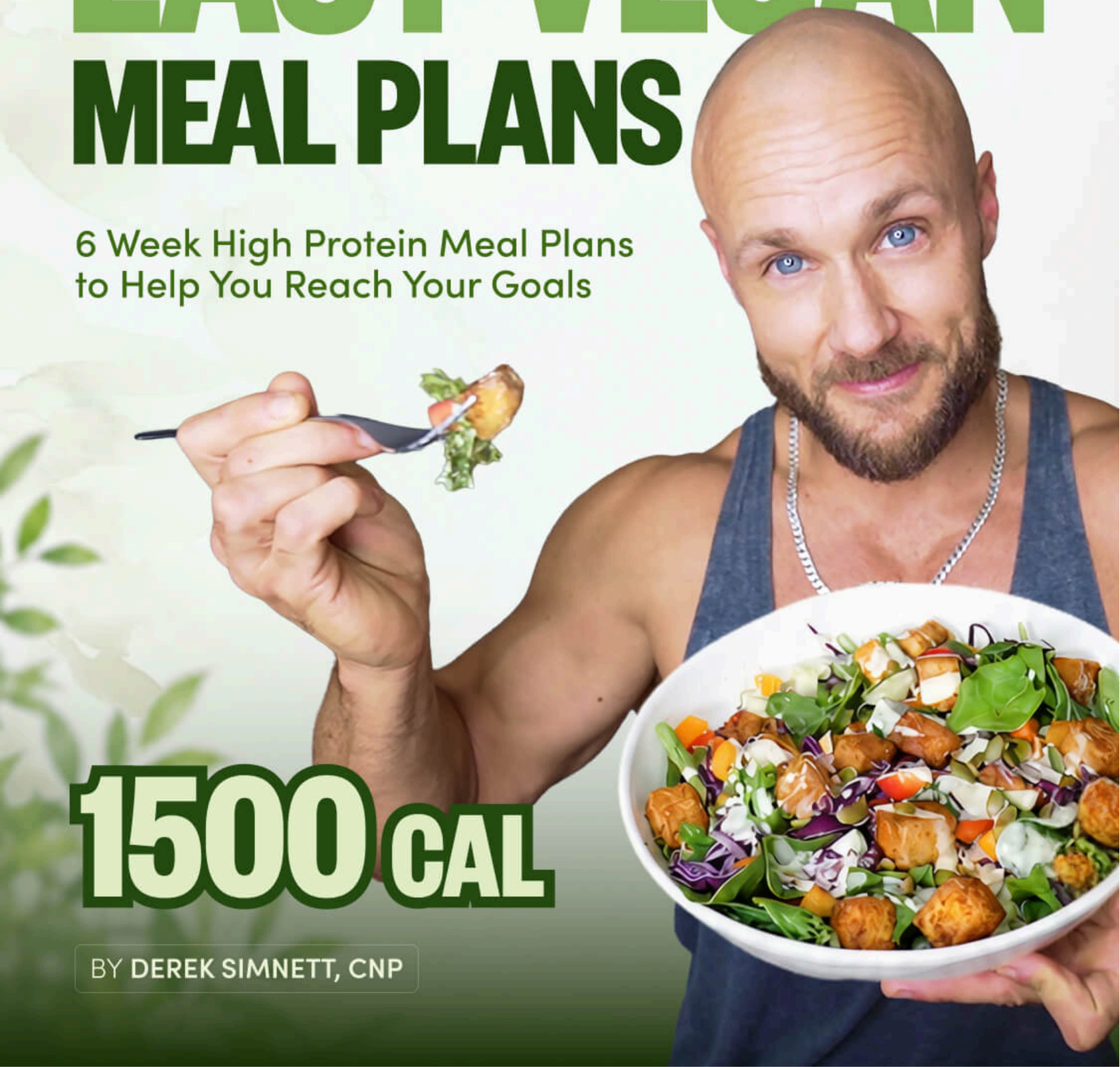
SIMENTTNUTRITION

EASY VEGAN MEAL PLANS

6 Week High Protein Meal Plans
to Help You Reach Your Goals



1500 CAL

BY DEREK SIMNETT, CNP

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Welcome to Simnett Nutrition's 6 Week Easy Vegan Meal Plan

Hi, I'm Derek from Simnett Nutrition, and I created this meal plan to help make eating vegan simple, balanced, and enjoyable. Whether your goal is to get more organized with your meals or work toward a body composition goal, these plans are here to give you structure without making vegan nutrition feel complicated.

Each plan is built around satisfying vegan meals with plenty of protein, carbohydrates, healthy fats, fibre, and whole plant foods, so you can feel confident that you're eating in a way that supports your health, fitness, and lifestyle.

I CREATED THIS MEAL PLAN TO HELP YOU:

1. Eat approximately 1500 calories per day
2. Reduce daily cooking time
3. Build repeatable, sustainable eating habits
4. Feel confident preparing simple and nourishing vegan meals

6
WEEKS

~1,500
CALORIES PER DAY

90–120 g
PROTEIN PER DAY

42
DAYS OF MEALS

100% Plant-Based

Every recipe is entirely vegan with no compromise on flavour.

Batch Cook System

Cook once on Day 1, eat well for 2–3 days from a single prep session.

Simple Ingredients

No specialty items — everything available at a standard grocery store.

Fully Macro-Tracked

Every day includes calorie, protein, carb, and fat counts from Cronometer.

How the Meal Plan Works

Each week follows the same simple pattern:

Day 1	**Batch Cook Day** — Batch cook lunch, Batch cook dinner	Day 1 is your batch cook day. You'll be in the kitchen a bit more this day preparing for the week, so I suggest doing this on your day off or when you have more time. You will prepare 2 main recipes that will cover your lunch and dinner meals for the first few days of the week.
Days 2–3	**Leftovers + Assembly** — Leftover lunch, Leftover dinner	You will be reheating and assembling your lunch and dinner from Day 1 leftovers. I've tried my best to make the breakfast recipes quick and easy. Some of them can be prepared the night before to save you time if needed.
Day 4	**Transition Day** — New recipe	A 'transition' day with a new dinner recipe that will cover Thursday lunch or dinner (sometimes Fridays too depending on recipe size).
Day 5	**Day 4 Leftovers** — Leftover meals	You will enjoy Day 4 leftovers for either lunch or dinner and make the rest of the meals, although they will be easy to prepare.
Days 6–7	**Fresh Easy Meals** — Fresh recipes	Enjoy fresh, easy to prepare meals. The week then starts over on Sunday (Day 1).

Derek's tip: I find that this structure keeps cooking manageable while maintaining meal variety. Read through the entire week before you shop to check what you already have on hand.

Portion Guidance & Calorie Adjustment

The calories and protein targets are based on the listed portions given for 1 serving of each meal (some recipes make 2–3 servings). If you substitute ingredients or add/remove them, this will affect the macros and calories of the meal.

To Add Calories (if needed)

- Enjoy a piece of fruit (this is my go to)
- Add 1–2 cups non-starchy veggies to your meals (this adds volume but little calories)
- Add ¼ cup cooked grains or ½–1 baked or steamed potato to a meal
- Add ¼–½ avocado (57–114 calories) or 2 tbsp nuts or seeds (approx. 100 calories) to a meal

Hydration

I encourage you to drink water freely throughout the day. Try to drink at least 2 litres of water a day at minimum. You will need to drink more if you are active and/or sweat a lot.

Coffee and tea are fine to drink. Use a small amount of plant milk if desired. If you use sweetener in your tea or coffee, make sure to track it as it can add up! For example, 1 tsp of table sugar or maple syrup is approx. 16 calories and 4.5g carbs.

Important Note on Calorie Calculations

You may observe minor discrepancies when attempting to cross reference total caloric values by applying the standard Atwater general factors (the 4-4-9 rule: protein and carbs are 4 calories per gram, and fat is 9 calories per gram). This variance is both normal and scientifically expected. The nutritional data in this meal plan is derived from Cronometer, which utilizes the Atwater specific factor system — accounting for the unique thermodynamic properties of specific whole plant foods and adjusting for indigestible dietary fiber. Because complex carbohydrates and soluble fibers do not yield a net energy availability of 4 kcal/g post digestion, the algorithm in Cronometer subtracts this non-metabolizable energy. The final values displayed represent the most clinically accurate estimation of actual metabolizable energy and net fuel value. Minor variations may also occur due to ingredient brands and calorie/macro rounding.

Supplement Considerations

A well planned vegan diet can provide the nutrients needed for overall health, but there are a few nutrients that deserve extra attention.

Vitamin B12

People following a vegan diet should make sure they have a reliable source of vitamin B12 from fortified foods and/or a supplement. This is the most critical nutrient to supplement on a vegan diet.

Vitamin D

Vitamin D may be worth considering, especially for those with limited sun exposure, during winter months, or for anyone who does not regularly consume vitamin D fortified foods.

Creatine (Optional)

Several recipes include an optional serving of creatine. Creatine is a well-researched supplement that may support athletic performance and muscle building. It is optional and not required for the plan.

Please note: This meal plan is intended for general education and meal planning purposes only. Supplement needs can vary based on age, location, sun exposure, pregnancy or breastfeeding status, medical conditions, medications, blood work, and overall dietary intake. For specific supplement amounts, follow the guidance of your doctor, pharmacist, registered dietitian, qualified health care provider, and/or the public health recommendations in your country.

Low-Calorie Additions

Here are foods that can be added to your meals to increase volume, flavour, and satisfaction without significantly affecting calories.

Non-Starchy Vegetables

- Leafy greens
- Cucumber
- Bell peppers
- Snap peas
- Arugula
- Mushrooms
- Green beans
- Kale
- Zucchini (chopped or as noodles)
- Cauliflower (steamed or riced)
- Spinach
- Celery
- Broccoli (steamed)
- Tomatoes

Low-Calorie Condiments

- Salsa
- Mustard
- Lemon juice
- Pickles
- Garlic
- Soy sauce, tamari, or braggs (in moderation)
- Hot sauce
- Vinegar (all types)
- Lime juice
- Fresh or dried herbs
- Ginger
- Nutritional yeast (small amounts)

6 WEEK EASY VEGAN MEAL PLAN

Week 1

SIMENTTNUTRITION

01

6 WEEK EASY VEGAN MEAL PLAN

Week 1

90–112 g
PROTEIN PER DAY

~1,500 cal/day

Welcome to week 1 of your meal plan! This week includes a simple, satisfying mix of high protein meals designed to make healthy eating easy and enjoyable. Breakfasts include tofu scramble, protein oatmeal, and smoothies, while lunches and dinners feature hearty meals like red lentil curry, chickpea veggie stir fry, lentil pasta, chickpea TVP bowls, a tofu “egg” sandwich, chickpea wrap, and ginger garlic noodles. Each day provides 1500 calories and between 90–112g of protein, with meal prep leftovers used throughout the week to save time and reduce food prep. I hope you enjoy it!

DAY 1 — BATCH COOK SCHEDULE

BREAKFAST
Tofu Scramble

LUNCH (BATCH COOK)
One Pot Red Lentil Curry

DINNER (BATCH COOK)
Chickpea and Veggie stir fry with Quinoa and hemp seed dressing

WEEK AT A GLANCE

D1	D2	D3	D4	D5	D6	D7
Batch Cook	Leftovers	Leftovers	Transition	Transition	Fresh	Fresh

- Batch Cook
- Leftover
- Fresh

Grocery List

☐ Required ☐ Optional

Look this over before you start week 1, it seems like a lot, but you probably have a lot of these items already in your pantry. I have included the amounts so you know how much you will need for each ingredient this week.

PRODUCE

- ☐ 4 medium bananas
- ☐ 1 red onion
- ☐ 6 large carrots
- ☐ 2 large cucumbers
- ☐ 1 small container cherry or grape tomatoes
- ☐ 1 medium potato
- ☐ Chopped spinach
- ☐ 1 bulb garlic
- ☐ 2 lemons
- ☐ Cilantro or parsley — optional
- ☐ Fresh parsley
- ☐ 2 medium yellow or white onions
- ☐ 3 medium red bell peppers
- ☐ 1/3 head cauliflower
- ☐ 3 medium tomatoes
- ☐ 1/2 cup chopped mushrooms, 35g
- ☐ 2 cups chopped kale, 42g
- ☐ 1 small bunch green onions
- ☐ 1 small piece fresh ginger
- ☐ 3/4 cup fresh snow peas, 120g
- ☐ Fresh basil

FROZEN

- ☐ Frozen blueberries — 2 1/2 cups, 350g
- ☐ Frozen peas — about 2 cups, 287g
- ☐ Frozen fruit — 2 1/2 cups, 412g
- ☐ Frozen edamame — 3/4 cup, 116g

CANNED / DRY GOODS

- ☐ Split red lentils — 1 3/4 cups, 336g
- ☐ Cooked French or green lentils — 2 cups, 396g
- ☐ Quinoa — 3/4 cup dry, 127g
- ☐ Legume pasta — about 6 oz dry, 170g
- ☐ Medjool dates — 1 date
- ☐ Small tortilla wrap or pita — 1 wrap
- ☐ Hemp or chia seeds — about 3/4 cup, roughly 95g
- ☐ Chopped olives
- ☐ Chickpeas — about 5 1/4 cups cooked/drained, roughly 820g, or 4 cans
- ☐ TVP — 1 cup, 94g
- ☐ Pasta — about 7.2 oz dry, 205g
- ☐ Rolled oats — 1 1/2 cups, 120g
- ☐ Bread — 2 slices
- ☐ Raw cashews — 1/4 cup, 32g
- ☐ Dill pickles — 2 tbsp chopped, about 20g

Grocery List (cont.)

