

Your Meal Plan







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Day 1

3007 Calories • 343g Carbs (64g Fiber) • 159g Fat • 104g Protein

BREAKFAST		1097 Cal • 184g Carbs (14g Fiber) • 43g Fat • 14g Protein
	<p>Oatmeal and raisins 2 cup • 705 Cal</p> <p>Directions Full Recipe</p>	<p>Ingredients for 2 cup:</p> <p>0.66 cup Water</p> <p>6 tbsp Maple syrups</p> <p>1/2 cup (not packed) Raisins</p> <p>0.66 cup Oatmeal</p>
	<p>Pecans 2 ounce • 392 Cal</p> <p>Directions Full Recipe</p>	<p>Ingredients for 2 ounce:</p> <p>2 oz (19 halves per) Pecans</p>
LUNCH		935 Cal • 70g Carbs (28g Fiber) • 72g Fat • 23g Protein
	<p>Banana Almond Butter 2 tbsp • 203 Cal</p> <p>Directions Full Recipe</p>	<p>Ingredients for 2 tbsp:</p> <p>1 medium (7" to 7-7/8" long) Banana</p> <p>1 tbsp Almond butter</p>
	<p>Cauliflower and Tahini 2 serving • 411 Cal</p> <p>Directions Full Recipe</p>	<p>Ingredients for 2 serving:</p> <p>2 cup chopped, (1/2" pieces) Cauliflower</p> <p>4 tbsp Sesame butter</p>
	<p>Avocado 1 avocado • 322 Cal</p> <p>Directions Full Recipe</p>	<p>Ingredients for 1 avocado:</p> <p>1 fruit Avocados</p>
DINNER		975 Cal • 88g Carbs (21g Fiber) • 45g Fat • 67g Protein
	<p>Kung Pao Tempeh 2 serving • 975 Cal</p> <p>Directions Full Recipe</p>	<p>Ingredients for 4 serving (eat 2 serving now, save 2 serving for leftovers):</p> <p>16 oz Tempeh</p> <p>4 cup Mixed vegetables</p> <p>4 tsp Soy sauce</p> <p>1/2 cup Peanuts</p> <p>2 dash Salt</p> <p>2 dash Pepper</p>

Day 2

2932 Calories • 350g Carbs (55g Fiber) • 127g Fat • 140g Protein

BREAKFAST

902 Cal • 127g Carbs (20g Fiber) • 39g Fat • 28g Protein



Knock-Oats

2 bowl • 902 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 bowl:

1 cup Quick oats

2 medium (7" to 7-7/8" long) Banana

4 tbsp Peanut butter

2 tsp Cinnamon

LUNCH

1069 Cal • 114g Carbs (26g Fiber) • 45g Fat • 68g Protein



Kung Pao Tempeh

2 serving • 975 Cal

[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving



Apple

1 apple • 95 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 apple:

1 medium (3" dia) Apples

DINNER

960 Cal • 110g Carbs (10g Fiber) • 43g Fat • 44g Protein



Canned Vegetable Soup with Tofu

4 cups • 543 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 4 cups:

2 can (10.5 oz) Vegetarian vegetable soup

300 grams Tofu

4 tbsp Parsley



Ants on a Log

1 serving • 417 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

2 stalks, large (11 inches long) Celery

3 tbsp Peanut butter

1/4 cup (not packed) Raisins

Day 3

2961 Calories • 292g Carbs (62g Fiber) • 162g Fat • 133g Protein

BREAKFAST

1170 Cal • 121g Carbs (22g Fiber) • 66g Fat • 42g Protein



Vegan High-Protein Smoothie
2 serving • 655 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:

1 cup (1/2" cubes) Tofu
2 cup Silk vanilla
2 medium (7" to 7-7/8" long) Banana
1 tbsp Peanut butter
4 cube Ice cubes



Oranges
2 fruit • 123 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 fruit:

2 fruit (2-5/8" dia) Oranges



Pecans
2 ounce • 392 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 ounce:

2 oz (19 halves per) Pecans

LUNCH

817 Cal • 83g Carbs (19g Fiber) • 51g Fat • 24g Protein



Banana Almond Butter
4 tbsp • 407 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 4 tbsp:

2 medium (7" to 7-7/8" long) Banana
2 tbsp Almond butter



Cauliflower and Tahini
2 serving • 411 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:

2 cup chopped, (1/2" pieces)
Cauliflower
4 tbsp Sesame butter

DINNER

975 Cal • 88g Carbs (21g Fiber) • 45g Fat • 67g Protein



Kung Pao Tempeh
2 serving • 975 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2
serving now, save 4 serving for
leftovers):

24 oz Tempeh
6 cup Mixed vegetables
6 tsp Soy sauce
3/4 cup Peanuts
3 dash Salt
3 dash Pepper

