



PLANT-BASED

2000 CALORIE MEAL PLAN

MEAL	FOOD	CALORIES	PROTIEN	CARBS	FAT
1	BREAKFAST	GOJI AND & SUNFLOWER SEED OATMEAL			
		1 Cup of oatmeal, goji berries, 1 tbsp of sunflower seeds	598	25.9	131.1
		1/4 Cup chia seeds, 1/2 cup of almond milk	229	8	19
	TOTAL	MEAL 1	827	39.9	150.1



POST WORKOUT SHAKE

3	SNACK	VEGAN PROTEIN SHAKE			
		2 Scoop of Vegan protein blend, 2 scoops peanut butter	452	51	23
		1 banana, 1 cup of water	105	1	27
		Optional: 5 grams of creatine or BCAAS			
	TOTAL	MEAL 2	557	52	50

4	LUNCH	MIXED GREENS WITH SLICED CUCUMBER AND AVOCADO			
		4 OZ Field Greens Salad Mix, 1/2 cup Cucumber	30.7	1.4	5.6
		½ Avocado (diced), 1 tbsp of italian dressing,	128.9	1.4	13.3
		dash of salt, dash of pepper	0	0	0
		PEACH AND PEANUT BUTTER SNACK			
		1 medium peach, 2 tbsp of peanut butter	247	9.1	21.2
	TOTAL	MEAL 3	406	11.9	30.1

5	DINNER	BROCCOLI & RED PEPPER WRAP			
		1 Tortilla wrap, 1 cup of chopped broccoli	160	9	28
		1 chopped red pepper, 1/4 cup of kidney beans	92	4	16
		3/4 cups of spinach, 1/4 cup peas	44	6	41
	TOTAL	MEAL 4	296	19	85

TOTALS		2086	122.8	315.2	105.6
TARGET		2000	120	310	100



PLANT-BASED

2500 CALORIE MEAL PLAN

MEAL	FOOD	CALORIES	PROTIEN	CARBS	FAT
1	BREAKFAST	BANANA & BLUEBERRY QUINOA BREAKFAST BOWL			
		1/4 cup of Quinoa, 1/2 cup of almond milk,	71	2	10
		1/2 teaspoon of cinnamon, 1/2 teaspoon of vanilla extract	10	2.5	0.1
		1 medium banana, 6 strawberries, 1/2 cup of blueberries	29	2	41.4
		2 tbsp of hemp seeds or nuts	19	27.1	118
	TOTAL	MEAL 1	129	33.6	169.5



POST WORKOUT SHAKE

3	SNACK	PEANUT BUTTER PROTEIN SMOOTHIE			
		2 cups of kale, 1 banana, 2 tbsp of hemp seed	358	16.8	47
		2 tbsp of peanut butter, 1 cup of almond or cashew milk	248	9	14
		2 tbsp. cacao powder	24	2.2	6.2
		2 scoop of vegan protein blend	240	44	7.6
		Optional: 5 grams of creatine or BCAAS			
	TOTAL	MEAL 2	870	72	74.8

4	LUNCH	VEGGIE & HUMMUS SANDWICH			
		4 slices of wholewheat bread, 4 tbsp of hummus	381.8	18.6	56.4
		6 oz of roasted red pepper, 1 1/2 cup of sliced onions	77.5	0.6	16.3
		1 cup of spinach	6.9	0.9	1.1
		PEANUT BUTTER & CELERY			
		4 tbsp of Peanut butter and 4 celery stalks	294	25.9	22.1
	TOTAL	MEAL 3	760.2	25.4	26.8

5	DINNER	SPINACH TOMATO SALAD			
		10 cups of spinach, 4 large scallions, 1 medium tomato	123.1	11.5	23
		2 tbsp of olive oil, dash of pepper, 1 lemon yield	249.5	0.2	3.3
		SEA SALT EDAMAME			
		200 grams of soya beans, 2 dash of salt	294	26	22
		2 cups of baby carrots	86.1	2	20
	TOTAL	MEAL 4	753	53.2	88.1

TOTALS	2512.2	184.2	359.2	120.9
TARGET	2500	180	350	120



PLANT-BASED

3000 CALORIE MEAL PLAN

MEAL		FOOD	CALORIES	PROTIEN	CARBS	FAT
1	BREAKFAST	OATS WITH RICE MILK AND BANANA				
		1 Cup of Rolled Oats	267	10.1	58.1	2.1
		2/2 cups of Rice Milk	300	2.5	57.5	6.6
		1 Medium Banana	105	1.3	27	0.4
	TOTAL	MEAL 1	672	13.9	142.6	9.1