☐ Required ☐ Optional

PROTEIN / REFRIGERATED

- ☐ **Firm tofu** — 2 blocks
- ☐ **Soy milk** — about 4 cups, 1L
- ☐ **Vegan vanilla protein powder** — 6 scoops worth
- ☐ **Soft tofu** — 1 block
- ☐ **Dairy free yogurt** — 1/3 cup, 78g
- ☐ **Creatine: 4 scoops** — optional

SAUCES / CONDIMENTS

- ☐ **Red curry paste** — 1 tbsp, about 15g
- ☐ **Vegetable broth** — 2 3/4 cups, 607ml
- ☐ **Rice vinegar** — 3/4 tbsp, about 11ml
- ☐ **Dijon mustard** — 1/2 tbsp, about 8g
- ☐ **Roasted sesame oil** — 3/4 tbsp, about 11ml
- ☐ **Olive oil** — optional
- ☐ **Tomato sauce** — 2 cups, 490ml
- ☐ **Soy sauce or tamari** — 1 1/2 tbsp, about 22ml
- ☐ **Maple syrup** — 1 1/4 tbsp, about 19ml
- ☐ **Mustard** — 1/2 tbsp, about 8g
- ☐ **Ketchup or hot sauce** — optional

SPICES / PANTRY

- ☐ Salt
- ☐ Garlic powder
- ☐ Turmeric
- ☐ Cumin
- ☐ Smoked paprika
- ☐ Ground cinnamon
- ☐ Nutritional yeast
- ☐ Kala namak — optional
- ☐ Black pepper
- ☐ Onion powder
- ☐ Chili powder
- ☐ Coriander
- ☐ Dried dill
- ☐ Mediterranean seasoning
- ☐ Toasted sesame seeds
- ☐ That should cover the full week with a few small leftovers of things like tofu, herbs, yogurt, spices, and pantry items that you can use for the next week.

That should cover the full week with a few small leftovers of things like tofu, herbs, yogurt, spices, and pantry items that you can use for the next week.

Daily Meal Plan

● Batch Cook ● Leftover ● Fresh

DAY	BREAKFAST	LUNCH	DINNER	TOTALS
1 BATCH COOK	Tofu Scramble Fresh	One Pot Red Lentil Curry Fresh	Chickpea and Veggie stir fry Fresh	**1500 Cal** 102g P
2 LEFTOVERS	Oatmeal Fresh	Red Lentil Curry Leftover	Chickpea and Veggie Stir Fry Leftover	**1500 Cal** 90g P
3 LEFTOVERS	Oatmeal Fresh	Chickpea Veggie Stir Fry Leftover	Red Lentil Curry Leftover	**1500 Cal** 90g P
4 TRANSITION	Blueberry Pie Smoothie Fresh	Mediterranean Chickpea & TVP Bowl Fresh	Lentil Sauce with pasta Fresh	**1500 Cal** 112g P
5 TRANSITION	Blueberry Pie Smoothie Fresh	Tofu 'egg' salad Fresh	Lentil Pasta Leftover	**1500 Cal** 111g P
6 FRESH	Easy Fruit Smoothie Fresh	Lentil Pasta Leftover	Chickpea Wrap With Tzatziki Fresh	**1500 Cal** 91g P
7 FRESH	Easy Fruit Smoothie Fresh	Mediterranean Chickpea & TVP Bowl Fresh	Ginger Garlic Noodles Fresh	**1500 Cal** 109g P

1500 Cal
WEEKLY AVG CALORIES

101g
AVG PROTEIN

BREAKFAST

Tofu Scramble

1	500	48g	37g	22g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

	Scant 1 ¼ cups (285 g) firm tofu, crumbled
1/3 cup (65g) chopped red	onion
	½ cup (35g) chopped mushrooms
	½ cup (75g) chopped red pepper

SPICE BLEND

	¼ tsp chili powder
	½ tsp cumin
	½ tsp turmeric
	½ tsp garlic powder
1/2 tbsp nutritional	yeast
1 piece of bread	toasted
	Ketchup or hot sauce (optional)

DIRECTIONS

1. Crumble tofu into a medium size mixing bowl and add spice blend, mix well.
2. Place chopped onion and mushrooms in a large frying pan and saute on medium heat until tender, stirring often.
3. Add crumbled tofu and heat thoroughly, making sure to mix the tofu, onion and mushrooms together well.
4. When tofu is heated all the way through, remove the frying pan from heat and serve the tofu scramble hot, with toast on the side. Add ketchup or hot sauce if you want. This also goes great with a green salad.

LUNCH

One Pot Red Lentil Curry

3	500	31g	91g	3g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 ¾ cup (336g) split red lentils	rinsed and drained (no soaking needed)
1 tbsp red curry	paste
1/2 yellow onion	chopped
3 large carrots	chopped
⅓ head of cauliflower	chopped
3/4 cup (120g) frozen	peas
¾ red bell pepper	chopped

GARNISH

	Cilantro or parsley, chopped (optional)

DIRECTIONS

1. Place lentils in a large pot and add red curry paste, chopped carrots and cauliflower. Add water or veggie broth until lentils are covered and turn up to medium high heat.
2. Bring to a boil and reduce to medium heat. Cook for approx 10-15 minutes. Periodically check and stir the pot to make sure everything is cooking evenly. The lentils are cooked when soft.
3. Reduce heat to simmer and add the frozen peas, chopped bell pepper and cilantro. Turn off heat when there is no water left in the pot and remove to let cool. You can also add in other vegetables or substitute in other vegetables you have on hand (for example: mushrooms, broccoli, zucchini, frozen corn). Equally portion into separate meal containers.

DINNER

Chickpea and Veggie stir fry with Quinoa and hemp seed dressing

3	500	23g	79g	11g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

2 ½ cups (380g) cooked chickpeas	drained and rinsed
1 ¼ cups (167g) frozen	peas
1 ¼ medium carrots	grated
1 ¾ tsp garlic	powder
1 ¾ tsp onion	powder
	pinch of salt
	pinch of black pepper
¼ medium cucumber	chopped
8 grape or cherry tomatoes	chopped

QUINOA

¾ cup (127g) dry	quinoa
1 ½ cups (355ml)	water

SAUCE

¼ cup (40g) hemp	seeds
½ tbsp	mustard
½ lemon	juiced
½ tbsp maple	syrup
½ tbsp dried	dill
½ tsp garlic	powder
½ tsp onion	powder
	pinch of salt
¼ cup (60 ml)	water

DIRECTIONS

1. Saute the chickpeas, peas, carrots, and spices together for approx. 10 minutes on medium heat.
2. Chop the cucumber and tomatoes and set aside.
3. Prepare the quinoa and let it cook for approx. 20 minutes on medium heat (or until soft and cooked through).
4. Blend the sauce ingredients together until smooth.
5. Put stir fry, quinoa and veggies in equal portions in separate containers and pour the sauce over top. Let cool before putting in the fridge or freezer.

BREAKFAST

Oatmeal

1	500	36g	67g	8g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¼ banana	peeled
¾ cup (177 ml)	water
	½ pitted medjool date
¾ cup (60g) rolled	oats
½-1 tsp cinnamon	(optional)
	Pinch of salt

PROTEIN MILK

¼ ripe banana	peeled
¼ cup (60 ml) soy milk + splash of	water
1 scoop vegan protein	powder

DIRECTIONS

1. To make the oatmeal, blend together half a banana, medjool date, water, pinch of salt and cinnamon. Add to a small saucepan with the rolled oats and cook on medium heat until the oats are cooked through and thick. Place in a bowl.
2. Blend together the other half of the banana with soy milk and protein powder. Pour over cooked oats.

LUNCH

One Pot Red Lentil Curry

LEFTOVER

1 serving of Red Lentil Curry, leftover from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Chickpea and Veggie stir fry with Quinoa and hemp seed dressing

LEFTOVER

1 serving of Chickpea and Veggie Stir Fry with Quinoa and Hemp Seed Dressing, leftover from Day 1

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Oatmeal

1	500	36g	67g	8g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¼ banana	peeled
¾ cup (177 ml)	water
	½ pitted medjool date
¾ cup (60g) rolled	oats
½-1 tsp cinnamon	(optional)
	Pinch of salt

PROTEIN MILK

¼ ripe banana	peeled
¼ cup (60 ml) soy milk + splash of	water
1 scoop vegan protein	powder

DIRECTIONS

1. To make the oatmeal, blend together half a banana, medjool date, water, pinch of salt and cinnamon. Add to a small saucepan with the rolled oats and cook on medium heat until the oats are cooked through and thick. Place in a bowl.
2. Blend together the other half of the banana with soy milk and protein powder. Pour over cooked oats.

LUNCH

Chickpea and Veggie stir fry with Quinoa and hemp seed dressing

LEFTOVER

1 serving of Chickpea Veggie Stir Fry, leftover from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

One Pot Red Lentil Curry

LEFTOVER

1 serving of Red Lentil Curry, leftover from Day 1

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Blueberry Pie Smoothie

1	500	37g	56g	13g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 banana	peeled
1 ¼ cup (175g) frozen	blueberries
¼ tsp ground	cinnamon
1 tbsp hemp or chia	seeds
1 cup (250ml) soy	milk
1 scoop vegan protein	powder
1 scoop creatine	optional

DIRECTIONS

1. Blend everything together in a blender until smooth.

LUNCH

Mediterranean Chickpea & TVP Bowl Recipe

1	500	41g	76g	5g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 cup (164g) cooked or canned chickpeas	drained & rinsed
½ cup (47g) dry Textured Vegetable Protein	(TVP)
½ large cucumber	chopped
1 ½ medium tomato	chopped
¼ red onion	chopped
½ lemon	juice
1 tbsp Mediterranean	seasoning
	Small drizzle of olive oil (optional)

DIRECTIONS

1. Add TVP and the Mediterranean seasoning (or your favourite seasoning) to a bowl and cover (until just covered) with hot water. Mix and let sit for 2-3 minutes or until the TVP is well hydrated. Drain excess water (if needed).
2. Add chickpeas along with chopped veggies to the bowl of TVP. Toss together and enjoy.

DINNER

Lentil Sauce with pasta

3	500	34g	90g	3g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

½ cup (97g) white or yellow onion	diced
1 cup (110g) grated	carrot
½ cup (46g) chopped red bell	pepper
2 cups (396g) cooked or canned french (or green/red) lentils	drained and rinsed
2 cups (42g) chopped	kale

SAUCE

2 large garlic	cloves
½ cup (97g) diced	onion
2 tbsp fresh basil	chopped (or 2 tsp dried)
2 tbsp fresh parsley	chopped*
2 cups (490ml) tomato	sauce
	*Always use fresh Parsley as dried parsley doesn't retain much flavour.

PASTA

205g (7.2 oz) Lentil pasta	legume pasta, or wheat pasta

DIRECTIONS

1. Saute onion, carrot and red bell pepper on medium high heat for 3-5 minutes.
2. Add lentils, chopped kale, garlic, basil, tomato sauce and simmer together for 10 minutes on medium heat.
3. Add equal portions to separate containers and add parsley garnish on top.

BREAKFAST

Blueberry Pie Smoothie

1	500	37g	56g	13g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 banana	peeled
1 ¼ cup (175g) frozen	blueberries
¼ tsp ground	cinnamon
1 tbsp hemp or chia	seeds
1 cup (250ml) soy	milk
1 scoop vegan protein	powder
1 scoop creatine	optional

DIRECTIONS

1. Blend everything together in a blender until smooth.

LUNCH

Tofu ‘egg’ salad

1	500	40g	51g	17g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

	½ block soft tofu
	½ block firm tofu
½ cup (132g) cooked potatoes	chopped
2 tbsp dill	pickle
½ tbsp dijon	mustard
2 tbsp green onion	chopped
¼ cup (25g) celery	chopped
¼ tsp black	pepper
½ tsp onion	powder
¼ tsp turmeric	powder
	pinch of salt
1 pieces of bread	toasted
	Optional: for a more eggy flavour, try adding ½ tsp of kala namak salt. You can also add fresh herbs like 1 tbsp of fresh dill.

DIRECTIONS

1. Crumble the tofu in a medium sized bowl and add the rest of the ingredients, mixing well. Enjoy as an open face sandwich.

DINNER

Lentil Sauce with pasta

LEFTOVER

1 serving of Lentil Pasta, leftover from Day 4

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Easy Fruit Smoothie

1	500	37g	54g	14g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¾ banana	peeled
1 ¼ cup (206g) frozen fruit of	choice
1 ¾ tbsp hemp	seeds
1 scoop vegan vanilla protein	powder
1 scoop creatine	optional
¾ cup (183 ml) soy	milk
	Water if needed for consistency

DIRECTIONS

1. Blend everything together in a blender until smooth.

LUNCH

Lentil Sauce with pasta

LEFTOVER

1 serving of Lentil Pasta, leftover from earlier in the week

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Chickpea Wrap With Tzatziki

1	500	—	69g	18g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¾ cup (114g) cooked or canned chickpeas	drained and rinsed
¾ tsp	cumin
¾ tsp	coriander
¾ tsp smoked	paprika
	Pinch of salt and pepper

TZATZIKI SAUCE

1/3 cup (78g) dairy free	yogurt
	juice of 1/2 a lemon
1 clove of	garlic
1/4 cup (32g)	cashews
1 ¾ tbsp dried (or fresh)	dill
	1/4 cucumber peeled and cubed
	pinch of salt

ADDITIONAL FRESH VEGGIES FOR WRAP

	Sliced cherry tomatoes
	Chopped spinach
	Thinly sliced and red onion
	Olives, chopped
1 small tortilla wrap or ½ a medium (6″) pita	bread

DIRECTIONS

1. Saute chickpeas in a small frying pan with cumin, coriander, smoked paprika, and salt and black pepper. Remove from heat after 5-10 minutes.
2. Make tzatziki sauce by blending together yogurt, lemon juice, garlic and soaked cashews until smooth. Remove from blender and add to a bowl
3. Add dill, cucumber, and salt to blended yogurt sauce and mix together. Set aside.
4. Chop additional fresh veggies for the wrap and add them to a large bowl along with the chickpeas. Mix together with the tzatziki sauce.
5. Add chickpea & veg mixture to a wrap or pita and enjoy.

BREAKFAST

Easy Fruit Smoothie

1	500	37g	54g	14g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¾ banana	peeled
1 ¼ cup (206g) frozen fruit of	choice
1 ¾ tbsp hemp	seeds
1 scoop vegan vanilla protein	powder
1 scoop creatine	optional
¾ cup (183 ml) soy	milk
	Water if needed for consistency

DIRECTIONS

1. Blend everything together in a blender until smooth.

LUNCH

Mediterranean Chickpea & TVP Bowl Recipe

1	500	41g	76g	5g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 cup (164g) cooked or canned chickpeas	drained & rinsed
½ cup (47g) dry Textured Vegetable Protein	(TVP)
½ large cucumber	chopped
1 ½ medium tomato	chopped
¼ red onion	chopped
½ lemon	juice
1 tbsp Mediterranean	seasoning
	Small drizzle of olive oil (optional)

DIRECTIONS

1. Add TVP and the Mediterranean seasoning (or your favourite seasoning) to a bowl and cover (until just covered) with hot water. Mix and let sit for 2-3 minutes or until the TVP is well hydrated. Drain excess water (if needed).
2. Add chickpeas along with chopped veggies to the bowl of TVP. Toss together and enjoy.

