

Meal Plan

	Monday
Breakfast	Almond milk, blueberries, and Flaxseed Protein Shake, 1 serving (509 g)
Lunch	Lentil and Spinach Soup, 0.5 serving (335 g)
Dinner	Tofu with Rice and Curry, 0.5 serving (220 g)
Snacks	Almond milk, banana, and Flaxseed Protein Shake, 1 serving (556 g)

	Tuesday
Breakfast	Almond milk, blueberries, and Flaxseed Protein Shake, 1 serving (509 g)
Lunch	Tempeh Burger, 0.5 serving (130 g)
Dinner	Tofu noodle salad recipe (vegan), 0.5 serving (199 g)
Snacks	Almond milk, banana, and Flaxseed Protein Shake, 1 serving (556 g)

	Wednesday
Breakfast	Almond Milk Protein Shake (vegan), 1 serving (423 g)
Lunch	Tempeh noodle salad recipe (vegan), 0.5 serving (224 g)
Dinner	Tofu noodle salad recipe (vegan), 0.5 serving (199 g)
Snacks	Almond Milk Protein Shake with Coconut Cream (vegan), 1 serving (438 g)

	Thursday
Breakfast	Almond Milk Protein Shake with Coconut Cream (vegan), 1 serving (438 g)
Lunch	Falafel & Walnut Cous Cous Salad, 0.5 serving (181 g)
Dinner	Tempeh noodle salad recipe (vegan), 0.5 serving (224 g)
Snacks	Protein Shake with Frozen Berries (vegan), 1 serving (432 g)

	Friday
Breakfast	Almond milk, blueberries, and Flaxseed Protein Shake, 0.5 serving (255 g)
Lunch	Lentil and Spinach Soup, 1 serving (670 g)
Dinner	Baked tofu stir fry (vegan), 0.5 serving (276 g)
Snacks	Almond milk, banana, and Flaxseed Protein Shake, 1 serving (556 g)

	Saturday
Breakfast	Protein Shake with Frozen Berries (vegan), 1 serving (432 g)
Lunch	Falafel & Walnut Cous Cous Salad, 0.5 serving (181 g)
Dinner	Tempeh noodle salad recipe (vegan), 0.5 serving (224 g)
Snacks	Almond milk, blueberries, and Flaxseed Protein Shake, 1 serving (509 g)

	Sunday
Breakfast	Protein Shake with Frozen Berries (vegan), 1 serving (432 g)
Lunch	Bean and Quinoa Salad, 0.5 serving (171 g)
Dinner	Baked tofu stir fry (vegan), 0.5 serving (276 g)
Snacks	Almond milk, blueberries, and Flaxseed Protein Shake, 1 serving (509 g)

Meal Plan Summary

	Breakfast	Lunch	Dinner	Snacks
M o	Almond milk, blueberries, and Flaxseed Protein Shake, 1 serving (509 g)	Lentil and Spinach Soup, 0.5 serving (335 g)	Tofu with Rice and Curry, 0.5 serving (220 g)	Almond milk, banana, and Flaxseed Protein Shake, 1 serving (556 g)
T u	Almond milk, blueberries, and Flaxseed Protein Shake, 1 serving (509 g)	Tempeh Burger, 0.5 serving (130 g)	Tofu noodle salad recipe (vegan), 0.5 serving (199 g)	Almond milk, banana, and Flaxseed Protein Shake, 1 serving (556 g)
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S u	Protein Shake with Frozen Berries (vegan), 1 serving (432 g)	Bean and Quinoa Salad, 0.5 serving (171 g)	Baked tofu stir fry (vegan), 0.5 serving (276 g)	Almond milk, blueberries, and Flaxseed Protein Shake, 1 serving (509 g)

Macronutrients Analysis

Day	Energy	Protein	Total lipid (fat)	Carbohydrate
Monday	1335.28 kcal	97.03 g	52.43 g	134 g
Tuesday	1267.72 kcal	90.54 g	50.15 g	124.68 g
Wednesday	1188.55 kcal	89.53 g	46.39 g	108.82 g
Thursday	1172.96 kcal	84.68 g	46.45 g	110.4 g
Friday	1333.63 kcal	97.72 g	46 g	150.89 g
Saturday	1238.98 kcal	87.23 g	47.39 g	123.81 g
Sunday	1254.57 kcal	89.03 g	50.63 g	120.75 g

Recipes

Lentil and Spinach Soup

Lentil and Spinach Soup 1 serving. Ready in 20 min.