POST WORKOUT MEAL

2	POST-WORKOUT SHAKE	BLUEBERRY ALMOND PROTEIN SHAKE				
		1 Cup of Unsweetened Almond Milk	30	1	2	2.5
		2 Scoops of Vegan Protein Blend	210	44	7.6	3
		1/2 cup of Blueberries	42	1	9	0.1
		1 Large Banana, Ice-cubes	121	1.5	31	0.4
	TOTAL		403	47.5	49.6	6

3	LUNCH	KALE AVACADO SANDWICH				
		4 cups of chopped kale, 2 Avacados	585.3	16.8	47	44.4
		4 tbsp of Lemon Juice, Dash of pepper, Dash of Salt	14.2	0.2	5.4	0.1
		SPINACH AND BANANA SMOOTHIE				
		1 Scoops protein blend, 1 banana,	215	25.3	31	0.4
		1 1/2 cups of spinach, 1 cup of water.	10.4	1.3	1.6	0.2
	TOTAL		821.9	43.6	133.3	45.7

4	SNACK	ALMOND MILK COCO PROTEIN SHAKE	72.3	3.1	11	3.1
		1 cup of almond milk, 1 tbsp of coco	200	22.3	15.8	1.5
	TOTAL	2 scoops of vegan protein blend. 1 Apple after shake.	272.3	25.4	26.8	4.6

5	DINNER	PENUT TOFU				
		3 tbsp of Peanut butter, 1 block of tofu, 1.5 garlic cloves	520.5	37.7	17.7	38.2
		1/2 tbsp of ginger root, 1/2 brown suger, 5 mushrooms	51.9	2.2	11.5	0.5
		1/2 cup of green beans, 1 tbsp of soy sauce	18.3	1.3	4.1	0.1
		1/2 cup of uncooked quinoa	312.8	12	54.5	5.2
	TOTAL		903.5	53.2	88.1	43.8

TOTALS			3072.7	183.4	440.4	109.2
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TARGET			3000	00	00	00
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PLANT-BASED

3300 CALORIE MEAL PLAN

MEAL		FOOD	CALORIES	PROTIEN	CARBS	FAT
1	BREAKFAST	Scottish Porridge Oats - 1 Serving	137.4	5.1	29.4	1.4
		1 cup of Blueberries	84.4	1.1	21.4	0.5
		1.5 Scoop Vegan Protein (mix with 250ml of Rice Milk)	207	39	33.4	4.3
		1 small banana	90	1.1	23	0.3
	TOTAL	MEAL 1	518	46.3	106.2	6.5
2	LUNCH	AVACADO & BLACK BEAN WRAP				
		1 avacado	227	2.7	11.8	21
		1 cup of canned black beans	236.6	15.7	43	0.8
		2 Tortillos	269.6	7.3	47.1	5.4
	TOTAL	MEAL 2	733	26	102	27
3	SNACK	BANANA PEANUT BUTTER & RAISINS				
		2 Medium Banana, 2 Tbsp of Peanut Butter, 5 Raisins	354	8	63	12
		1.5 Scoop Vegan Protein (mix with Rice Milk)	207	39	33.4	4.3
	TOTAL	MEAL 3	474	30	66.8	13.5
4	POST-WORKOUT SNACK	RED PROTEIN SMOOTHIE				
		2 Scoops of Vegan Protein Blend,	430	51	15.6	19
		2 Bananas and 5 Leaves of Kale	219	2.78	56	1.06
		OPTIONAL: 5 grams of Creatine or 5 gram of BCAAS	00	00	00	00
	TOTAL	MEAL 4	649	53.78	71.6	20.06
5	DINNER	4 oz of Tempeh	218.9	21	10.6	12.2
		1 cup mixed vegetables	162	7.5	30.3	1.2
		1 tbsp Soy Sauce	8.5	1.3	0.8	0.1
		1/8 cup peanuts	103.5	4.7	2.9	9
		1/2 dash salt	00	00	00	00
		1/2 dash pepper	0.1	00	00	00
		3/4 cup of quinoa	469.2	18	81.6	7.7
	TOTAL	MEAL 5	962	52.5	136.2	30.2
TOTALS			3336.8	208.58	482.8	97.26
TARGET			3300	200	480	95