strawberries, banana, almond milk, and dates into a blender.
2. Blend on high speed until smooth and creamy.
3. Pour into a glass and enjoy immediately.

Lunch - Chickpea Tuna Melt

Prep time: 10 minutes **Cook time:** 10 minutes

Ingredients:

- 110 g (3.88 oz) Canned chickpeas
- 15 g (0.53 oz) Celery, finely chopped
- 4 g (0.14 oz) Vegan mayo
- 5 g (0.18 oz) Chives, chopped
- 50 g (1.76 oz) Bread (2 slices)
- 20 g (0.71 oz) Vegan cheddar cheese
- 20 g (0.71 oz) Sprouts

Method:

1. Drain and rinse the canned chickpeas. Mash them lightly in a bowl.
2. Add finely chopped celery, vegan mayo, and chives. Mix well to form the chickpea tuna filling.
3. Preheat a pan or grill.
4. Spread the chickpea mixture evenly on one slice of bread. Top with vegan cheddar cheese and sprouts.
5. Place the second slice of bread on top to make a sandwich.
6. Grill or pan-fry the sandwich over medium heat for about 4-5 minutes on each side or until the bread is toasted and cheese has melted.
7. Slice and serve warm.

Dinner - Sticky Glazed Tofu Bowl

Prep time: 10 minutes **Cook time:** 15 minutes

Ingredients:

- 140 g (4.94 oz) Extra firm tofu, cubed
- 1.5 ml (0.05 fl oz) Olive oil
- 80 g (2.82 oz) Shelled edamame
- 15 g (0.53 oz) White rice (dry)
- 20 g (0.70 oz) Avocado, sliced
- 25 g (0.88 oz) Cucumber, sliced
- 5 ml (0.18 fl oz) Soy sauce
- 5 ml (0.18 fl oz) Maple syrup
- 2 ml (0.07 fl oz) Sriracha
- 1 g (0.04 oz) Minced garlic
- 5 g (0.18 oz) Vegan mayo
- 3 g (0.11 oz) Tomato paste
- 2 ml (0.07 fl oz) Rice vinegar
- 1 g (0.04 oz) Grated ginger
- 10 g (0.35 oz) Cilantro & green onions, chopped

Method:

1. Cook the white rice in plenty of water until cooked. Drain. Set aside.

2. Heat olive oil in a pan over medium heat. Add cubed tofu and cook until golden brown on all sides (about 7-8 minutes).

3. In a small bowl, mix soy sauce, maple syrup, sriracha, minced garlic, tomato paste, rice vinegar, and grated ginger to make the sticky glaze.

4. Pour the sticky glaze over the tofu in the pan and cook for another 2-3 minutes until the tofu is well coated and the sauce thickens.

5. In a separate pot, boil or steam shelled edamame until tender (about 5 minutes). Drain.

6. To assemble the bowl, place cooked rice at the base, then top with glazed tofu, edamame, sliced avocado, cucumber, and a dollop of vegan mayo.

7. Garnish with chopped cilantro and green onions. Serve warm.

Evening Snack - Peanut Butter Cup Bars

Prep time: 10 minutes **Cook time:** 15 minutes

Ingredients:

- 8 g (0.28 oz) Peanut butter
- 8 g (0.28 oz) Almond flour
- 3 ml (0.11 fl oz) Maple syrup
- 10 g (0.35 oz) Semi-sweet chocolate, chopped or chips
- 1 ml (0.04 fl oz) Coconut oil
- Pinch of sea salt (optional)

Method:

1. Preheat the oven to 175°C (350°F). Line a small baking dish with parchment paper.

2. In a mixing bowl, combine peanut butter, almond flour, and maple syrup. Mix until a dough forms.

3. Press the mixture evenly into the baking dish.

4. In a microwave-safe bowl, melt semi-sweet chocolate and coconut oil in 20-second intervals, stirring between each until smooth.