Ingredients

Lentils, Canned, **1 portion (198 g)**

Spinach, **1 portion (284 g)**

Carrot, **1 carrot (64 g)**

Black Pepper, **1 tsp, ground (2 g)**

Vegetable Stock, **0.5 cups (122 g)**



Instructions/Preparation

1. Boil water in a saucepan.
2. Add the vegetable stock and stir the pot.
3. Add a carrot to the saucepan and boil for 10 minutes.
4. Add the spinach to the saucepan. Make sure to submerge the spinach and to stir until it shrinks and fits in the saucepan.
5. Cook for 4 more minutes.
6. Drain the lentils from the can and add them to the saucepan.
7. Cook for 3 more minutes.
8. Serve hot with a dash of black pepper. Optionally, you can add some chilli to the soup.

Tofu with Rice and Curry

Tofu with Rice and Curry 1 serving. Ready in 35 min.

Ingredients

Tofu, **1 portion (200 g)**

White Rice, Dry, **1 portion (50 g)**

Spices, curry powder, **1 portion (6 g)**

Carrot, **1 carrot (64 g)**

Onion, Fresh, **1 portion (70 g)**

Olive Oil, **1 portion (15 g)**

Flour, **0.25 cup unsifted, dipped (34 g)**

Instructions/Preparation

1. Boil the rice in a saucepan for 12–15 minutes (or as otherwise indicated on the packaging).
2. Heat a non-stick pan with the olive oil.
3. Chop the onions and carrots and add to the pan. Cook at medium heat for 4 minutes.
4. Cut the tofu into pieces and add to the pan. Mix well and cook for another 2 minutes.
5. Mix the curry powder, flour, and water in a glass. Then, add to the pan. You can adjust the level of water to your liking.
6. Cover the pan with a lid and cook at low heat for 15 minutes. Water should evaporate and you should aim at having a creamy texture.
7. Serve the tofu and curry over the rice.

Tempeh Burger

Tempeh Burger 1 serving. Ready in 15 min.

Ingredients

Tempeh, **1 thick slice (125 g)**

Burger Bread, **2 slice (64 g)**

Red Leaf Lettuce, **4 portion (12 g)**

Onion, Fresh, **1 portion (9 g)**

Tomato, Fresh, **2 portion (30 g)**

Mustard, **1 tsp or 1 packet (5 g)**

Cucumber, **2 slice (10 g)**

Olive Oil, **1 portion (5 g)**

Instructions/Preparation

1. Heat the oil in the pan.
2. Pan-fry the tempeh slice on both sides until it acquires a crunchy surface. Do not flip the tempeh too often as you risk breaking it apart.
3. Toast the burger bread slightly in the pan or in a toaster.
4. Stack the onion, tomato, cucumber, lettuce, tempeh, and mustard (optional) in between the two pieces of bread. Enjoy your vegetable burger!

Falafel & Walnut Cous Cous Salad

Falafel & Walnut Cous Cous Salad 1 serving. Ready in 15 min.

Ingredients

Falafel, 4 patty (approx 2-1/4" dia) (68 g)

Couscous, Dry, 1 third cup (57 g)

Olive Oil, 1 portion (15 g)

Romaine Lettuce, 1 portion (47 g)

Walnuts, 1 portion (11 g)

Tomato, Fresh, 1 portion (61 g)

Cucumber, 0.5 cup slices (52 g)

Olives, 10 small (30 g)

Lemon Juice, 1 portion (15 g)

Parsley, 1 portion (5 g)

Instructions/Preparation

1. Boil one part of water per part of couscous in a saucepan.
2. Add the olive oil and couscous to the pan and stir/mix well. Remove the heat and let it simmer for 2–3 minutes.
3. Mix the lemon juice with the couscous and cook at low heat for 2–3 minutes, until the water has fully evaporated.
4. Mix the couscous with the olives, parsley, cucumber, and tomato.
5. Mix the lettuce with the couscous in a bowl.
6. Add the walnuts and mix well.
7. Serve with the falafel on top.

For the falafel:

You can eat already prepared falafel cold, or heat it over low heat in a pan. You can buy already prepared falafel in most large supermarkets or prepare it yourself.

Bean and Quinoa Salad

Bean and Quinoa Salad 1 serving. Ready in 25 min.