DINNER

Ginger Garlic Noodles

2	500	31g	78g	11g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¾ tbsp roasted sesame	oil
3 cloves garlic	minced
1 thumb sized chunk of ginger	grated
¾ large red bell pepper	thinly sliced
¾ large carrot	grated
¾ cup (120g) fresh snow	peas
¾ cup (116g) frozen	edamame
2 ¾ cup (607 ml) vegetable	broth
6 oz (170g) of legume pasta of your choice - I used	spaghetti

SAUCE

1 ½ tbsp soy	sauce
¾ tbsp rice	vinegar
¾ tbsp maple	syrup
¾ tsp toasted sesame seeds for	garnish
	Chopped green onion for garnish

DIRECTIONS

1. In a large pot or saucepan, saute garlic and ginger in sesame oil for a minute before adding the rest of the veggies.
2. Add the veggie broth and bring to a boil. Add the rest of the ingredients and simmer for approx. 10-12 minutes or until pasta is cooked through.
3. In a small bowl, mix the sauce ingredients together. Once pasta is cooked, remove from heat and add the sauce.
4. Serve with toasted sesame seed and chopped green onion garnish.

6 WEEK EASY VEGAN MEAL PLAN

Week 2

02

6 WEEK EASY VEGAN MEAL PLAN

Week 2

95–112 g
PROTEIN PER DAY

~1,500 cal/day

Week 2 continues with a satisfying mix of high protein meals that are simple, colourful, and easy to prep ahead. Breakfasts include protein oatmeal, blueberry pie smoothies, PB toast with a smoothie, a fruit smoothie, and tofu breakfast wraps, while lunches and dinners feature new meals like lentils and squash, BBQ tofu and potatoes, taco pasta, and lentil soup. Each day provides 1500 calories and between 95–112g of protein, with leftovers used throughout the week to keep meal prep simple and efficient.

DAY 1 — BATCH COOK SCHEDULE

BREAKFAST
Oatmeal

LUNCH (BATCH COOK)
Lentils & Squash with Cheesy Cashew Sauce

DINNER (BATCH COOK)
BBQ Tofu & Potatoes with Lemon Tahini Salad

WEEK AT A GLANCE

D1	D2	D3	D4	D5	D6	D7
Batch Cook	Leftovers	Leftovers	Transition	Transition	Fresh	Fresh

- Batch Cook
- Leftover
- Fresh

Grocery List

☐ Required ☐ Optional

Look this over before you start the week — you may already have many of these items in your pantry. Quantities are listed for 1 person following the meal plan.

PRODUCE

- ☐ 1/2 medium banana
- ☐ 1/3 red onion
- ☐ 3 large carrots
- ☐ 1 small to medium butternut squash
- ☐ 1/2 cup chopped mushrooms, 35g
- ☐ 1/3 cup shredded purple cabbage, 26g
- ☐ 1 lemon
- ☐ 1/2 yellow onion
- ☐ 1/2 medium red bell pepper
- ☐ 1/3 head cauliflower
- ☐ 6 1/2 medium potatoes
- ☐ 2 1/4 cups mixed greens, 78g
- ☐ 1 bulb garlic

FROZEN

- ☐ Frozen mixed vegetables — 1 3/4 cups, 262g
- ☐ Frozen peas — 2 cups, 287g

PROTEIN / REFRIGERATED

- ☐ Firm tofu — 1 block
- ☐ Soy milk — 1/4 cup, 60ml
- ☐ Extra firm tofu — 1 1/2 blocks, 513g
- ☐ Vegan vanilla protein powder — 1 scoop

CANNED / DRY GOODS

- ☐ Split red lentils — 1 3/4 cups, 336g
- ☐ TVP — 1/2 cup, 47g
- ☐ Quinoa — 3/4 cup dry, 127g
- ☐ Medjool dates — 1/2 date
- ☐ Raw cashews — 1/3 cup, 39g
- ☐ Cooked lentils — 2 3/4 cups, 544g
- ☐ Chickpeas — 2 1/2 cups cooked/drained, 380g, or 2 cans
- ☐ Rolled oats — 3/4 cup, 60g
- ☐ Bread — 1 slice
- ☐ Hemp seeds — 1/4 cup, 40g

Grocery List (cont.)

☐ Required ☐ Optional

SAUCES / CONDIMENTS

- ☐ **Red curry paste** — 1 tbsp, about 15g
- ☐ **Tahini** — 3 tbsp, about 45g
- ☐ **Maple syrup** — 1/2 tbsp + 3/4 tsp, about 11ml
- ☐ **BBQ sauce** — 1/4 cup, 70g
- ☐ **Better Than Bouillon vegetable base** — 5 1/2 tsp, about 28g
- ☐ **Mustard** — 1 1/4 tbsp, about 19g

SPICES / PANTRY

- ☐ Salt
- ☐ Garlic powder
- ☐ Turmeric
- ☐ Cumin
- ☐ Dried sage
- ☐ Dried dill
- ☐ Nutritional yeast
- ☐ Black pepper
- ☐ Onion powder
- ☐ Chili powder
- ☐ Dried thyme
- ☐ Dried rosemary
- ☐ Ground cinnamon

That should cover the full week with a few small leftovers of pantry items you can carry into the next week.

Daily Meal Plan

● Batch Cook ● Leftover ● Fresh

DAY	BREAKFAST	LUNCH	DINNER	TOTALS
1 BATCH COOK	Oatmeal Fresh	Lentils & Squash Fresh	BBQ Tofu & Potatoes with Lemon Tahini Salad Fresh	**1500 Cal** 95g P
2 LEFTOVERS	Oatmeal Fresh	BBQ Tofu Leftover	Lentils & Squash Leftover	**1500 Cal** 95g P
3 LEFTOVERS	Blueberry Pie Smoothie Fresh	Lentils & Squash Leftover	BBQ Tofu Leftover	— P
4 TRANSITION	Blueberry Pie Smoothie Fresh	BBQ tofu and potatoes Leftover	One Pot High Protein Taco Pasta Fresh	**1500 Cal** 95g P
5 TRANSITION	PB Toast & Smoothie Fresh	Taco Pasta Leftover	Mediterranean Chickpea & TVP Bowl Fresh	**1500 Cal** 112g P
6 FRESH	Easy Fruit Smoothie Fresh	Chickpea Wrap With Tzatziki Fresh	One Pot Lentil Veggie Soup Fresh	**1500 Cal** 97g P
7 FRESH	Tofu Breakfast wraps Fresh	Lentil Soup Leftover	Ginger Garlic Noodles Fresh	**1500 Cal** 110g P

1500 Cal
WEEKLY AVG CALORIES

101g
AVG PROTEIN

BREAKFAST

Oatmeal

1	500	36g	67g	8g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¼ banana	peeled
¾ cup (177 ml)	water
	½ pitted medjool date
¾ cup (60g) rolled	oats
½-1 tsp cinnamon	(optional)
	Pinch of salt

PROTEIN MILK

¼ ripe banana	peeled
¼ cup (60 ml) soy milk + splash of	water
1 scoop vegan protein	powder

DIRECTIONS

1. To make the oatmeal, blend together half a banana, medjool date, water, pinch of salt and cinnamon. Add to a small saucepan with the rolled oats and cook on medium heat until the oats are cooked through and thick. Place in a bowl.
2. Blend together the other half of the banana with soy milk and protein powder. Pour over cooked oats.

LUNCH

Lentils & Squash with Cheesy Cashew Sauce

3	500	33g	80g	6g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

2 ¾ cups (544g) cooked	lentils
½ cup (47g) dry TVP (textured vegetable	protein)
1 ¾ cups (262g) mixed vegetables (carrots	corn, green beans & peas)
2 ¾ cups (651ml)	water
5 ½ tsp Better Than Bouillon (vegetable	base)
1 tbsp dried	thyme
1 tbsp dried	sage
1 3/4 tsp dried	rosemary
1 3/4 tsp onion	powder
2 ¾ cups (563g) cooked butternut	squash
	Cheesy Cashew Sauce
⅓ cup (39g) raw	cashews
⅓ cup (71ml)	water
1 clove	garlic
	Juice of ½ lemon
¾ tsp onion	powder
¾ tsp garlic	powder
3 tbsp nutritional	yeast
¼ tsp	salt
	pinch black pepper

DIRECTIONS

1. Preheat oven to 350F
2. In a large saucepan, add cooked lentils, bouillon, water, and all the herbs and spices. Cover and simmer on low for 25-30 minutes.
3. Add dry TVP and the mixed frozen vegetables and simmer for another 10 minutes. Meanwhile, cut the butternut squash length wise and take out the seeds. Bake on a baking sheet until tender in the oven at 350F for about 45 minutes or until cooked through.
4. For the sauce, blend all the Cheesy Cashew Sauce ingredients together until smooth and creamy, adding a splash of extra water if needed.
5. Portion (in equal amounts) the lentil mixture and roasted squash into containers and drizzle with the sauce when ready to eat.

DINNER

BBQ Tofu & Potatoes with Lemon Tahini Salad

4	500	26g	73g	15g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 ½ blocks (513g) extra firm tofu	sliced or cubed
¼ cup (70g) BBQ	sauce
6 ½ medium size potatoes	cut in half or cubed

SALAD

2 ¼ cups (78g) mixed	greens
⅓ cup (26g) shredded purple	cabbage
½ medium red bell pepper	chopped

LEMON TAHINI SAUCE

2 tbsp	water
3 tbsp	tahini
¾ tsp garlic	powder
1 ½ tbsp lemon	juice
¾ tbsp	mustard
¾ tsp maple	syrup
	Pinch of salt and pepper

DIRECTIONS

1. Cube the tofu or slice into thin strips and add to a large bowl with the BBQ sauce. Toss together until the tofu is well coated. Cut the potatoes in half or cube them into smaller pieces.
2. On a large baking try, add the tofu and bake at 350F for 25-30 minutes or until golden and crisp.
3. On a separate baking tray, cook the potatoes for 30 minutes at 350F. Cook until tender. Remove both tofu and potatoes from the oven when finished and let cool.
4. In a small bowl, whisk all lemon tahini sauce ingredients together until smooth. Adjust the amount of water for desired consistency.
5. Assemble meals in separate containers, making sure the portions are equal. Add mixed greens, cabbage, and bell pepper, then add tofu and potatoes. Drizzle with tahini sauce on top of the salad, and add extra BBQ sauce on the tofu and potatoes.

BREAKFAST

Oatmeal

1	500	36g	67g	8g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¼ banana	peeled
¾ cup (177 ml)	water
	½ pitted medjool date
¾ cup (60g) rolled	oats
½-1 tsp cinnamon	(optional)
	Pinch of salt

PROTEIN MILK

¼ ripe banana	peeled
¼ cup (60 ml) soy milk + splash of	water
1 scoop vegan protein	powder

DIRECTIONS

1. To make the oatmeal, blend together half a banana, medjool date, water, pinch of salt and cinnamon. Add to a small saucepan with the rolled oats and cook on medium heat until the oats are cooked through and thick. Place in a bowl.
2. Blend together the other half of the banana with soy milk and protein powder. Pour over cooked oats.

LUNCH

BBQ Tofu & Potatoes with Lemon Tahini Salad

LEFTOVER

1 serving of BBQ Tofu from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Lentils & Squash with Cheesy Cashew Sauce

LEFTOVER

1 serving of Lentils & Squash, leftover from Day 1

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Blueberry Pie Smoothie

1	500	37g	56g	13g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 banana	peeled
1 ¼ cup (175g) frozen	blueberries
¼ tsp ground	cinnamon
1 tbsp hemp or chia	seeds
1 cup (250ml) soy	milk
1 scoop vegan protein	powder
1 scoop creatine	optional

DIRECTIONS

1. Blend everything together in a blender until smooth.

LUNCH

Lentils & Squash with Cheesy Cashew Sauce

LEFTOVER

1 serving of Lentils & Squash, leftover from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

BBQ Tofu & Potatoes with Lemon Tahini Salad

LEFTOVER

BBQ Tofu, leftover from Day 1 Approx. 1500 Calories Approx. 96g Protein / 209g Carbohydrates / 34g Fat Macro ratio: 25% Protein / 55% Carbs / 20% Fat

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Blueberry Pie Smoothie

1	500	37g	56g	13g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 banana	peeled
1 ¼ cup (175g) frozen	blueberries
¼ tsp ground	cinnamon
1 tbsp hemp or chia	seeds
1 cup (250ml) soy	milk
1 scoop vegan protein	powder
1 scoop creatine	optional

DIRECTIONS

1. Blend everything together in a blender until smooth.

LUNCH

BBQ Tofu & Potatoes with Lemon Tahini Salad

LEFTOVER

1 serving of BBQ tofu and potatoes, leftover from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

One Pot High Protein Taco Pasta

2	500	32g	78g	10g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

⅔ cup (123g) Yves Veggie Ground (mexican flavour) or another type of veggie	ground
⅓ yellow onion	chopped
1 ¼ cup (214g) cooked or canned black beans	drained and rinsed
1 ¾ tbsp taco seasoning (add more if using unflavoured veggie ground or another	substitute)
⅓ cup (49g) frozen corn	kernels
90g (3 oz) red lentil or legume	pasta
2 ½ cups (592ml) veggie broth or	water

TOPPINGS

½ sliced avocado	Cilantro, Salsa, green onions

DIRECTIONS

1. Saute the chopped onion on medium heat until soft, then add veggie ground, beans, taco seasoning and corn. Saute together for 5-10 minutes, then add water and bring to a boil.
2. When it's boiling, add the pasta and turn it down to a simmer, and cook for approx. 10 minutes or until pasta is cooked through.
3. Portion equal amounts into containers and add avocado, as well as your favourite taco toppings (like cilantro, salsa, and green onions).