5. Pour the melted chocolate evenly over the peanut butter base. Sprinkle a pinch of sea salt if desired.

6. Bake for 10-15 minutes until the edges are golden.

7. Let cool completely before cutting into bars. Store in the fridge.

7 Day Shopping List

Whole Grains & Starches

- White rice (dry): 105 g (3.70 oz)
- Bread (2 slices/day): 350 g (12.35 oz)

Protein

- Extra firm tofu (cubed): 980 g (34.55 oz / 2.16 lbs)
- Shelled edamame: 560 g (19.75 oz / 1.23 lbs)
- Canned chickpeas: 770 g (27.16 oz / 1.7 lbs)
- Plant protein powder: 462 g (16.31 oz)

Vegetables

- Celery (finely chopped): 105 g (3.7 oz)
- Chives (chopped): 35 g (1.23 oz)
- Sprouts: 140 g (4.93 oz)
- Avocado (sliced): 140 g (4.93 oz)
- Cucumber (sliced): 175 g (6.17 oz)
- Cilantro & green onions (chopped): 70 g (2.47 oz)
- Minced garlic: 7 g (0.25 oz)
- Grated ginger: 7 g (0.25 oz)

Fruits

- Acai pulp: 700 g (24.69 oz / 1.54 lbs)
- Pineapple chunks: 280 g (9.88 oz)
- Banana: 700 g (24.69 oz / 1.54 lbs)
- Mango: 280 g (9.88 oz)
- Strawberries: 525 g (18.52 oz)
- Blueberries: 175 g (6.17 oz)
- Dates: 84 g (2.96 oz)

Nuts & Seeds (Healthy Fats)

- Coconut flakes: 49 g (1.73 oz)
- Pepitas: 49 g (1.73 oz)
- Granola: 70 g (2.47 oz)
- Almonds: 49 g (1.73 oz)
- Almond butter: 7 g (0.25 oz)
- Chia seeds: 35 g (1.23 oz)
- Peanut butter: 56 g (1.98 oz)
- Almond flour: 56 g (1.98 oz)
- Olive oil: 10.5 ml (0.35 fl oz)
- Coconut oil: 7 ml (0.24 fl oz)

Pantry & Condiments

- Honey: 21 ml (0.71 fl oz)
- Soy sauce: 35 ml (1.18 fl oz)
- Maple syrup: 56 ml (1.89 fl oz)
- Sriracha: 14 ml (0.47 fl oz)
- Vegan mayo: 63 g (2.22 oz)
- Tomato paste: 21 g (0.74 oz)
- Rice vinegar: 14 ml (0.47 fl oz)
- Semi-sweet chocolate: 70 g (2.47 oz)
- Sea salt (pinch, optional, negligible amount)

Dairy & Alternatives

- Vegan cheddar cheese: 140 g (4.93 oz)
- Almond milk (unsweetened): 1400 ml (47.3 fl oz / 1.4 L)

Vegan Meal Plans

Week 7 - 1900 kcal

Meal / Ingredient	Metric	Imperial	Calories (kcal)	Carbs (g)	Protein (g)	Fat (g)
Breakfast – Vegan Breakfast Sandwich						
Oat flour	25 g	0.88 oz	95	16	3	2
Nutritional yeast	8 g	0.28 oz	30	2	4	1
Olive oil	2.5 ml	0.09 fl oz	22.5	0	0	2.5
Sourdough bread	80 g	2.82 oz	216	42	8	2
Tomato	20 g	0.70 oz	4	1	0	0
Avocado	40 g	1.41 oz	64	3	1	6
Hummus	15 g	0.53 oz	35	2	1	2
Microgreens	10 g	0.35 oz	2	0	0	0
Breakfast Total	—	—	468.5	66	17	15.5
Post Workout Snack – Berry Protein Shake						
Plant protein powder	50.8 g	1.79 oz	200	8	33	4.2
Mixed berries	80 g	2.82 oz	40	10	0	0
Spinach	30 g	1.06 oz	7	1	1	0
Almond milk	250 ml	8.45 fl oz	30	1	1	2
Chia seeds	5 g	0.18 oz	25	1	1	2
Snack Total	—	—	302	21	36	8.2
Lunch – Tofu Egg & Cress Sandwich						
Extra-firm tofu	200 g	7.05 oz	168	5	24	9
Olive oil	2.5 ml	0.09 fl oz	22.5	0	0	2.5