Ingredients

Black Beans, Canned, **1 portion (62 g)**
Quinoa, Dry, **5 portion (55 g)**
Onion, Fresh, **1 portion (28 g)**
Red Pepper, **3 tablespoon (27 g)**
Balsamic Vinegar, **1 portion (16 g)**
Olive Oil, **1 portion (15 g)**
Chickpeas (Garbanzos), Canned, **0.5 cup drained, rinsed (76 g)**
Kidney Beans, Canned, **1 can (62 g)**

Instructions/Preparation

1. Boil water in a saucepan. Aim at twice the volume of water than the volume of quinoa you have.
2. Boil the quinoa at medium heat for 15 minutes (or as otherwise indicated on the packaging).
3. Wash and clean the black beans, chickpeas, and kidney beans from the cans.
4. Mix all beans together in a bowl.
5. Chop the onion and red pepper very finely, and mix together in the bowl.
6. Add the quinoa to the bowl once ready, and mix thoroughly to combine the different ingredients.
7. Drizzle with olive oil and vinegar and mix well.

Extra comments/notes

You can prepare this recipe in bulk and keep it in the fridge for a few days.

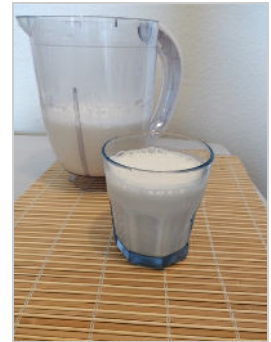
Almond Milk Protein Shake (vegan)

Almond Milk Protein Shake (vegan) 1 serving. Ready in 5 min.

Ingredients

Soy Protein (Vegan), **1 scoop (30 g)**

Beverages, almond milk, unsweetened, shelf stable, **1.5 cup (393 g)**



Instructions/Preparation

Blend all the ingredients together and consume immediately. You can also make protein shakes in bulk and keep them for later in suitable containers/bottles.

Extra comments/notes

There are many different flavors of protein powder, including chocolate, vanilla, fruit, etc. Try a few and choose your favorite.

Almond Milk Protein Shake with Coconut Cream (vegan)

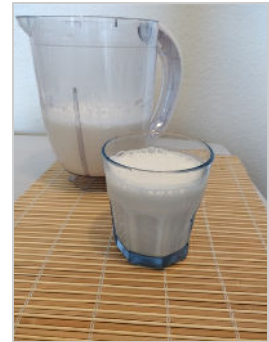
Almond Milk Protein Shake with Coconut Cream (vegan) 1 serving. Ready in 5 min.

Ingredients

Soy Protein (Vegan), **1 scoop (30 g)**

Coconut Cream, **1 tbsp (15 g)**

Beverages, almond milk, unsweetened, shelf stable, **1.5 cup (393 g)**



Instructions/Preparation

Blend all the ingredients together and consume immediately. You can also make protein shakes in bulk and keep them for later in suitable containers/bottles.

Extra comments/notes

There are many different flavors of protein powder, including chocolate, vanilla, fruit, etc. Try a few and choose your favorite.

Baked tofu stir fry (vegan)

Baked tofu stir fry (vegan) 2 servings. Ready in 30 min.

Ingredients

Tofu, **2 extra firm, drained (400 g)**
Sesame Oil, **1 tsp (5 g)**
Garlic, **1 garlic clove (4 g)**
Ground Ginger, **0.5 teaspoon (2 g)**
Vegetable Stock (Broth), **0.25 cup (59 g)**
Red pepper flakes, **1 portion (1 g)**
Broccoli, **2 cups (184 g)**
Onion, Fresh, **1 small (70 g)**
Red Pepper, **1 red bell pepper (124 g)**
Mushrooms, Fresh, **1 cups (97 g)**
Brown Rice, Raw, **2 portion (126 g)**
Olive Oil, **1 tbsp (13 g)**
Maple Syrup, **1 tablespoons (20 g)**

Instructions/Preparation

Rice:

Prepare according to the instruction on the pack

Tofu:

Heat oven to 400F (200C). Dry the tofu with paper towel and cut into 1.5 cm cubes. Toss the tofu with sesame oil and place on the baking sheet. Bake for about 20 minutes, turning the tofu over after about 10 minutes.

Glaze:

Combine the broth, garlic, maple syrup, ginger and pepper flakes in a small glass. Set the glaze aside for later use.