BREAKFAST

PB Toast & Smoothie

1	500	39g	50g	14g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

TOAST

1 piece of bread	toasted
2 1/2 tsp peanut	butter
½ banana	sliced

SMOOTHIE

	½ banana
½ cup (125ml) soy	milk
½ cup (125ml) water (add if needed for	consistency)
1 scoop vegan protein	powder

DIRECTIONS

1. Toast the bread and spread peanut butter on top. Add sliced banana on top of the peanut butter.
2. Blend the smoothie ingredients together in a blender until smooth. Pour into a cup and enjoy with your PB & banana toast!

LUNCH

One Pot High Protein Taco Pasta

LEFTOVER

1 serving of Taco Pasta, leftover from Day 4

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Mediterranean Chickpea & TVP Bowl Recipe

1	500	41g	76g	5g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 cup (164g) cooked or canned chickpeas	drained & rinsed
½ cup (47g) dry Textured Vegetable Protein	(TVP)
½ large cucumber	chopped
1 ½ medium tomato	chopped
¼ red onion	chopped
½ lemon	juice
1 tbsp Mediterranean	seasoning
	Small drizzle of olive oil (optional)

DIRECTIONS

1. Add TVP and the Mediterranean seasoning (or your favourite seasoning) to a bowl and cover (until just covered) with hot water. Mix and let sit for 2-3 minutes or until the TVP is well hydrated. Drain excess water (if needed).
2. Add chickpeas along with chopped veggies to the bowl of TVP. Toss together and enjoy.

BREAKFAST

Easy Fruit Smoothie

1	500	37g	54g	14g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¾ banana	peeled
1 ¼ cup (206g) frozen fruit of	choice
1 ¾ tbsp hemp	seeds
1 scoop vegan vanilla protein	powder
1 scoop creatine	optional
¾ cup (183 ml) soy	milk
	Water if needed for consistency

DIRECTIONS

1. Blend everything together in a blender until smooth.

LUNCH

Chickpea Wrap With Tzatziki

1	500	—	69g	18g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¾ cup (114g) cooked or canned chickpeas	drained and rinsed
¾ tsp	cumin
¾ tsp	coriander
¾ tsp smoked	paprika
	Pinch of salt and pepper

TZATZIKI SAUCE

1/3 cup (78g) dairy free	yogurt
	juice of 1/2 a lemon
1 clove of	garlic
1/4 cup (32g)	cashews
1 ¾ tbsp dried (or fresh)	dill
	1/4 cucumber peeled and cubed
	pinch of salt

ADDITIONAL FRESH VEGGIES FOR WRAP

	Sliced cherry tomatoes
	Chopped spinach
	Thinly sliced and red onion
	Olives, chopped
1 small tortilla wrap or ½ a medium (6″) pita	bread

DIRECTIONS

1. Saute chickpeas in a small frying pan with cumin, coriander, smoked paprika, and salt and black pepper. Remove from heat after 5-10 minutes.
2. Make tzatziki sauce by blending together yogurt, lemon juice, garlic and soaked cashews until smooth. Remove from blender and add to a bowl
3. Add dill, cucumber, and salt to blended yogurt sauce and mix together. Set aside.
4. Chop additional fresh veggies for the wrap and add them to a large bowl along with the chickpeas. Mix together with the tzatziki sauce.
5. Add chickpea & veg mixture to a wrap or pita and enjoy.

DINNER

One Pot Lentil Veggie Soup

2	500	40g	79g	3g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 ⅓ large carrots	chopped
⅓ onion	chopped
1 ½ stalks of celery	chopped
2 cloves (or more) of garlic	chopped
2 tbsp poultry	seasoning
1 ¾ cup (14 oz) of canned fire roasted	tomatoes
⅓ cup (57g) dry french	lentils
⅓ cup (51g) dry	quinoa
1 cup (94g) Textured Vegetable Protein	(TVP)
3 ¼ cups (718 ml) veggie	broth
½ cup (80g) frozen peas (add after soup is	cooked)
	Optional toppings: chopped green onions

DIRECTIONS

1. Saute chopped carrots and onion together (in a small amount of oil or water) until soft, then add celery and garlic.
2. Saute for a few minutes before adding the rest of the ingredients, except frozen peas.
3. Bring to a simmer and cook for approx. 20 minutes or until the lentils are tender and the quinoa is soft.
4. Once the soup is done, add the peas and remove from the heat. Let cool and equally portion the soup into separate containers. Serve with a garnish of green onions.

BREAKFAST

Tofu Breakfast wraps

1	500	39g	54g	18g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

	½ block firm tofu
1/4 red onion	diced
1/2 of a green bell pepper	chopped
1/2 cup (36g)	mushrooms chopped
2 small	tortillas

TOFU SPICE MIX

1/2 tsp	sage
1/2 tsp garlic	powder
1/2 tsp	cumin
1/2 tsp smoked	paprika
1/2 tsp dried	rosemary
1/2 tsp	salt
2 tbsp nutritional	yeast

OPTIONAL TOPPINGS

	Salsa
	Chopped lettuce
	Herbs like chopped cilantro or parsley

DIRECTIONS

1. Sauté vegetables until soft
2. Crumble tofu into a bowl and mix with spice mix. Add tofu mix to sautéed veggies and heat for 5 mins or until hot.
3. Add to tortillas and add toppings.

LUNCH

One Pot Lentil Veggie Soup

LEFTOVER

1 serving of Lentil Soup, Leftover from Day 6

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Ginger Garlic Noodles

2	500	31g	78g	11g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

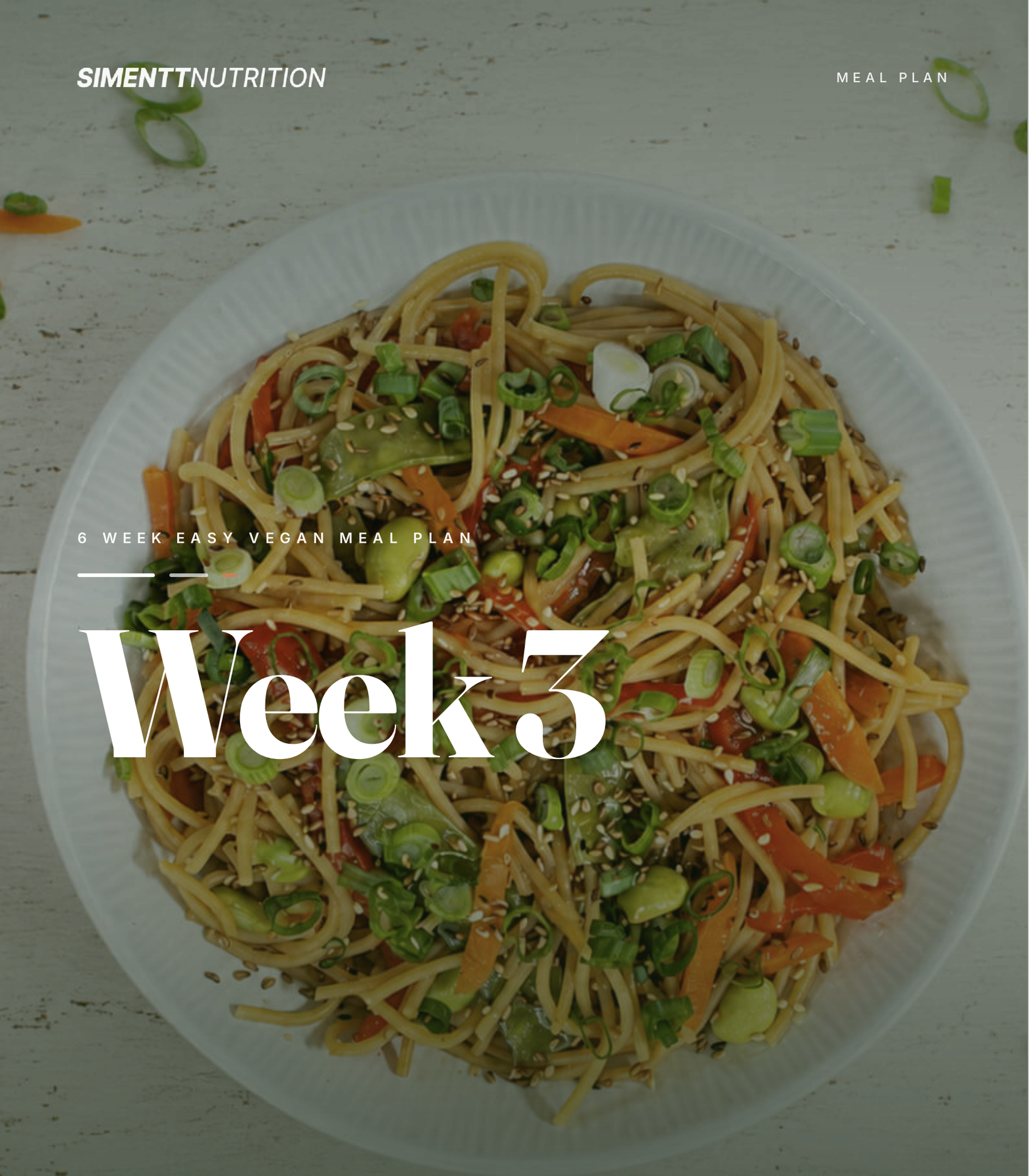
¾ tbsp roasted sesame	oil
3 cloves garlic	minced
1 thumb sized chunk of ginger	grated
¾ large red bell pepper	thinly sliced
¾ large carrot	grated
¾ cup (120g) fresh snow	peas
¾ cup (116g) frozen	edamame
2 ¾ cup (607 ml) vegetable	broth
6 oz (170g) of legume pasta of your choice - I used	spaghetti

SAUCE

1 ½ tbsp soy	sauce
¾ tbsp rice	vinegar
¾ tbsp maple	syrup
¾ tsp toasted sesame seeds for	garnish
	Chopped green onion for garnish

DIRECTIONS

1. In a large pot or saucepan, saute garlic and ginger in sesame oil for a minute before adding the rest of the veggies.
2. Add the veggie broth and bring to a boil. Add the rest of the ingredients and simmer for approx. 10-12 minutes or until pasta is cooked through.
3. In a small bowl, mix the sauce ingredients together. Once pasta is cooked, remove from heat and add the sauce.
4. Serve with toasted sesame seed and chopped green onion garnish.



6 WEEK EASY VEGAN MEAL PLAN

Week 3

SIMENTTNUTRITION

03

6 WEEK EASY VEGAN MEAL PLAN

Week 3

89–120 g
PROTEIN PER DAY

~1,500 cal/day

Week 3 includes another balanced mix of high protein meals that are simple, filling, and easy to prepare ahead. Breakfasts include PB toast with a smoothie, protein oatmeal, blueberry pie smoothies, a fruit smoothie, and tofu scramble, while lunches and dinners feature meals like tofu frittata, lentils and squash, tofu with wild rice, chickpea wraps, and black beans with sweet potatoes. Each day provides 1500 calories and between 89–120g of protein, with leftovers used throughout the week to make meal prep easier and keep the plan practical.

DAY 1 — BATCH COOK SCHEDULE

BREAKFAST
PB Toast & Smoothie

LUNCH (BATCH COOK)
Lentils & Squash with Cheesy Cashew Sauce

DINNER (BATCH COOK)
Tofu Chickpea Frittata

WEEK AT A GLANCE

D1	D2	D3	D4	D5	D6	D7
Batch Cook	Leftovers	Leftovers	Transition	Transition	Fresh	Fresh

- Batch Cook
- Leftover
- Fresh

Grocery List

☐ Required ☐ Optional

Look this over before you start week 3, you probably have a lot of these items already in your pantry. I have included the amounts so you know how much you will need for each ingredient this week.

PRODUCE

- ☐ 5 medium bananas
- ☐ 1 red onion
- ☐ 2 large russet potatoes
- ☐ 1 small to medium butternut squash
- ☐ 1 small container cherry or grape tomatoes
- ☐ Chopped spinach
- ☐ 1 bulb garlic
- ☐ 2 lemons
- ☐ Fresh parsley
- ☐ Chopped lettuce — optional
- ☐ 2 medium yellow or white onions
- ☐ 4 medium red bell peppers
- ☐ 2 large sweet potatoes
- ☐ 1 small cucumber
- ☐ About 4 cups chopped mushrooms, roughly 300g
- ☐ 1 small bunch green onions
- ☐ 1 small piece fresh ginger
- ☐ 2 avocados
- ☐ Cilantro or parsley — optional

FROZEN

- ☐ Frozen blueberries — 2 1/2 cups, 350g
- ☐ Frozen mixed vegetables — 1 3/4 cups, 262g
- ☐ Frozen fruit — 1 1/4 cups, 206g
- ☐ Frozen broccoli — 1 3/4 cups, 169g

PROTEIN / REFRIGERATED

- ☐ Firm tofu — 4 blocks
- ☐ Soy milk — about 4 cups, 1L
- ☐ Vegan vanilla protein powder — 6 scoops worth
- ☐ Extra firm tofu — 3 blocks
- ☐ Dairy free yogurt — 1/3 cup, 78g
- ☐ Creatine: 3 scoops — optional

Grocery List (cont.)

☐ Required ☐ Optional

CANNED / DRY GOODS

- ☐ **Cooked lentils** — 2 3/4 cups, 544g
- ☐ **Chickpeas** — about 2 3/4 cups cooked/drained, 614g, or 3 cans
- ☐ **Wild rice blend** — 3/4 cup dry, 120g
- ☐ **Medjool dates** — 1 date
- ☐ **Small tortilla wrap or pita** — 1 wrap
- ☐ **Hemp or chia seeds** — about 1/4 cup, roughly 40g
- ☐ **TVP** — 1/2 cup, 47g
- ☐ **Black beans** — 3 1/4 cups cooked/drained, 558g, or 3 cans
- ☐ **Rolled oats** — 1 1/2 cups, 120g
- ☐ **Bread** — 2 slices
- ☐ **Raw cashews** — about 2/3 cup, roughly 70g
- ☐ **Chopped olives**

SAUCES / CONDIMENTS

- ☐ **Salsa** — about 2 3/4 cups, roughly 650g
- ☐ **Better Than Bouillon vegetable base** — 5 1/2 tsp, about 28g
- ☐ **Rice vinegar** — about 1 tbsp, 15ml
- ☐ Ketchup or hot sauce — optional
- ☐ **Peanut butter** — about 1 tbsp + 2 1/2 tsp, roughly 30g
- ☐ **Soy sauce or tamari** — about 1 tbsp + 1 tsp, 20ml
- ☐ **Maple syrup** — about 1 tbsp, 15ml

SPICES / PANTRY

- ☐ Salt
- ☐ Garlic powder
- ☐ Turmeric
- ☐ Cumin
- ☐ Smoked paprika
- ☐ Dried sage
- ☐ Dried or fresh dill
- ☐ Nutritional yeast
- ☐ Black pepper
- ☐ Onion powder
- ☐ Chili powder
- ☐ Coriander
- ☐ Dried thyme
- ☐ Dried rosemary
- ☐ Ground cinnamon

That should cover the full week with a few small leftovers of pantry items you can carry into the next week.