Day 4

3099 Calories • 338g Carbs (53g Fiber) • 162g Fat • 110g Protein

BREAKFAST

1056 Cal • 76g Carbs (18g Fiber) • 88g Fat • 11g Protein



Powerball Smoothie
2 serving • 1056 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
1 medium (7" to 7-7/8" long) Banana
1 1/2 cup Coconut milk
1 tsp Cocoa
1 1/2 cup, unthawed Blueberries, frozen

LUNCH

975 Cal • 88g Carbs (21g Fiber) • 45g Fat • 67g Protein



Kung Pao Tempeh
2 serving • 975 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

1069 Cal • 174g Carbs (14g Fiber) • 29g Fat • 32g Protein



Barbeque Tempeh Sandwiches
2 serving • 830 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
1/2 medium (2-1/2" dia) Onions
1 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper
2 roll (3-1/2" dia) Hard rolls
1/2 cup Tempeh
1/2 cup (8 fl oz) Barbecue sauce
1/2 tbsp Vegetable oil



Yam Fries
1 cup • 239 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:
1 cup, cubes Yam
1/2 tsp Salt
1/2 tsp Pepper
1/2 tbsp Olive oil

Day 5

2952 Calories • 379g Carbs (46g Fiber) • 102g Fat • 172g Protein

BREAKFAST

1039 Cal • 114g Carbs (22g Fiber) • 40g Fat • 70g Protein



Chocolate peanut protein shake
2 shake • 977 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 shake:
2 cup Almond milk
2 scoop Rice protein
4 tbsp Peanut butter
2 tbsp Cocoa
2 medium (7" to 7-7/8" long) Banana



Oranges
1 fruit • 62 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 fruit:
1 fruit (2-5/8" dia) Oranges

LUNCH

975 Cal • 88g Carbs (21g Fiber) • 45g Fat • 67g Protein



Kung Pao Tempeh
2 serving • 975 Cal

[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

938 Cal • 177g Carbs (2g Fiber) • 17g Fat • 35g Protein



Fresh Tomato Pasta
2 serving • 938 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 6 serving (eat 2 serving now, save 4 serving for leftovers):

- 3 medium whole (2-3/5" dia) Tomatoes
- 3 tsp, ground Basil
- 24 oz Whole wheat pasta
- 3 clove Garlic
- 3 dash Salt
- 3 tbsp Olive oil

Day 6

2995 Calories • 355g Carbs (38g Fiber) • 145g Fat • 106g Protein

BREAKFAST

1057 Cal • 35g Carbs (10g Fiber) • 104g Fat • 14g Protein



Mango chia seed pudding
1 serving • 1057 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

- 2 tbsp Chia seeds
- 1/2 cup, sliced Mangos
- 2 cup Coconut milk

LUNCH

1033 Cal • 202g Carbs (6g Fiber) • 17g Fat • 35g Protein



Fresh Tomato Pasta
2 serving • 938 Cal

[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving



Apple
1 apple • 95 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 apple:

- 1 medium (3" dia) Apples

DINNER

906 Cal • 118g Carbs (22g Fiber) • 24g Fat • 57g Protein



Barbeque Tempeh Sandwiches
1 serving • 415 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

- 1/4 medium (2-1/2" dia) Onions
- 1/2 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper
- 1 roll (3-1/2" dia) Hard rolls
- 1/4 cup Tempeh
- 1/4 cup (8 fl oz) Barbecue sauce
- 1/4 tbsp Vegetable oil



Grilled Polenta Chips
2 serving • 491 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:

- 4 oz Yellow Polenta
- 1/2 tbsp Olive oil
- 3 oz Nutritional Yeast
- 1/2 dash Pepper
- 1/2 dash Salt

Day 7

3054 Calories • 322g Carbs (36g Fiber) • 166g Fat • 117g Protein

BREAKFAST

1141 Cal • 57g Carbs (13g Fiber) • 105g Fat • 15g Protein



Mango chia seed pudding
1 serving • 1057 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
2 tbsp Chia seeds
1/2 cup, sliced Mangos
2 cup Coconut milk



Blueberries
1 cup • 84 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:
1 cup Blueberries

LUNCH

938 Cal • 177g Carbs (2g Fiber) • 17g Fat • 35g Protein



Fresh Tomato Pasta
2 serving • 938 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 2 serving

DINNER

975 Cal • 88g Carbs (21g Fiber) • 45g Fat • 67g Protein



Kung Pao Tempeh
2 serving • 975 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
8 oz Tempeh
2 cup Mixed vegetables
2 tsp Soy sauce
1/4 cup Peanuts
1 dash Salt
1 dash Pepper

Recipe directions

Oatmeal and raisins

Directions are for original recipe of 1 cup

1. Combine raisins with water and stir in the oatmeal. Microwave until cooked according to package directions, about 2 minutes.
2. Remove, add maple syrup, and eat.