Vegan mayo	11.7 g	0.41 oz	78	0	0	8.6
Crusty bread	40 g	1.41 oz	108	21	4	1
Spices	—	—	5	1	0	0
Cress	10 g	0.35 oz	3	0	0	0
Lunch Total	—	—	384.5	27	28	21.1
Dinner– Lentil Bolognese						
Dry green lentils	50 g	1.76 oz	173	29	13	0
Onion	50 g	1.76 oz	20	5	0	0
Garlic	6 g	0.21 oz	9	2	0	0
Carrot	60 g	2.12 oz	25	6	0	0
Celery	50 g	1.76 oz	8	2	0	0
Tomato paste	16 g	0.56 oz	15	3	1	0
Canned tomatoes	200 g	7.05 oz	40	9	2	0
Vegetable broth	200 ml	6.76 fl oz	10	2	1	0
Olive oil	2.5 ml	0.09 fl oz	22.5	0	0	2.5
Hemp seeds	15 g	0.53 oz	85	3	5	7
Balsamic vinegar	5 ml	0.18 fl oz	5	1	0	0
Dinner Total	—	—	412.5	62	22	9.5
Evening Snack– Protein Bar						
Amaranth (popped)	15 g	0.53 oz	56	10	2	1
Plant Protein Powder	35.6 g	1.25 oz	140	5.8	23.3	2.9
Maple syrup	7 ml	0.25 fl oz	18	5	0	0
Peanut butter	10 g	0.35 oz	60	1	2	5
Dark vegan chocolate	10 g	0.35 oz	55	6	1	4
Snack Total	—	—	329	27.8	28.3	12.9
Daily Total	—	—	1897	204	131	67

Suggested Recipes

Breakfast – Vegan Breakfast Sandwich

Prep time: 5 minutes **Cook time:** 10 minutes

Ingredients:

- 25 g (0.88 oz) oat flour
- 8 g (0.28 oz) nutritional yeast
- 2.5 ml (0.09 fl oz) olive oil
- 80 g (2.82 oz) sourdough bread (or vegan English muffin)
- 20 g (0.70 oz) tomato, sliced
- 40 g (1.41 oz) avocado, sliced
- 15 g (0.53 oz) hummus
- 10 g (0.35 oz) microgreens
- pinch kosher salt
- several grinds black pepper
- pinch baking soda
- 40 ml water (approximate, for batter consistency)

Method:

1. In a bowl, mix oat flour, nutritional yeast, baking soda, salt, and pepper. Gradually add water, stirring until you get a thick batter (like pancake batter).

2. Heat 2.5 ml (0.09 fl oz) olive oil in a non-stick pan over medium heat. Pour batter to form a patty roughly the size of your bread slice.

3. Cook 3–4 minutes per side until golden and cooked through. Lightly toast sourdough bread slices or English muffin halves.

4. Spread hummus on one slice. Add cooked oat “egg” patty, tomato slices, avocado slices, and microgreens.

5. Close the sandwich and serve warm.

Post-Workout Snack – Berry Protein Shake

Prep time: 5 minutes

Ingredients:

- 50.8 g (1.79 oz) Plant protein powder
- 80 g (2.82 oz) frozen mixed berries
- 30 g (1.06 oz) fresh spinach
- 250 ml (8.45 fl oz) unsweetened almond milk
- 5 g (0.18 oz) chia seeds

Method:

1. Add all ingredients to a blender.
2. Blend on high speed until smooth and creamy.
3. Pour into a glass and drink immediately for best freshness.

Lunch – Tofu Egg & Cress Sandwich

Prep time: 10 minutes **Cook time:** 10 minutes

Ingredients:

- 200 g (7.05 oz) extra-firm tofu, drained and pressed
- 2.5 ml (0.09 fl oz) olive oil
- 15 g (0.53 oz) vegan mayonnaise
- 40 g (1.41 oz) crusty bread
- 10 g (0.35 oz) fresh cress
- 0.5 tsp turmeric powder
- 1 tsp sea salt flakes
- 1 tsp black pepper
- 0.5 tsp black salt
- Additional black pepper to taste

Method:

1. Add olive oil in a pan. Fry the tofu until golden brown. Let it cool. Crumble tofu into a bowl. Add turmeric, sea salt, black pepper, and kala namak. Mix well.

2. Stir in vegan mayonnaise until mixture is creamy and evenly coated.

3. Toast crusty bread lightly. Spread tofu mixture evenly over one slice. Top with fresh cress and sprinkle extra black pepper if desired.