Daily Meal Plan

● Batch Cook ● Leftover ● Fresh

DAY	BREAKFAST	LUNCH	DINNER	TOTALS
1 BATCH COOK	PB Toast & Smoothie Fresh	Lentils & Squash Fresh	Tofu Chickpea Frittata Fresh	**1500 Cal** 112g P
2 LEFTOVERS	Oatmeal Fresh	Tofu Frittata Leftover	Lentils & Squash Leftover	**1500 Cal** 109g P
3 LEFTOVERS	Oatmeal Fresh	Lentils & Squash Leftover	Tofu Frittata Leftover	**1500 Cal** 109g P
4 TRANSITION	Blueberry Pie Smoothie Fresh	Tofu Frittata Leftover	Tofu, Veggies, and Wild Rice Fresh	**1500 Cal** 120g P
5 TRANSITION	Blueberry Pie Smoothie Fresh	Tofu & Wild rice Leftover	Black bean and Sweet potato hash with salsa and avocado Fresh	**1500 Cal** 101g P
6 FRESH	Easy Fruit Smoothie Fresh	Tofu & Wild rice Leftover	Black Beans & Sweet Potatoes Leftover	**1500 Cal** 101g P
7 FRESH	Tofu Scramble Fresh	Chickpea Wrap With Tzatziki Fresh	Black Beans & Sweet Potatoes Leftover	**1500 Cal** 89g P

1500 Cal
WEEKLY AVG CALORIES

106g
AVG PROTEIN

BREAKFAST

PB Toast & Smoothie

1	500	39g	50g	14g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

TOAST

1 piece of bread	toasted
2 1/2 tsp peanut	butter
½ banana	sliced

SMOOTHIE

	½ banana
½ cup (125ml) soy	milk
½ cup (125ml) water (add if needed for	consistency)
1 scoop vegan protein	powder

DIRECTIONS

1. Toast the bread and spread peanut butter on top. Add sliced banana on top of the peanut butter.
2. Blend the smoothie ingredients together in a blender until smooth. Pour into a cup and enjoy with your PB & banana toast! Batch cook the following meals:

LUNCH

Lentils & Squash with Cheesy Cashew Sauce

3	500	33g	80g	6g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

2 ¾ cups (544g) cooked	lentils
½ cup (47g) dry TVP (textured vegetable	protein)
1 ¾ cups (262g) mixed vegetables (carrots	corn, green beans & peas)
2 ¾ cups (651ml)	water
5 ½ tsp Better Than Bouillon (vegetable	base)
1 tbsp dried	thyme
1 tbsp dried	sage
1 3/4 tsp dried	rosemary
1 3/4 tsp onion	powder
2 ¾ cups (563g) cooked butternut	squash
	Cheesy Cashew Sauce
⅓ cup (39g) raw	cashews
⅓ cup (71ml)	water
1 clove	garlic
	Juice of ½ lemon
¾ tsp onion	powder
¾ tsp garlic	powder
3 tbsp nutritional	yeast
¼ tsp	salt
	pinch black pepper

DIRECTIONS

1. Preheat oven to 350F
2. In a large saucepan, add cooked lentils, bouillon, water, and all the herbs and spices. Cover and simmer on low for 25-30 minutes.
3. Add dry TVP and the mixed frozen vegetables and simmer for another 10 minutes. Meanwhile, cut the butternut squash length wise and take out the seeds. Bake on a baking sheet until tender in the oven at 350F for about 45 minutes or until cooked through.
4. For the sauce, blend all the Cheesy Cashew Sauce ingredients together until smooth and creamy, adding a splash of extra water if needed.
5. Portion (in equal amounts) the lentil mixture and roasted squash into containers and drizzle with the sauce when ready to eat.

DINNER

Tofu Chickpea Frittata

5	500	40g	54g	18g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

3 blocks tofu	chopped
3 cups (500g) chickpeas	drained and rinsed
1 cup (240ml)	water
2 large russet potatoes	chopped
½ onion	chopped
1 ½ cups (108g) mushrooms	chopped
1 cup (60g) fresh	parsley
12 cherry tomatoes	chopped
1 medium red bell pepper	chopped
3 stalks green onion	chopped
3/4 cup (194g)	salsa
1 tbsp onion	powder
2 tsp garlic	powder
1 tsp turmeric	powder
¼ -½ tsp	salt
1 tsp black	pepper
1 cup (259g) salsa	to add after

DIRECTIONS

1. Preheat the oven to 375F.
2. Add tofu, chickpeas, water, onion powder, garlic powder, turmeric, salt, pepper, and salsa to a food processor or blender. Blend until mostly smooth.
3. Stir in the chopped potatoes, onion, mushrooms, parsley, red bell pepper, and green onion.
4. Pour the mixture into a large baking dish lined with parchment paper or lightly greased.
5. Bake for about 45-60 minutes, or until the frittata is set and lightly golden on top.
6. Let cool slightly before slicing into 5 servings.
7. Serve with the remaining salsa on top.

BREAKFAST

Oatmeal

1	500	36g	67g	8g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¼ banana	peeled
¾ cup (177 ml)	water
	½ pitted medjool date
¾ cup (60g) rolled	oats
½-1 tsp cinnamon	(optional)
	Pinch of salt

PROTEIN MILK

¼ ripe banana	peeled
¼ cup (60 ml) soy milk + splash of	water
1 scoop vegan protein	powder

DIRECTIONS

1. To make the oatmeal, blend together half a banana, medjool date, water, pinch of salt and cinnamon. Add to a small saucepan with the rolled oats and cook on medium heat until the oats are cooked through and thick. Place in a bowl.
2. Blend together the other half of the banana with soy milk and protein powder. Pour over cooked oats.

LUNCH

Tofu Chickpea Frittata

LEFTOVER

1 serving of Tofu Frittata from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Lentils & Squash with Cheesy Cashew Sauce

LEFTOVER

1 serving of Lentils & Squash, leftover from Day 1

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Oatmeal

1	500	36g	67g	8g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¼ banana	peeled
¾ cup (177 ml)	water
	½ pitted medjool date
¾ cup (60g) rolled	oats
½-1 tsp cinnamon	(optional)
	Pinch of salt

PROTEIN MILK

¼ ripe banana	peeled
¼ cup (60 ml) soy milk + splash of	water
1 scoop vegan protein	powder

DIRECTIONS

1. To make the oatmeal, blend together half a banana, medjool date, water, pinch of salt and cinnamon. Add to a small saucepan with the rolled oats and cook on medium heat until the oats are cooked through and thick. Place in a bowl.
2. Blend together the other half of the banana with soy milk and protein powder. Pour over cooked oats.

LUNCH

Lentils & Squash with Cheesy Cashew Sauce

LEFTOVER

1 serving of Lentils & Squash, leftover from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Tofu Chickpea Frittata

LEFTOVER

1 serving of Tofu Frittata, leftover from Day 1

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Blueberry Pie Smoothie

1	500	37g	56g	13g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 banana	peeled
1 ¼ cup (175g) frozen	blueberries
¼ tsp ground	cinnamon
1 tbsp hemp or chia	seeds
1 cup (250ml) soy	milk
1 scoop vegan protein	powder
1 scoop creatine	optional

DIRECTIONS

1. Blend everything together in a blender until smooth.

LUNCH

Tofu Chickpea Frittata

LEFTOVER

1 serving of Tofu Frittata, leftover from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Tofu, Veggies, and Wild Rice with a Peanut Ginger sauce

3	500	43g	44g	21g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

TOFU AND MARINADE

2 ¼ blocks of extra firm tofu	cubed
⅓ tbsp tamari or soy	sauce
⅓ tbsp rice	vinegar
⅓ tbsp maple	syrup
⅓ tsp garlic	powder
⅓ tsp onion	powder
	pinch of black pepper

VEGGIES

1 ¾ cups (169g) frozen	broccoli

RICE

¾ cup (120g) wild rice blend (or rice of	choice)
1 ½ cups (355 ml)	water

SAUCE

1 tbsp natural peanut	butter
1 tbsp tamari or soy	sauce
1 ¼ tbsp grated fresh	ginger
1 clove of garlic	peeled
¾ tbsp rice	vinegar
¾ tbsp maple	syrup
2 ½ - 3 tbsp water (or more if	needed)

DIRECTIONS

1. Preheat the oven to 400F. Cube tofu and mix together with the marinade. Place on a sheet pan and bake for approx. 30 minutes. Make sure to flip tofu over half way so it cooks evenly.
2. Put the frozen broccoli on a sheet pan and cook for approx. 20 minutes or until cooked through.
3. Cook rice for approx. 45 minutes or until done (if you are using white or brown rice, cook according to package instructions)
4. Blend sauce ingredients together until smooth.
5. Remove everything from the oven when cooked and let cool. Portion evenly into containers and pour sauce on top. Let cool before putting in the fridge or freezer.

BREAKFAST

Blueberry Pie Smoothie

1	500	37g	56g	13g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 banana	peeled
1 ¼ cup (175g) frozen	blueberries
¼ tsp ground	cinnamon
1 tbsp hemp or chia	seeds
1 cup (250ml) soy	milk
1 scoop vegan protein	powder
1 scoop creatine	optional

DIRECTIONS

1. Blend everything together in a blender until smooth.

LUNCH

Tofu, Veggies, and Wild Rice with a Peanut Ginger sauce

LEFTOVER

1 serving of Tofu & Wild rice, leftover from Day 4

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Black bean and Sweet potato hash with salsa and avocado

3	500	21g	86g	10g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

BLACK BEANS AND SWEET POTATO MIX

2 large sweet potatoes	chopped
1 large onion	chopped
2 bell peppers	chopped
5 large mushrooms	chopped
3 ¼ cups (558g) black beans	drained and rinsed
1/2 tbsp garlic	powder
1/2 tbsp onion	powder
1 ¾ tsp smoked	paprika
	pinch of salt
	pinch of black pepper

ADD ONS

	Salsa, on top
	1 ¼ avocado

DIRECTIONS

1. Preheat the oven to 400F. Chop vegetables and sweet potatoes and drain and rinse black beans. Place chopped veggies and sweet potatoes in large bowls. Put beans in a separate bowl.
2. Mix together spices in a small bowl and add 2/3 of the spice mix to the veggies, stir well and add the rest of the spice mix to the beans. Add the veggies to a sheet pan and bake for approx. 30-35 minutes. Remove from the oven and add the black beans and bake for an additional 15-20 more minutes.
3. Remove the veggies and black beans from the oven and let cook before adding equal amounts to separate containers. Add a generous amount of salsa on top, and before eating the meal, add ⅓ sliced avocado. Do not add the avocado until the day of eating since it will brown and possibly mold.

BREAKFAST

Easy Fruit Smoothie

1	500	37g	54g	14g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¾ banana	peeled
1 ¼ cup (206g) frozen fruit of	choice
1 ¾ tbsp hemp	seeds
1 scoop vegan vanilla protein	powder
1 scoop creatine	optional
¾ cup (183 ml) soy	milk
	Water if needed for consistency

DIRECTIONS

1. Blend everything together in a blender until smooth.

LUNCH

Tofu, Veggies, and Wild Rice with a Peanut Ginger sauce

LEFTOVER

1 serving of Tofu & Wild rice, leftover from day 4

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Black bean and Sweet potato hash with salsa and avocado

LEFTOVER

1 serving of Black Beans & Sweet Potatoes, leftover from day 5

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Tofu Scramble

1	500	48g	37g	22g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

	Scant 1 ¼ cups (285 g) firm tofu, crumbled
1/3 cup (65g) chopped red	onion
	½ cup (35g) chopped mushrooms
	½ cup (75g) chopped red pepper

SPICE BLEND

	¼ tsp chili powder
	½ tsp cumin
	½ tsp turmeric
	½ tsp garlic powder
1/2 tbsp nutritional	yeast
1 piece of bread	toasted
	Ketchup or hot sauce (optional)

DIRECTIONS

1. Crumble tofu into a medium size mixing bowl and add spice blend, mix well.
2. Place chopped onion and mushrooms in a large frying pan and saute on medium heat until tender, stirring often.
3. Add crumbled tofu and heat thoroughly, making sure to mix the tofu, onion and mushrooms together well.
4. When tofu is heated all the way through, remove the frying pan from heat and serve the tofu scramble hot, with toast on the side. Add ketchup or hot sauce if you want. This also goes great with a green salad.

LUNCH

Chickpea Wrap With Tzatziki

1	500	—	69g	18g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¾ cup (114g) cooked or canned chickpeas	drained and rinsed
¾ tsp	cumin
¾ tsp	coriander
¾ tsp smoked	paprika
	Pinch of salt and pepper

TZATZIKI SAUCE

1/3 cup (78g) dairy free	yogurt
	juice of 1/2 a lemon
1 clove of	garlic
1/4 cup (32g)	cashews
1 ¾ tbsp dried (or fresh)	dill
	1/4 cucumber peeled and cubed
	pinch of salt

ADDITIONAL FRESH VEGGIES FOR WRAP

	Sliced cherry tomatoes
	Chopped spinach
	Thinly sliced and red onion
	Olives, chopped
1 small tortilla wrap or ½ a medium (6″) pita	bread

DIRECTIONS

1. Saute chickpeas in a small frying pan with cumin, coriander, smoked paprika, and salt and black pepper. Remove from heat after 5-10 minutes.
2. Make tzatziki sauce by blending together yogurt, lemon juice, garlic and soaked cashews until smooth. Remove from blender and add to a bowl
3. Add dill, cucumber, and salt to blended yogurt sauce and mix together. Set aside.
4. Chop additional fresh veggies for the wrap and add them to a large bowl along with the chickpeas. Mix together with the tzatziki sauce.
5. Add chickpea & veg mixture to a wrap or pita and enjoy.