Banana Almond Butter

Directions are for original recipe of 2 tbsp

1. Mash banana. Combine with almond butter in a bowl and mix until smooth. Enjoy!

Cauliflower and Tahini

Directions are for original recipe of 1 serving

1. Serve cauliflower pieces with tahini for dipping. Enjoy!

Avocado

Directions are for original recipe of 1 avocado

1. Cut in half and remove the pit.
2. Optional topping ideas: Sea salt, black pepper, balsamic vinegar, lemon/lime juice, or paprika.

Kung Pao Tempeh

Directions are for original recipe of 2 serving

1. Preheat oven to 390°F/200°C. Cut the tempeh in large cubes. Marinate with the soy sauce for 10 minutes then bake for about 20 minutes.
2. In the meantime, cook the vegetables according to package directions, then season with extra soy sauce, salt and pepper.
3. Mix vegetables, baked tempeh, and peanuts and enjoy!

Knock-Oats

Directions are for original recipe of 1 bowl

1. Prepare oatmeal according to package instructions. While hot, stir in thinly-slice banana, peanut butter and cinnamon.

Apple

Directions are for original recipe of 1 apple

1. Simply wash and enjoy, or core and slice the apple for easier eating.

Canned Vegetable Soup with Tofu

Directions are for original recipe of 2 cups

1. Prepare soup as directed on can. Cut tofu into 1/2 inch cubes. Add to soup and bring to a boil. Serve in a bowl. Sprinkle minced parsley. Serve with crackers if desired.

Ants on a Log

Directions are for original recipe of 1 serving

1. Wash Celery, smear peanut butter into scoop side of celery. Place raisins in peanut butter and enjoy!

Vegan High-Protein Smoothie

Directions are for original recipe of 1 serving

1. Place ingredients in a blender with 2-3 ice cubes and mix until smooth, about one minute. (Can eliminate ice cubes if using a frozen banana.) Serve immediately.

Oranges

Directions are for original recipe of 1 fruit

1. Peel or slice orange and eat.

Powerball Smoothie

Directions are for original recipe of 1 serving

1. Place all of the ingredients into a 16 fl oz or larger blender in the order listed and blend until smooth.

Barbeque Tempeh Sandwiches

Directions are for original recipe of 4 serving

1. Chop onion. Seed & chop pepper. Crumble tempeh. Split and toast rolls.
2. Pour the barbeque sauce into a medium bowl. Crumble the tempeh into the sauce, and let it marinate a little, about 10 minutes.
3. Heat oil in a skillet over medium heat. Add the red peppers, and the onion. Cook, stirring frequently until tender. Stir in the tempeh and barbeque sauce, and heat through.
4. Spoon the tempeh mixture onto kaiser rolls, and serve.

Yam Fries

Directions are for original recipe of 2 cup

1. Preheat Oven to 450 Degrees
2. Cut Yams into wedges or fry-shapes. No need to wash or peel as this makes them more crispy
3. Put cubes along with oil, salt, and pepper into bag and seal
4. Shake bag until yams are covered
5. Line baking sheet with yams (make sure they are evenly spaced and none are touching)
6. Bake for 15 minutes and then pull and flip yams and bake for another 10 minutes
7. Let cool for 5 minutes and then enjoy.

Chocolate peanut protein shake

Directions are for original recipe of 1 shake

1. Include one cup ice cubes for a better shake (or more milk/water). Add everything to a blender and blend well.

Fresh Tomato Pasta

Directions are for original recipe of 2 serving

1. Fill a large pot with lightly salted water and bring to a rolling boil over high heat.
2. Coarsely chop the tomato and transfer to a small bowl. Peel and mince garlic. Sprinkle the tomato chunks with basil, olive oil, garlic, and salt. Mix well and set aside.
3. Once the water is boiling, stir in the rigatoni, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Drain well in a colander, and then return the pasta to the pot.
4. Pour the tomato mixture over the pasta and toss to mix.

Mango chia seed pudding

Directions are for original recipe of 1 serving

1. Soak chia seeds in coconut milk overnight.
2. In the morning slice half a mango into cubes and add to pudding.

Grilled Polenta Chips

Directions are for original recipe of 4 serving

1. Heat a grill or grill pan to medium-high heat and lightly rub your grill with olive oil.
2. Cut tube of polenta into 1/4" to 1/2" slices. Brush both sides of the polenta cakes with the olive oil. Sprinkle both sides with nutritional yeast, salt and pepper.
3. Lay the polenta rounds in one layer on the grill, and grill for 5 minutes on each side or until both sides are golden and crunchy and have grill marks.
4. Remove the cakes from the grill and place on a large plate to cool. Serve warm or at room temperature. Enjoy!

Blueberries

Directions are for original recipe of 1 cup

1. Wash and enjoy