4. Close the sandwich and serve immediately.

Dinner – Lentil Bolognese

Prep time: 10 minutes **Cook time:** 30 minutes

Ingredients:

- 50 g (1.76 oz) dry green lentils
- 50 g (1.76 oz) onion, diced
- 6 g (0.21 oz) garlic, minced
- 60 g (2.12 oz) carrot, diced
- 50 g (1.76 oz) celery, diced
- 16 g (0.56 oz) tomato paste
- 200 g (7.05 oz) canned tomatoes
- 200 ml (6.76 fl oz) vegetable broth
- 15 g (0.53 oz) hemp seeds
- 5 ml (0.18 fl oz) balsamic vinegar
- 2.5 ml (0.09 fl oz) Olive oil
- 1 tsp fresh oregano or thyme
- Salt and pepper to taste

Method:

1. Rinse lentils well. In a pot, combine lentils with vegetable broth, bring to a boil, then reduce heat and simmer for about 20 minutes or until tender. Drain any excess liquid.

2. Heat olive oil in a pan over medium heat. Add onion, garlic, carrot, and celery. Sauté for 5–7 minutes until softened.

3. Stir in tomato paste, canned tomatoes, and herbs if using. Simmer for 10 minutes to develop flavors.

4. Add cooked lentils to the tomato mixture, stir to combine.

5. Remove from heat, stir in hemp seeds and balsamic vinegar. Season with salt and pepper to taste.

Evening Snack – Protein Bar

Prep time: 10 minutes **Cook time:** 5 minutes (setting time)

Ingredients:

- 15 g (0.53 oz) popped amaranth
- 35.6 g (1.25 oz) Plant protein powder
- 7 g (0.25 oz) maple syrup
- 10 g (0.35 oz) peanut butter
- 10 g (0.35 oz) dark vegan chocolate (80%+)

Method:

1. In a bowl, mix the popped amaranth, protein powder, and maple syrup until well combined.
2. Warm the peanut butter slightly to make it easier to mix (microwave 10–15 seconds).
3. Stir peanut butter into the dry mixture until sticky and hold together.
4. Press mixture firmly into a small lined tray or mold, smoothing the top.
5. Melt dark chocolate gently (double boiler or microwave in short bursts).
6. Drizzle or spread melted chocolate over the top of the pressed mixture.
7. Refrigerate for 5 minutes or until firm. Cut into bars and enjoy.

7 Day Shopping List

Whole Grains & Starches

- Oat flour: 175 g (6.17 oz)
- Sourdough bread (or vegan English muffin): 560 g (19.75 oz)
- Crusty bread: 280 g (9.88 oz)

Protein

- Plant protein powder: 605 g (21.28 oz)
- Extra-firm tofu: 1,400 g (49.38 oz)
- Dry green lentils: 350 g (12.35 oz)
- Hemp seeds: 105 g (3.70 oz)
- Popped amaranth: 105 g (3.70 oz)

Vegetables

- Tomato: 140 g (4.94 oz)
- Avocado: 280 g (9.88 oz)
- Microgreens: 70 g (2.47 oz)
- Fresh spinach: 210 g (7.41 oz)
- Onion: 350 g (12.35 oz)
- Garlic: 42 g (1.48 oz)
- Carrot: 420 g (14.81 oz)
- Celery: 350 g (12.35 oz)
- Fresh cress: 70 g (2.47 oz)

Fruits

- Frozen mixed berries: 560 g (19.75 oz)

Nuts, Seeds & Healthy Fats

- Chia seeds: 35 g (1.23 oz)
- Peanut butter: 70 g (2.47 oz)
- Olive oil: 53 ml (1.7 oz)
- Dark vegan chocolate (80%+): 70 g (2.47 oz)

Pantry & Condiments

- Nutritional yeast: 56 g (1.98 oz)
- Hummus: 105 g (3.70 oz)
- Tomato paste: 112 g (3.95 oz)
- Canned tomatoes: 1,400 g (49.38 oz)
- Vegetable broth: 1,400 ml (47.3 fl oz)
- Balsamic vinegar: 35 ml (1.18 fl oz)
- Maple syrup: 49 ml (1.73 fl oz)
- Vegan mayonnaise: 105 g (3.70 oz)
- Kosher salt / sea salt flakes: ~35 g (approximate)
- Black pepper (ground): ~14 g
- Baking soda: 7 pinches (negligible weight)
- Turmeric powder: 7 g (approximate)
- Black salt (Kala namak): 7 g (approximate)
- Fresh oregano or thyme: 7 g (approximate)

Dairy Alternatives

- Unsweetened almond milk: 1,750 ml (59.2 fl oz)