DINNER

Black bean and Sweet potato hash with salsa and avocado

LEFTOVER

1 serving of Black Beans & Sweet Potatoes, leftover from day 5

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

6 WEEK EASY VEGAN MEAL PLAN

Week 4

SIMENTTNUTRITION

04

6 WEEK EASY VEGAN MEAL PLAN

Week 4

86–112 g
PROTEIN PER DAY

~1,500 cal/day

Week 4 includes a nice variety of meals that are easy to prepare and repeat throughout the week. Breakfasts include protein oatmeal, blueberry pie smoothies, PB toast with a smoothie, a fruit smoothie, and tofu wraps, while lunches and dinners feature filling meals like lentil vegetable soup, BBQ tofu, chickpea veggie stir fry, lentil pasta, chickpea and TVP bowls, and a chickpea wrap. Each day provides 1500 calories and between 86–112g of protein, with leftovers used throughout the week to keep meal prep easy.

DAY 1 — BATCH COOK SCHEDULE

BREAKFAST
Oatmeal

LUNCH (BATCH COOK)
One Pot Lentil Veggie Soup

DINNER (BATCH COOK)
BBQ Tofu & Potatoes with Lemon Tahini Salad

WEEK AT A GLANCE

D1	D2	D3	D4	D5	D6	D7
Batch Cook	Leftovers	Transition	Transition	Transition	Fresh	Fresh

- Batch Cook
- Leftover
- Fresh

Grocery List

☐ Required ☐ Optional

Look this over before you start week 4, you probably have a lot of these items already in your pantry. I have included the amounts so you know how much you will need for each ingredient this week.

PRODUCE

- ☐ 5 medium bananas
- ☐ 1 red onion
- ☐ 1 green bell pepper
- ☐ 7 medium potatoes
- ☐ 2 large cucumbers
- ☐ 1 small container cherry or grape tomatoes
- ☐ 2 1/4 cups mixed greens, 78g
- ☐ 2 cups chopped kale, 42g
- ☐ 2 celery stalks
- ☐ 1 bulb garlic
- ☐ Fresh basil
- ☐ Cilantro or parsley — optional
- ☐ 2 medium yellow or white onions
- ☐ 1 medium red bell pepper
- ☐ 4 large carrots
- ☐ 1 small to medium butternut squash
- ☐ 3 medium tomatoes
- ☐ 1/2 cup chopped mushrooms, 36g
- ☐ 1/3 cup shredded purple cabbage, 26g
- ☐ Chopped spinach
- ☐ 1 small bunch green onions
- ☐ 3 lemons
- ☐ Fresh parsley
- ☐ Chopped lettuce — optional

FROZEN

- ☐ **Frozen blueberries** — 2 1/2 cups, 350g
- ☐ **Frozen mixed vegetables** — 1 3/4 cups, 262g
- ☐ **Frozen fruit** — 1 1/4 cups, 206g
- ☐ **Frozen peas** — about 2 cups, 247g

PROTEIN / REFRIGERATED

- ☐ **Extra firm tofu** — 2 blocks
- ☐ **Soy milk** — about 4 cups, 1L
- ☐ **Vegan vanilla protein powder** — 6 scoops worth
- ☐ **Firm tofu** — 1 block
- ☐ **Dairy free yogurt** — 1/3 cup, 78g
- ☐ **Creatine: 3 scoops** — optional

Grocery List (cont.)

☐ Required ☐ Optional

CANNED / DRY GOODS

- ☐ **Cooked lentils** — 2 3/4 cups, 544g
- ☐ **Dry French lentils** — 1/3 cup, 57g
- ☐ **Chickpeas** — about 5 1/4 cups cooked/drained, 822g, or 4 cans
- ☐ **Pasta** — about 7.2 oz dry, 205g
- ☐ **Fire roasted tomatoes** — 1 3/4 cups, 14 oz can
- ☐ **Medjool dates** — 2 dates
- ☐ **Small tortillas or pita** — 3 wraps
- ☐ **Hemp or chia seeds** — about 1/2 cup, roughly 80g
- ☐ **Cooked French or green lentils** — 2 cups, 396g
- ☐ **TVP** — about 2 1/2 cups, 235g
- ☐ **Quinoa** — about 1 cup dry, 178g
- ☐ **Rolled oats** — about 1 1/2 cups, 118g
- ☐ **Tomato sauce** — 2 cups, 490ml
- ☐ **Bread** — 1 slice
- ☐ **Raw cashews** — about 2/3 cup, roughly 70g
- ☐ **Chopped olives**

SAUCES / CONDIMENTS

- ☐ **BBQ sauce** — 1/4 cup, 70g
- ☐ **Peanut butter** — 2 1/2 tsp, about 13g
- ☐ **Vegetable broth** — 3 1/4 cups, 718ml
- ☐ **Mustard** — 1 1/4 tbsp, about 19g
- ☐ Olive oil — optional
- ☐ **Tahini** — 3 tbsp, about 45g
- ☐ **Better Than Bouillon vegetable base** — 5 1/2 tsp, about 28g
- ☐ **Maple syrup** — about 2 1/4 tsp, 11ml
- ☐ Soy sauce or tamari — optional

SPICES / PANTRY

- ☐ Salt
- ☐ Garlic powder
- ☐ Cumin
- ☐ Smoked paprika
- ☐ Dried sage
- ☐ Dried dill
- ☐ Mediterranean seasoning
- ☐ Nutritional yeast
- ☐ Black pepper
- ☐ Onion powder
- ☐ Coriander
- ☐ Dried thyme
- ☐ Dried rosemary
- ☐ Ground cinnamon
- ☐ Poultry seasoning
- ☐ Toasted sesame seeds

That should cover the full week with a few small leftovers of pantry items you can carry into the next week.

Daily Meal Plan

● Batch Cook ● Leftover ● Fresh

DAY	BREAKFAST	LUNCH	DINNER	TOTALS
1 BATCH COOK	Oatmeal Fresh	One Pot Lentil Veggie Soup Fresh	BBQ Tofu & Potatoes with Lemon Tahini Salad Fresh	**1500 Cal** 102g P
2 LEFTOVERS	Protein Oatmeal Fresh	BBQ Tofu Leftover	Lentil Veggie Soup Leftover	**1500 Cal** 102g P
3 TRANSITION	Blueberry Pie Smoothie Fresh	BBQ Tofu Leftover	Mediterranean Chickpea & TVP Bowl Fresh	**1500 Cal** 104g P
4 TRANSITION	Blueberry Pie Smoothie Fresh	BBQ Tofu Leftover	Chickpea and Veggie stir fry Fresh	**1500 Cal** 86g P
5 TRANSITION	PB Toast & Smoothie Fresh	Chickpea Veggie Stirfry Leftover	Lentil Sauce with pasta Fresh	**1500 Cal** 96g P
6 FRESH	Easy Fruit Smoothie Fresh	Lentil Pasta Leftover	Mediterranean Chickpea & TVP Bowl Fresh	**1500 Cal** 112g P
7 FRESH	Tofu Breakfast wraps Fresh	Chickpea Wrap With Tzatziki Fresh	Lentil Pasta Leftover	**1500 Cal** 93g P

1500 Cal
WEEKLY AVG CALORIES

99g
AVG PROTEIN

BREAKFAST

Oatmeal

1	500	36g	67g	8g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¼ banana	peeled
¾ cup (177 ml)	water
	½ pitted medjool date
¾ cup (60g) rolled	oats
½-1 tsp cinnamon	(optional)
	Pinch of salt

PROTEIN MILK

¼ ripe banana	peeled
¼ cup (60 ml) soy milk + splash of	water
1 scoop vegan protein	powder

DIRECTIONS

1. To make the oatmeal, blend together half a banana, medjool date, water, pinch of salt and cinnamon. Add to a small saucepan with the rolled oats and cook on medium heat until the oats are cooked through and thick. Place in a bowl.
2. Blend together the other half of the banana with soy milk and protein powder. Pour over cooked oats. Batch cook the following meals:

LUNCH

One Pot Lentil Veggie Soup

2	500	40g	79g	3g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 ⅓ large carrots	chopped
⅓ onion	chopped
1 ½ stalks of celery	chopped
2 cloves (or more) of garlic	chopped
2 tbsp poultry	seasoning
1 ¾ cup (14 oz) of canned fire roasted	tomatoes
⅓ cup (57g) dry french	lentils
⅓ cup (51g) dry	quinoa
1 cup (94g) Textured Vegetable Protein	(TVP)
3 ¼ cups (718 ml) veggie	broth
½ cup (80g) frozen peas (add after soup is	cooked)
	Optional toppings: chopped green onions

DIRECTIONS

1. Saute chopped carrots and onion together (in a small amount of oil or water) until soft, then add celery and garlic.
2. Saute for a few minutes before adding the rest of the ingredients, except frozen peas.
3. Bring to a simmer and cook for approx. 20 minutes or until the lentils are tender and the quinoa is soft.
4. Once the soup is done, add the peas and remove from the heat. Let cool and equally portion the soup into separate containers. Serve with a garnish of green onions.

DINNER

BBQ Tofu & Potatoes with Lemon Tahini Salad

4	500	26g	73g	15g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 ½ blocks (513g) extra firm tofu	sliced or cubed
¼ cup (70g) BBQ	sauce
6 ½ medium size potatoes	cut in half or cubed

SALAD

2 ¼ cups (78g) mixed	greens
⅓ cup (26g) shredded purple	cabbage
½ medium red bell pepper	chopped

LEMON TAHINI SAUCE

2 tbsp	water
3 tbsp	tahini
¾ tsp garlic	powder
1 ½ tbsp lemon	juice
¾ tbsp	mustard
¾ tsp maple	syrup
	Pinch of salt and pepper

DIRECTIONS

1. Cube the tofu or slice into thin strips and add to a large bowl with the BBQ sauce. Toss together until the tofu is well coated. Cut the potatoes in half or cube them into smaller pieces.
2. On a large baking try, add the tofu and bake at 350F for 25-30 minutes or until golden and crisp.
3. On a separate baking tray, cook the potatoes for 30 minutes at 350F. Cook until tender. Remove both tofu and potatoes from the oven when finished and let cool.
4. In a small bowl, whisk all lemon tahini sauce ingredients together until smooth. Adjust the amount of water for desired consistency.
5. Assemble meals in separate containers, making sure the portions are equal. Add mixed greens, cabbage, and bell pepper, then add tofu and potatoes. Drizzle with tahini sauce on top of the salad, and add extra BBQ sauce on the tofu and potatoes.

BREAKFAST

Protein Oatmeal

1	500	32g	81g	7g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

	Ingredients
1/3 ripe banana	peeled
3/4 cup (178g)	water
	1 pitted medjool date
	Scant 3/4 cup (58g) rolled oats
	Pinch of salt
	Protein Milk
1/3 ripe banana	peeled
1/3 cup (81g) soy	milk
1 scoop protein	powder

DIRECTIONS

1. To make the oatmeal, blend together 1/3 banana, medjool date, water, and a pinch of salt. Add to a small saucepan with the rolled oats and cook on medium heat until the oats are cooked through and thick. Place in a bowl.
2. Blend together the other 1/3 banana with soy milk and protein powder. Add a splash of water if you want the protein milk to be thinner. Pour over cooked oats and enjoy.

LUNCH

BBQ Tofu & Potatoes with Lemon Tahini Salad

LEFTOVER

1 serving of BBQ Tofu from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

One Pot Lentil Veggie Soup

LEFTOVER

1 serving of Lentil Veggie Soup, leftover from Day 1

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Blueberry Pie Smoothie

1	500	37g	56g	13g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 banana	peeled
1 ¼ cup (175g) frozen	blueberries
¼ tsp ground	cinnamon
1 tbsp hemp or chia	seeds
1 cup (250ml) soy	milk
1 scoop vegan protein	powder
1 scoop creatine	optional

DIRECTIONS

1. Blend everything together in a blender until smooth.

LUNCH

BBQ Tofu & Potatoes with Lemon Tahini Salad

LEFTOVER

1 serving of BBQ Tofu, leftover from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Mediterranean Chickpea & TVP Bowl Recipe

1	500	41g	76g	5g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 cup (164g) cooked or canned chickpeas	drained & rinsed
½ cup (47g) dry Textured Vegetable Protein	(TVP)
½ large cucumber	chopped
1 ½ medium tomato	chopped
¼ red onion	chopped
½ lemon	juice
1 tbsp Mediterranean	seasoning
	Small drizzle of olive oil (optional)

DIRECTIONS

1. Add TVP and the Mediterranean seasoning (or your favourite seasoning) to a bowl and cover (until just covered) with hot water. Mix and let sit for 2-3 minutes or until the TVP is well hydrated. Drain excess water (if needed).
2. Add chickpeas along with chopped veggies to the bowl of TVP. Toss together and enjoy.

BREAKFAST

Blueberry Pie Smoothie

1	500	37g	56g	13g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 banana	peeled
1 ¼ cup (175g) frozen	blueberries
¼ tsp ground	cinnamon
1 tbsp hemp or chia	seeds
1 cup (250ml) soy	milk
1 scoop vegan protein	powder
1 scoop creatine	optional

DIRECTIONS

1. Blend everything together in a blender until smooth.

LUNCH

BBQ Tofu & Potatoes with Lemon Tahini Salad

LEFTOVER

1 serving of BBQ Tofu, leftover from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Chickpea and Veggie stir fry with Quinoa and hemp seed dressing

3	500	23g	79g	11g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

2 ½ cups (380g) cooked chickpeas	drained and rinsed
1 ¼ cups (167g) frozen	peas
1 ¼ medium carrots	grated
1 ¾ tsp garlic	powder
1 ¾ tsp onion	powder
	pinch of salt
	pinch of black pepper
¼ medium cucumber	chopped
8 grape or cherry tomatoes	chopped

QUINOA

¾ cup (127g) dry	quinoa
1 ½ cups (355ml)	water

SAUCE

¼ cup (40g) hemp	seeds
½ tbsp	mustard
½ lemon	juiced
½ tbsp maple	syrup
½ tbsp dried	dill
½ tsp garlic	powder
½ tsp onion	powder
	pinch of salt
¼ cup (60 ml)	water

DIRECTIONS

1. Saute the chickpeas, peas, carrots, and spices together for approx. 10 minutes on medium heat.
2. Chop the cucumber and tomatoes and set aside.
3. Prepare the quinoa and let it cook for approx. 20 minutes on medium heat (or until soft and cooked through).
4. Blend the sauce ingredients together until smooth.
5. Put stir fry, quinoa and veggies in equal portions in separate containers and pour the sauce over top. Let cool before putting in the fridge or freezer.