Vegetables:

Heat a pan with the olive oil and add onion. Cook until soft for about 3 minutes. Add broccoli, pepper, and mushrooms and fry until the broccoli is tender.

Pour the glaze over the vegetables and add tofu. Stir well and fry for an additional minute.

Serve with rice.

Protein Shake with Frozen Berries (vegan)

Protein Shake with Frozen Berries (vegan) 1 serving. Ready in 5 min.

Ingredients

Soy Protein (Vegan), **1 scoop (30 g)**
frozen mixed berries, **0.75 cup (140 g)**
Almond Milk, **1 cup (262 g)**



Instructions/Preparation

1. Mix together all the ingredients in a blender.
2. Blend for a minute until the drink acquires a consistent texture.

Extra comments/notes

You can prepare protein shakes in bulk and keep them in suitable containers/bottles to consume on the go.

Tempeh noodle salad recipe (vegan)

Tempeh noodle salad recipe (vegan) 2 servings. Ready in 1 min.

Ingredients

Soy Sauce, **3 tbsp (54 g)**
Ginger Root, **0.5 tsp (finely grated) (1 g)**
Rice noodles, dry, **6 oz (171 g)**
Broccoli, **1 stalk (151 g)**
Red Pepper, **1 red bell pepper (115 g)**
Mushrooms, Fresh, **0.5 cup, pieces or slices (35 g)**
Olive Oil, **1 servings (14 g)**
Sesame Oil, **1 teaspoon (4 g)**
Tempeh, **2 cup (332 g)**
Maple Syrup, **2 teaspoons (16 g)**

Instructions/Preparation

1. Mix together soy sauce, maple syrup and ginger and set aside for later.
2. Prepare the noodles according to the instructions on the packaging.
3. Heat the pan with olive oil and add broccoli. Fry until just tender for about 5 minutes.
4. Add mushrooms and pepper to the pan and fry for couple of minutes.
5. Move the noodles and vegetables to a serving dish and pour the dressing over it.
6. Cut the tempeh into small 1 cm cubes and brush with oil. Fry for 3 minutes until golden.
7. Add the tempeh to the noodles and drizzle with sesame oil.

Tofu noodle salad recipe (vegan)

Tofu noodle salad recipe (vegan) 2 servings. Ready in 1 min.

Ingredients

Soy Sauce, **3 tbsp (54 g)**
Ginger Root, **0.5 tsp (finely grated) (1 g)**
Rice noodles, dry, **6 oz (171 g)**
Broccoli, **1 stalk (151 g)**
Red Pepper, **1 red bell pepper (115 g)**
Mushrooms, Fresh, **0.5 cup, pieces or slices (35 g)**
Tofu, **1 extra firm, drained (200 g)**
Olive Oil, **1 servings (14 g)**
Sesame Oil, **1 tablespoon (14 g)**
Maple Syrup, **2 tablespoons (40 g)**

Instructions/Preparation

1. Mix together soy sauce, maple syrup and ginger and set aside for later.
2. Prepare the noodles according to the instructions on the packaging.
3. Heat the pan with olive oil and add broccoli. Fry until just tender for about 5 minutes.
4. Add mushrooms and pepper to the pan and fry for couple of minutes.
5. Move the noodles and vegetables to a serving dish and pour the dressing over it.
6. Cut the tofu into small 1 cm cubes and brush with oil. Fry for 3 minutes until golden.
7. Add the tofu to the noodles and drizzle with sesame oil.

Almond milk, blueberries, and Flaxseed Protein Shake

Almond milk, blueberries, and Flaxseed Protein Shake

1 serving. Ready in 5 min.

Ingredients

Almond Milk, **1.5 cup (393 g)**

Flaxseed, **2 tbsp, ground (14 g)**

Soy Protein (vegan), **1 scoop (30 g)**

Blueberries, **0.5 cup (72 g)**

Instructions/Preparation

Blend all ingredients together and consume immediately. You can add cinnamon or vanilla extract for taste if you want.

Almond milk, banana, and Flaxseed Protein Shake

Almond milk, banana, and Flaxseed Protein Shake 1

serving. Ready in 5 min.