Vegan Meal Plans

Week 8 - 2000 kcal

Meal /Ingredient	Metric	Imperial	Calories (kcal)	Carbs (g)	Protein (g)	Fat (g)
Breakfast - Savory Lentil & Spinach Pancakes						
Red lentil flour	56 g	1.98 oz	195	32	16.7	0.9
Spinach (raw)	50 g	1.76 oz	12	2	1.5	0.2
Nutritional yeast	16 g	0.56 oz	60	5	8	1
Ground flaxseed	7 g	0.25 oz	37	2	1.3	3
Water (flax egg)	45 ml	1.5 fl oz	0	0	0	0
Olive oil	5 ml	0.18 fl oz	45	0	0	5
Breakfast Total	—	—	349	41	27.5	10.1
Post Workout Snack - Protein Smoothie						
Plant protein powder	60.4 g	2.12 oz	240	10	40	5
Banana	118 g	4.16 oz	105	27	1.3	0.4
Unsweetened almond milk	300 ml	10.14 fl oz	30	1.5	1	2.5
Frozen mixed berries	50 g	1.76 oz	30	7	0.5	0.2
Snack Total	—	—	405	45.5	42.8	8.1
Lunch - Chickpea & Sweet Potato Buddha Bowl						
Sweet potato	120 g	4.23 oz	97	23	2.3	0.07
Canned chickpeas	119 g	4.20 oz	190	27	9.5	3.17
Kale (raw)	70 g	2.47 oz	28	5	2.9	0.5
Tahini	16 g	0.56 oz	90	3	3	8

Lemon juice	15 ml	0.5 fl oz	4	1	0	0
Quinoa dry	25 g	0.88 oz	93	16.8	4	1.9
Lunch Total	—	—	502	75.8	21.7	13.64
Dinner - Tofu & Vegetable Stir-Fry with Buckwheat Noodles						
Extra firm tofu	150 g	5.29 oz	180	6	19	11
Buckwheat noodles (dry)	38 g	1.34 oz	133	27.5	5.7	1
Mixed veggies	150 g	5.29 oz	70	15	3	0.5
Sesame oil	8 ml	0.28 fl oz	64	0	0	7
Soy sauce (low sodium)	15 ml	0.5 fl oz	10	1	2	0
Dinner Total	—	—	457	49.5	29.7	19.5
Evening Snack - Roasted Edamame & Almond Mix						
Edamame (raw)	90 g	3.17 oz	120	10	12	4
Raw almonds	12 g	0.42 oz	69	2.4	2.4	6
Pumpkin seeds	15 g	0.53 oz	85	3	4	7
Snack Total	—	—	274	15.4	18.4	17
Daily Total	—	—	1987	227	140	68

Suggested Recipes

Breakfast — Savory Lentil & Spinach Pancakes

Prep time: 10 minutes **Cook time:** 10 minutes

Ingredients:

- 56 g (1.98 oz) Red lentil flour
- 50 g (1.76 oz) Spinach (raw), chopped
- 16 g (0.56 oz) Nutritional yeast
- 7 g (0.25 oz) Ground flaxseed (flax egg)
- 45 ml (1.5 fl oz) Water (for flax egg)
- 5 ml (0.18 fl oz) Olive oil (for cooking)

Method:

1. Prepare the flax egg by mixing the ground flaxseed with 45 ml water. Let it sit for 5 minutes until it thickens.

2. In a mixing bowl, combine the red lentil flour, nutritional yeast, chopped spinach, and the flax egg mixture. Stir to form a thick batter. Add a little water if too thick.

3. Heat a non-stick pan over medium heat and add 2.5 ml olive oil. Pour a small ladle of batter to form pancakes.

4. Cook each pancake for about 3-4 minutes on one side until edges firm up, then flip and cook for another 3 minutes until golden brown. Repeat with remaining batter.

5. Serve warm.

Post-Workout Snack —Protein Smoothie

Prep time: 5 minutes

Ingredients:

- 60.4 g (2.12 oz) Plant Protein Powder
- 118 g (4.16 oz) Banana, peeled
- 300 ml (10.14 fl oz) Unsweetened almond milk
- 50 g (1.76 oz) Frozen mixed berries

Method:

1. Place all ingredients in a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy immediately.

Lunch — Chickpea & Sweet Potato Buddha Bowl

Prep time: 10 minutes **Cook time:** 25 minutes

Ingredients:

- 120 g (4.23 oz) Sweet potato, peeled and cubed
- 119 g (4.20 oz) Canned chickpeas, drained and rinsed
- 70 g (2.47 oz) Kale (raw), chopped
- 16 g (0.56 oz) Tahini
- 15 ml (0.5 fl oz) Lemon juice
- 25 g (0.88 oz) Quinoa (dry)

Method:

1. Preheat the oven to 200°C (400°F). Toss sweet potato cubes lightly with a pinch of salt and place on a baking tray. Roast for 20-25 minutes until tender.