BREAKFAST

PB Toast & Smoothie

1	500	39g	50g	14g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

TOAST

1 piece of bread	toasted
2 1/2 tsp peanut	butter
½ banana	sliced

SMOOTHIE

	½ banana
½ cup (125ml) soy	milk
½ cup (125ml) water (add if needed for	consistency)
1 scoop vegan protein	powder

DIRECTIONS

1. Toast the bread and spread peanut butter on top. Add sliced banana on top of the peanut butter.
2. Blend the smoothie ingredients together in a blender until smooth. Pour into a cup and enjoy with your PB & banana toast!

LUNCH

Chickpea and Veggie stir fry with Quinoa and hemp seed dressing

LEFTOVER

1 serving of Chickpea Veggie Stirfry, leftover from Day 4

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Lentil Sauce with pasta

3	500	34g	90g	3g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

½ cup (97g) white or yellow onion	diced
1 cup (110g) grated	carrot
½ cup (46g) chopped red bell	pepper
2 cups (396g) cooked or canned french (or green/red) lentils	drained and rinsed
2 cups (42g) chopped	kale

SAUCE

2 large garlic	cloves
½ cup (97g) diced	onion
2 tbsp fresh basil	chopped (or 2 tsp dried)
2 tbsp fresh parsley	chopped*
2 cups (490ml) tomato	sauce
	*Always use fresh Parsley as dried parsley doesn't retain much flavour.

PASTA

205g (7.2 oz) Lentil pasta	legume pasta, or wheat pasta

DIRECTIONS

1. Saute onion, carrot and red bell pepper on medium high heat for 3-5 minutes.
2. Add lentils, chopped kale, garlic, basil, tomato sauce and simmer together for 10 minutes on medium heat.
3. Add equal portions to separate containers and add parsley garnish on top.

BREAKFAST

Easy Fruit Smoothie

1	500	37g	54g	14g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¾ banana	peeled
1 ¼ cup (206g) frozen fruit of	choice
1 ¾ tbsp hemp	seeds
1 scoop vegan vanilla protein	powder
1 scoop creatine	optional
¾ cup (183 ml) soy	milk
	Water if needed for consistency

DIRECTIONS

1. Blend everything together in a blender until smooth.

LUNCH

Lentil Sauce with pasta

LEFTOVER

1 serving of Lentil Pasta, leftover from day 5

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Mediterranean Chickpea & TVP Bowl Recipe

1	500	41g	76g	5g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 cup (164g) cooked or canned chickpeas	drained & rinsed
½ cup (47g) dry Textured Vegetable Protein	(TVP)
½ large cucumber	chopped
1 ½ medium tomato	chopped
¼ red onion	chopped
½ lemon	juice
1 tbsp Mediterranean	seasoning
	Small drizzle of olive oil (optional)

DIRECTIONS

1. Add TVP and the Mediterranean seasoning (or your favourite seasoning) to a bowl and cover (until just covered) with hot water. Mix and let sit for 2-3 minutes or until the TVP is well hydrated. Drain excess water (if needed).
2. Add chickpeas along with chopped veggies to the bowl of TVP. Toss together and enjoy.

BREAKFAST

Tofu Breakfast wraps

1	500	39g	54g	18g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

	½ block firm tofu
1/4 red onion	diced
1/2 of a green bell pepper	chopped
1/2 cup (36g)	mushrooms chopped
2 small	tortillas

TOFU SPICE MIX

1/2 tsp	sage
1/2 tsp garlic	powder
1/2 tsp	cumin
1/2 tsp smoked	paprika
1/2 tsp dried	rosemary
1/2 tsp	salt
2 tbsp nutritional	yeast

OPTIONAL TOPPINGS

	Salsa
	Chopped lettuce
	Herbs like chopped cilantro or parsley

DIRECTIONS

1. Sauté vegetables until soft
2. Crumble tofu into a bowl and mix with spice mix. Add tofu mix to sautéed veggies and heat for 5 mins or until hot.
3. Add to tortillas and add toppings.

LUNCH

Chickpea Wrap With Tzatziki

1	500	—	69g	18g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¾ cup (114g) cooked or canned chickpeas	drained and rinsed
¾ tsp	cumin
¾ tsp	coriander
¾ tsp smoked	paprika
	Pinch of salt and pepper

TZATZIKI SAUCE

1/3 cup (78g) dairy free	yogurt
	juice of 1/2 a lemon
1 clove of	garlic
1/4 cup (32g)	cashews
1 ¾ tbsp dried (or fresh)	dill
	1/4 cucumber peeled and cubed
	pinch of salt

ADDITIONAL FRESH VEGGIES FOR WRAP

	Sliced cherry tomatoes
	Chopped spinach
	Thinly sliced and red onion
	Olives, chopped
1 small tortilla wrap or ½ a medium (6″) pita	bread

DIRECTIONS

1. Saute chickpeas in a small frying pan with cumin, coriander, smoked paprika, and salt and black pepper. Remove from heat after 5-10 minutes.
2. Make tzatziki sauce by blending together yogurt, lemon juice, garlic and soaked cashews until smooth. Remove from blender and add to a bowl
3. Add dill, cucumber, and salt to blended yogurt sauce and mix together. Set aside.
4. Chop additional fresh veggies for the wrap and add them to a large bowl along with the chickpeas. Mix together with the tzatziki sauce.
5. Add chickpea & veg mixture to a wrap or pita and enjoy.

DINNER

Lentil Sauce with pasta

LEFTOVER

1 serving of Lentil Pasta, leftover from day 5

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

6 WEEK EASY VEGAN MEAL PLAN

Week 5

SIMENTTNUTRITION

05

6 WEEK EASY VEGAN MEAL PLAN

Week 5

89–110 g
PROTEIN PER DAY

~1,500 cal/day

Week 5 includes a hearty mix of meals that are simple and filling. Breakfasts include PB toast with a smoothie, protein oatmeal, blueberry pie smoothies, and tofu scramble, while lunches and dinners feature satisfying meals like lentils and squash, taco pasta, tofu “egg” salad sandwiches, ginger garlic noodles, black beans and sweet potatoes, chickpea wraps, and chickpea and TVP bowls. Each day provides 1500 calories and between 89-110g of protein, with leftovers used throughout the week to keep the plan practical and easy to follow.

DAY 1 — BATCH COOK SCHEDULE

BREAKFAST
PB Toast & Smoothie

LUNCH (BATCH COOK)
Lentils & Squash with Cheesy Cashew Sauce

DINNER (BATCH COOK)
One Pot High Protein Taco Pasta

WEEK AT A GLANCE

D1	D2	D3	D4	D5	D6	D7
Batch Cook	Leftovers	Transition	Transition	Transition	Fresh	Fresh

- Batch Cook
- Leftover
- Fresh

Grocery List

☐ Required ☐ Optional

Look this over before you start week 5, you probably have a lot of these items already in your pantry. I have included the amounts so you know how much you will need for each ingredient this week.

PRODUCE

- ☐ 5 medium bananas
- ☐ 1 red onion
- ☐ 1 large carrot
- ☐ 1 small to medium butternut squash
- ☐ 2 large cucumbers
- ☐ 1 small container cherry or grape tomatoes
- ☐ Chopped spinach
- ☐ 1 small bunch green onions
- ☐ 1 small piece fresh ginger
- ☐ 3/4 cup fresh snow peas, 120g
- ☐ Cilantro — optional
- ☐ 2 medium yellow or white onions
- ☐ 4 medium red bell peppers
- ☐ 2 large sweet potatoes
- ☐ 1 small potato
- ☐ 3 medium tomatoes
- ☐ About 3 cups chopped mushrooms, roughly 250g
- ☐ 1 celery stalk
- ☐ 1 bulb garlic
- ☐ 2 lemons
- ☐ 2 avocados
- ☐ Chopped lettuce — optional

FROZEN

- ☐ Frozen blueberries — 2 1/2 cups, 350g
- ☐ Frozen corn — 1/3 cup, 49g
- ☐ Frozen mixed vegetables — 1 3/4 cups, 262g
- ☐ Frozen edamame — 3/4 cup, 116g

PROTEIN / REFRIGERATED

- ☐ Firm tofu — 2 blocks
- ☐ Soy milk — about 4 cups, 1L
- ☐ Vegan vanilla protein powder — 6 scoops worth
- ☐ Veggie ground — 2/3 cup, 123g
- ☐ Soft tofu — 1 block
- ☐ Dairy-free yogurt — 1/3 cup, 78g
- ☐ Creatine: 2 scoops — optional

Grocery List (cont.)

☐ Required ☐ Optional

CANNED / DRY GOODS

- ☐ **Cooked lentils** — 2 3/4 cups, 544g
- ☐ **Chickpeas** — about 2 3/4 cups cooked/drained, 442g, or 2 cans
- ☐ **Red lentil or legume pasta** — about 9 oz dry, 260g
- ☐ **Medjool dates** — 1 date
- ☐ **Small tortilla wrap or pita** — 1 wrap
- ☐ **Hemp or chia seeds** — 2 tbsp, about 20g
- ☐ **Chopped olives**
- ☐ **TVP** — about 1 1/2 cups, 141g
- ☐ **Black beans** — about 4 1/2 cups cooked/drained, 772g, or 4 cans
- ☐ **Rolled oats** — about 1 1/2 cups, 120g
- ☐ **Bread** — 4 slices
- ☐ **Raw cashews** — about 2/3 cup, roughly 70g
- ☐ **Dill pickles** — 2 tbsp chopped, about 20g

SAUCES / CONDIMENTS

- ☐ **Salsa** — about 1 1/2 cups, plus optional extra for topping
- ☐ **Better Than Bouillon vegetable base** — 5 1/2 tsp, about 28g
- ☐ **Soy sauce or tamari** — 1 1/2 tbsp, about 22ml
- ☐ **Maple syrup** — 3/4 tbsp, about 11ml
- ☐ **Roasted sesame oil** — 3/4 tbsp, about 11ml
- ☐ **Olive oil** — optional
- ☐ **Peanut butter** — about 2 tbsp, roughly 30g
- ☐ **Vegetable broth** — about 5 1/4 cups, 1.2L
- ☐ **Rice vinegar** — 3/4 tbsp, about 11ml
- ☐ **Dijon mustard** — 1/2 tbsp, about 8g
- ☐ **Ketchup or hot sauce** — optional

SPICES / PANTRY

- ☐ **Salt**
- ☐ **Garlic powder**
- ☐ **Turmeric**
- ☐ **Cumin**
- ☐ **Smoked paprika**
- ☐ **Dried sage**
- ☐ **Dried or fresh dill**
- ☐ **Taco seasoning**
- ☐ **Nutritional yeast**
- ☐ **Kala namak** — optional
- ☐ **Black pepper**
- ☐ **Onion powder**
- ☐ **Chili powder**
- ☐ **Coriander**
- ☐ **Dried thyme**
- ☐ **Dried rosemary**
- ☐ **Ground cinnamon**
- ☐ **Mediterranean seasoning**
- ☐ **Toasted sesame seeds**

That should cover the full week with a few small leftovers of pantry items you can carry into the next week.

Daily Meal Plan

● Batch Cook ● Leftover ● Fresh

DAY	BREAKFAST	LUNCH	DINNER	TOTALS
1 BATCH COOK	PB Toast & Smoothie Fresh	Lentils & Squash Fresh	One Pot High Protein Taco Pasta Fresh	**1500 Cal** 104g P
2 LEFTOVERS	Oatmeal Fresh	Taco Pasta Leftover	Lentils & Squash Leftover	**1500 Cal** 101g P
3 TRANSITION	Oatmeal Fresh	Lentils & Squash Leftover	Mediterranean Chickpea & TVP Bowl Fresh	**1500 Cal** 110g P
4 TRANSITION	Blueberry Pie Smoothie Fresh	Tofu 'egg' salad Fresh	Ginger Garlic Noodles Fresh	**1500 Cal** 108g P
5 TRANSITION	Blueberry Pie Smoothie Fresh	Ginger Garlic Noodles Leftover	Black bean and Sweet potato hash with salsa and avocado Fresh	**1500 Cal** 89g P
6 FRESH	Tofu Scramble Fresh	Black Beans & Sweet Potatoes Leftover	Chickpea Wrap With Tzatziki Fresh	**1500 Cal** 89g P
7 FRESH	PB Toast & Smoothie Fresh	Mediterranean Chickpea & TVP Bowl Fresh	Blacks Beans & Sweet potatoes Leftover	**1500 Cal** 101g P

1500 Cal
WEEKLY AVG CALORIES

100g
AVG PROTEIN

BREAKFAST

PB Toast & Smoothie

1	500	39g	50g	14g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

TOAST

1 piece of bread	toasted
2 1/2 tsp peanut	butter
½ banana	sliced

SMOOTHIE

	½ banana
½ cup (125ml) soy	milk
½ cup (125ml) water (add if needed for	consistency)
1 scoop vegan protein	powder

DIRECTIONS

1. Toast the bread and spread peanut butter on top. Add sliced banana on top of the peanut butter.
2. Blend the smoothie ingredients together in a blender until smooth. Pour into a cup and enjoy with your PB & banana toast! Batch cook the following meals:

LUNCH

Lentils & Squash with Cheesy Cashew Sauce

3	500	33g	80g	6g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

2 ¾ cups (544g) cooked	lentils
½ cup (47g) dry TVP (textured vegetable	protein)
1 ¾ cups (262g) mixed vegetables (carrots	corn, green beans & peas)
2 ¾ cups (651ml)	water
5 ½ tsp Better Than Bouillon (vegetable	base)
1 tbsp dried	thyme
1 tbsp dried	sage
1 3/4 tsp dried	rosemary
1 3/4 tsp onion	powder
2 ¾ cups (563g) cooked butternut	squash
	Cheesy Cashew Sauce
⅓ cup (39g) raw	cashews
⅓ cup (71ml)	water
1 clove	garlic
	Juice of ½ lemon
¾ tsp onion	powder
¾ tsp garlic	powder
3 tbsp nutritional	yeast
¼ tsp	salt
	pinch black pepper

DIRECTIONS

1. Preheat oven to 350F
2. In a large saucepan, add cooked lentils, bouillon, water, and all the herbs and spices. Cover and simmer on low for 25-30 minutes.
3. Add dry TVP and the mixed frozen vegetables and simmer for another 10 minutes. Meanwhile, cut the butternut squash length wise and take out the seeds. Bake on a baking sheet until tender in the oven at 350F for about 45 minutes or until cooked through.
4. For the sauce, blend all the Cheesy Cashew Sauce ingredients together until smooth and creamy, adding a splash of extra water if needed.
5. Portion (in equal amounts) the lentil mixture and roasted squash into containers and drizzle with the sauce when ready to eat.