Ingredients

Almond Milk, **1.5 cup (393 g)**

Flaxseed, **2 tbsp, ground (14 g)**

Soy Protein (vegan), **1 scoop (30 g)**

Banana, **1 banana (119 g)**

Instructions/Preparation

Blend all ingredients together and consume immediately. You can add cinnamon or vanilla extract for taste if you want.

Shopping List

Beverages

- Almond Milk, **18.76 cup (4914 g)**
- Soy Protein (vegan), **13.5 scoop (405 g)**

Nut and Seed Products

- Flaxseed, **15.01 tbsp, ground (105 g)**
- Coconut Cream, **2 tbsp (30 g)**
- Walnuts, **1 portion (11 g)**

Fruits and Fruit Juices

- Blueberries, **2.25 cup (322 g)**
- Olives, **10 small (30 g)**
- Lemon Juice, **1 portion (15 g)**
- Banana, **3 banana (357 g)**

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- frozen mixed berries, **2.25 cup (420 g)**

Legumes and Legume Products

- Lentils, Canned, **1.5 portion (297 g)**
- Tempeh, **0.5 thick slice (63 g)**
- Soy Sauce, **3.75 tbsp (68 g)**
- Tempeh, **1.5 cup (249 g)**
- Falafel, **4 patty (approx 2-1/4" dia) (68 g)**
- Black Beans, Canned, **0.5 portion (31 g)**
- Chickpeas (Garbanzos), Canned, **0.25 cup drained, rinsed (38 g)**
- Kidney Beans, Canned, **0.5 can (31 g)**
- Tofu, **2 portion (400 g)**

Vegetables and Vegetable Products

- Spinach, **1.5 portion (426 g)**
- Carrot, **2 carrot (128 g)**
- Red Leaf Lettuce, **2 portion (6 g)**
- Onion, Fresh, **0.5 portion (5 g)**
- Tomato, Fresh, **1 portion (15 g)**
- Cucumber, **1 slice (5 g)**
- Ginger Root, **0.63 tsp (finely grated) (1 g)**
- Broccoli, **1.25 stalk (189 g)**
- Red Pepper, **1.25 red bell pepper (144 g)**
- Mushrooms, Fresh, **0.63 cup, pieces or slices (44 g)**
- Romaine Lettuce, **1 portion (47 g)**
- Tomato, Fresh, **1 portion (61 g)**
- Cucumber, **0.5 cup slices (52 g)**
- Parsley, **1 portion (5 g)**
- Onion, Fresh, **0.5 portion (14 g)**
- Red Pepper, **1.5 tablespoon (14 g)**
- Onion, Fresh, **1 portion (70 g)**

- Garlic, **0.5 garlic clove (2 g)**
- Broccoli, **1 cups (92 g)**
- Red Pepper, **0.5 red bell pepper (62 g)**
- Mushrooms, Fresh, **0.5 cups (48 g)**

Spices and Herbs

- Black Pepper, **1.5 tsp, ground (3 g)**
- Mustard, **0.5 tsp or 1 packet (3 g)**
- Balsamic Vinegar, **0.5 portion (8 g)**
- Spices, curry powder, **0.5 portion (3 g)**
- Ground Ginger, **0.25 teaspoon (1 g)**

Soups, Sauces, and Gravies

- Vegetable Stock, **0.75 cups (182 g)**
- Vegetable Stock (Broth), **0.12 cup (29 g)**

Baked Products

- Burger Bread, **1 slice (32 g)**

Fats and Oils

- Olive Oil, **0.5 portion (3 g)**
- Olive Oil, **1.25 servings (18 g)**
- Sesame Oil, **0.75 teaspoon (3 g)**
- Olive Oil, **2 portion (30 g)**
- Sesame Oil, **0.5 tablespoon (7 g)**
- Sesame Oil, **0.5 tsp (2 g)**
- Olive Oil, **0.5 tbsp (6 g)**

Cereal Grains and Pasta

- Rice noodles, dry, **7.51 oz (214 g)**
- Couscous, Dry, **1 third cup (57 g)**
- Quinoa, Dry, **2.5 portion (28 g)**
- White Rice, Dry, **0.5 portion (25 g)**
- Flour, **0.12 cup unsifted, dipped (17 g)**
- Brown Rice, Raw, **1 portion (63 g)**

Sweets

- Maple Syrup, **1.5 teaspoons (12 g)**
- Maple Syrup, **1.5 tablespoons (30 g)**

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- Red pepper flakes, **0.5 portion (0 g)**

Other