2. Cook quinoa by rinsing and boiling in 50 ml water (use double the quinoa volume). Simmer covered for 12-15 minutes until water is absorbed, then fluff with a fork.

3. Steam or sauté kale lightly until just wilted (2-3 minutes).

4. In a bowl, combine cooked quinoa, roasted sweet potatoes, chickpeas, and kale.

5. Drizzle with tahini and lemon juice, mix gently before serving.

Dinner — Tofu & Vegetable Stir-Fry with Buckwheat Noodles

Prep time: 10 minutes **Cook time:** 15 minutes

Ingredients:

- 150 g (5.29 oz) Extra firm tofu, pressed and cubed
- 38 g (1.34 oz) Buckwheat noodles (dry)
- 150 g (5.29 oz) Mixed vegetables (e.g., bell peppers, carrots, broccoli)
- 8 ml (0.28 fl oz) Sesame oil
- 15 ml (0.5 fl oz) Low sodium soy sauce

Method:

1. Cook buckwheat noodles in salted water for 5-7 minutes until al dente then drain and set aside.

2. Heat sesame oil in a large pan or wok over medium-high heat.

3. Add cubed tofu and fry until golden on all sides (about 5-7 minutes). Remove and set aside.

4. Add mixed vegetables to the pan and stir-fry for 5-6 minutes until tender but crisp.

5. Return tofu to the pan, add soy sauce, and toss with vegetables.

6. Add cooked noodles and stir well to combine and heat through.

7. Serve hot.

Evening Snack — Roasted Edamame & Almond Mix

Prep time: 5 minutes **Cook time:** 15 minutes

Ingredients:

- 90 g (3.17 oz) Edamame (raw, shelled)
- 12 g (0.42 oz) Raw almonds
- 15 g (0.53 oz) Pumpkin seeds

Method:

1. Preheat the oven to 180°C (350°F).
2. Spread edamame, almonds, and pumpkin seeds on a baking tray in a single layer.
3. Roast for 12-15 minutes, shaking the tray halfway through to ensure even roasting.
4. Let cool before serving as a crunchy snack.

7 Day Shopping List

Whole Grains & Starches

- Red lentil flour: 392 g (13.83 oz)
- Quinoa (dry): 175 g (6.17 oz)
- Buckwheat noodles (dry): 266 g (9.38 oz)
- Sweet potato (peeled and cubed): 840 g (29.6 oz / ~1.85 lb)

Protein

- Plant protein powder: 423 g (14.9 oz / ~1 lb)
- Extra firm tofu (pressed and cubed): 1050 g (37 oz / ~2.3 lb)
- Canned chickpeas (drained and rinsed): 833 g (29.4 oz / ~1.8 lb)
- Edamame (raw, shelled): 630 g (22.2 oz / ~1.39 lb)

Vegetables

- Spinach (raw, chopped): 350 g (12.34 oz)
- Kale (raw, chopped): 490 g (17.3 oz)
- Mixed vegetables (bell peppers, carrots, broccoli): 1050 g (37 oz / ~2.3 lb)

Fruits

- Banana (peeled): 826 g (29.1 oz / ~1.8 lb)
- Frozen mixed berries: 350 g (12.34 oz)

Nuts & Seeds (Healthy Fats)

- Ground flaxseed (for flax egg): 49 g (1.73 oz)
- Raw almonds: 84 g (2.96 oz)
- Pumpkin seeds: 105 g (3.7 oz)
  Olive oil: 35 ml (1.18 fl oz)
- Sesame oil: 56 ml (1.9 fl oz)

Pantry & Condiments

- Low sodium soy sauce: 105 ml (3.54 fl oz)
- Nutritional yeast: 112 g (3.95 oz)
- Tahini: 112 g (3.95 oz)
- Lemon juice (fresh or bottled): 105 ml (3.54 fl oz)

Dairy & Alternatives

- Unsweetened almond milk: 2100 ml (70.96 fl oz / ~2.1 liters)

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