DINNER

One Pot High Protein Taco Pasta

2	500	32g	78g	10g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

⅔ cup (123g) Yves Veggie Ground (mexican flavour) or another type of veggie	ground
⅓ yellow onion	chopped
1 ¼ cup (214g) cooked or canned black beans	drained and rinsed
1 ¾ tbsp taco seasoning (add more if using unflavoured veggie ground or another	substitute)
⅓ cup (49g) frozen corn	kernels
90g (3 oz) red lentil or legume	pasta
2 ½ cups (592ml) veggie broth or	water

TOPPINGS

½ sliced avocado	Cilantro, Salsa, green onions

DIRECTIONS

1. Saute the chopped onion on medium heat until soft, then add veggie ground, beans, taco seasoning and corn. Saute together for 5-10 minutes, then add water and bring to a boil.
2. When it's boiling, add the pasta and turn it down to a simmer, and cook for approx. 10 minutes or until pasta is cooked through.
3. Portion equal amounts into containers and add avocado, as well as your favourite taco toppings (like cilantro, salsa, and green onions).

BREAKFAST

Oatmeal

1	500	36g	67g	8g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¼ banana	peeled
¾ cup (177 ml)	water
	½ pitted medjool date
¾ cup (60g) rolled	oats
½-1 tsp cinnamon	(optional)
	Pinch of salt

PROTEIN MILK

¼ ripe banana	peeled
¼ cup (60 ml) soy milk + splash of	water
1 scoop vegan protein	powder

DIRECTIONS

1. To make the oatmeal, blend together half a banana, medjool date, water, pinch of salt and cinnamon. Add to a small saucepan with the rolled oats and cook on medium heat until the oats are cooked through and thick. Place in a bowl.
2. Blend together the other half of the banana with soy milk and protein powder. Pour over cooked oats.

LUNCH

One Pot High Protein Taco Pasta

LEFTOVER

1 serving of Taco Pasta from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Lentils & Squash with Cheesy Cashew Sauce

LEFTOVER

1 serving of Lentils & Squash, leftover from Day 1

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Oatmeal

1	500	36g	67g	8g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¼ banana	peeled
¾ cup (177 ml)	water
	½ pitted medjool date
¾ cup (60g) rolled	oats
½-1 tsp cinnamon	(optional)
	Pinch of salt

PROTEIN MILK

¼ ripe banana	peeled
¼ cup (60 ml) soy milk + splash of	water
1 scoop vegan protein	powder

DIRECTIONS

1. To make the oatmeal, blend together half a banana, medjool date, water, pinch of salt and cinnamon. Add to a small saucepan with the rolled oats and cook on medium heat until the oats are cooked through and thick. Place in a bowl.
2. Blend together the other half of the banana with soy milk and protein powder. Pour over cooked oats.

LUNCH

Lentils & Squash with Cheesy Cashew Sauce

LEFTOVER

1 serving of Lentils & Squash, leftover from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Mediterranean Chickpea & TVP Bowl Recipe

1	500	41g	76g	5g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 cup (164g) cooked or canned chickpeas	drained & rinsed
½ cup (47g) dry Textured Vegetable Protein	(TVP)
½ large cucumber	chopped
1 ½ medium tomato	chopped
¼ red onion	chopped
½ lemon	juice
1 tbsp Mediterranean	seasoning
	Small drizzle of olive oil (optional)

DIRECTIONS

1. Add TVP and the Mediterranean seasoning (or your favourite seasoning) to a bowl and cover (until just covered) with hot water. Mix and let sit for 2-3 minutes or until the TVP is well hydrated. Drain excess water (if needed).
2. Add chickpeas along with chopped veggies to the bowl of TVP. Toss together and enjoy.

BREAKFAST

Blueberry Pie Smoothie

1	500	37g	56g	13g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 banana	peeled
1 ¼ cup (175g) frozen	blueberries
¼ tsp ground	cinnamon
1 tbsp hemp or chia	seeds
1 cup (250ml) soy	milk
1 scoop vegan protein	powder
1 scoop creatine	optional

DIRECTIONS

1. Blend everything together in a blender until smooth.

LUNCH

Tofu ‘egg’ salad

1	500	40g	51g	17g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

	½ block soft tofu
	½ block firm tofu
½ cup (132g) cooked potatoes	chopped
2 tbsp dill	pickle
½ tbsp dijon	mustard
2 tbsp green onion	chopped
¼ cup (25g) celery	chopped
¼ tsp black	pepper
½ tsp onion	powder
¼ tsp turmeric	powder
	pinch of salt
1 pieces of bread	toasted
	Optional: for a more eggy flavour, try adding ½ tsp of kala namak salt. You can also add fresh herbs like 1 tbsp of fresh dill.

DIRECTIONS

1. Crumble the tofu in a medium sized bowl and add the rest of the ingredients, mixing well. Enjoy as an open face sandwich.

DINNER

Ginger Garlic Noodles

2	500	31g	78g	11g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¾ tbsp roasted sesame	oil
3 cloves garlic	minced
1 thumb sized chunk of ginger	grated
¾ large red bell pepper	thinly sliced
¾ large carrot	grated
¾ cup (120g) fresh snow	peas
¾ cup (116g) frozen	edamame
2 ¾ cup (607 ml) vegetable	broth
6 oz (170g) of legume pasta of your choice - I used	spaghetti

SAUCE

1 ½ tbsp soy	sauce
¾ tbsp rice	vinegar
¾ tbsp maple	syrup
¾ tsp toasted sesame seeds for	garnish
	Chopped green onion for garnish

DIRECTIONS

1. In a large pot or saucepan, saute garlic and ginger in sesame oil for a minute before adding the rest of the veggies.
2. Add the veggie broth and bring to a boil. Add the rest of the ingredients and simmer for approx. 10-12 minutes or until pasta is cooked through.
3. In a small bowl, mix the sauce ingredients together. Once pasta is cooked, remove from heat and add the sauce.
4. Serve with toasted sesame seed and chopped green onion garnish.

BREAKFAST

Blueberry Pie Smoothie

1	500	37g	56g	13g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 banana	peeled
1 ¼ cup (175g) frozen	blueberries
¼ tsp ground	cinnamon
1 tbsp hemp or chia	seeds
1 cup (250ml) soy	milk
1 scoop vegan protein	powder
1 scoop creatine	optional

DIRECTIONS

1. Blend everything together in a blender until smooth.

LUNCH

Ginger Garlic Noodles

LEFTOVER

1 serving of Ginger Garlic Noodles, leftover from Day 4

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Black bean and Sweet potato hash with salsa and avocado

3	500	21g	86g	10g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

BLACK BEANS AND SWEET POTATO MIX

2 large sweet potatoes	chopped
1 large onion	chopped
2 bell peppers	chopped
5 large mushrooms	chopped
3 ¼ cups (558g) black beans	drained and rinsed
1/2 tbsp garlic	powder
1/2 tbsp onion	powder
1 ¾ tsp smoked	paprika
	pinch of salt
	pinch of black pepper

ADD ONS

	Salsa, on top
	1 ¼ avocado

DIRECTIONS

1. Preheat the oven to 400F. Chop vegetables and sweet potatoes and drain and rinse black beans. Place chopped veggies and sweet potatoes in large bowls. Put beans in a separate bowl.
2. Mix together spices in a small bowl and add 2/3 of the spice mix to the veggies, stir well and add the rest of the spice mix to the beans. Add the veggies to a sheet pan and bake for approx. 30-35 minutes. Remove from the oven and add the black beans and bake for an additional 15-20 more minutes.
3. Remove the veggies and black beans from the oven and let cook before adding equal amounts to separate containers. Add a generous amount of salsa on top, and before eating the meal, add ⅓ sliced avocado. Do not add the avocado until the day of eating since it will brown and possibly mold.

BREAKFAST

Tofu Scramble

1	500	48g	37g	22g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

	Scant 1 ¼ cups (285 g) firm tofu, crumbled
1/3 cup (65g) chopped red	onion
	½ cup (35g) chopped mushrooms
	½ cup (75g) chopped red pepper

SPICE BLEND

	¼ tsp chili powder
	½ tsp cumin
	½ tsp turmeric
	½ tsp garlic powder
1/2 tbsp nutritional	yeast
1 piece of bread	toasted
	Ketchup or hot sauce (optional)

DIRECTIONS

1. Crumble tofu into a medium size mixing bowl and add spice blend, mix well.
2. Place chopped onion and mushrooms in a large frying pan and saute on medium heat until tender, stirring often.
3. Add crumbled tofu and heat thoroughly, making sure to mix the tofu, onion and mushrooms together well.
4. When tofu is heated all the way through, remove the frying pan from heat and serve the tofu scramble hot, with toast on the side. Add ketchup or hot sauce if you want. This also goes great with a green salad.

LUNCH

Black bean and Sweet potato hash with salsa and avocado

LEFTOVER

1 serving of Black Beans & Sweet Potatoes, leftover from day 5

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Chickpea Wrap With Tzatziki

1	500	—	69g	18g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¾ cup (114g) cooked or canned chickpeas	drained and rinsed
¾ tsp	cumin
¾ tsp	coriander
¾ tsp smoked	paprika
	Pinch of salt and pepper

TZATZIKI SAUCE

1/3 cup (78g) dairy free	yogurt
	juice of 1/2 a lemon
1 clove of	garlic
1/4 cup (32g)	cashews
1 ¾ tbsp dried (or fresh)	dill
	1/4 cucumber peeled and cubed
	pinch of salt

ADDITIONAL FRESH VEGGIES FOR WRAP

	Sliced cherry tomatoes
	Chopped spinach
	Thinly sliced and red onion
	Olives, chopped
1 small tortilla wrap or ½ a medium (6″) pita	bread

DIRECTIONS

1. Saute chickpeas in a small frying pan with cumin, coriander, smoked paprika, and salt and black pepper. Remove from heat after 5-10 minutes.
2. Make tzatziki sauce by blending together yogurt, lemon juice, garlic and soaked cashews until smooth. Remove from blender and add to a bowl
3. Add dill, cucumber, and salt to blended yogurt sauce and mix together. Set aside.
4. Chop additional fresh veggies for the wrap and add them to a large bowl along with the chickpeas. Mix together with the tzatziki sauce.
5. Add chickpea & veg mixture to a wrap or pita and enjoy.

BREAKFAST

PB Toast & Smoothie

1	500	39g	50g	14g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

TOAST

1 piece of bread	toasted
2 1/2 tsp peanut	butter
½ banana	sliced

SMOOTHIE

	½ banana
½ cup (125ml) soy	milk
½ cup (125ml) water (add if needed for	consistency)
1 scoop vegan protein	powder

DIRECTIONS

1. Toast the bread and spread peanut butter on top. Add sliced banana on top of the peanut butter.
2. Blend the smoothie ingredients together in a blender until smooth. Pour into a cup and enjoy with your PB & banana toast!

LUNCH

Mediterranean Chickpea & TVP Bowl Recipe

1	500	41g	76g	5g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 cup (164g) cooked or canned chickpeas	drained & rinsed
½ cup (47g) dry Textured Vegetable Protein	(TVP)
½ large cucumber	chopped
1 ½ medium tomato	chopped
¼ red onion	chopped
½ lemon	juice
1 tbsp Mediterranean	seasoning
	Small drizzle of olive oil (optional)

DIRECTIONS

1. Add TVP and the Mediterranean seasoning (or your favourite seasoning) to a bowl and cover (until just covered) with hot water. Mix and let sit for 2-3 minutes or until the TVP is well hydrated. Drain excess water (if needed).
2. Add chickpeas along with chopped veggies to the bowl of TVP. Toss together and enjoy.

DINNER

Black bean and Sweet potato hash with salsa and avocado

LEFTOVER

1 serving of Blacks Beans & Sweet potatoes, leftover from day 5

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

6 WEEK EASY VEGAN MEAL PLAN

Week 6

SIMENTTNUTRITION

06

6 WEEK EASY VEGAN MEAL PLAN

Week 6

91–112 g
PROTEIN PER DAY

~1,500 cal/day

Week 6 is the last week of this meal plan! You did it. This week includes meals that are easy to repeat and prep. Breakfasts include PB toast with a smoothie, blueberry pie smoothies, fruit smoothies, and tofu breakfast wraps, while lunches and dinners feature meals like red lentil curry, chickpea veggie stir fry, chickpea and TVP bowls, tofu “egg” salad, lentil pasta, and black beans with sweet potatoes. You’ve made these recipes a lot at this point and should be a pro by now! Each day provides 1500 calories and between 91-112g of protein.

DAY 1 — BATCH COOK SCHEDULE

BREAKFAST
PB Toast & Smoothie

LUNCH (BATCH COOK)
One Pot Red Lentil Curry

DINNER (BATCH COOK)
Chickpea and Veggie stir fry with Quinoa and hemp seed dressing

WEEK AT A GLANCE

D1	D2	D3	D4	D5	D6	D7
Batch Cook	Leftovers	Leftovers	Transition	Transition	Fresh	Fresh

- Batch Cook
- Leftover
- Fresh

Grocery List

☐ Required ☐ Optional

Look this over before you start week 6, you probably have a lot of these items already in your pantry. I have included the amounts so you know how much you will need for each ingredient this week.

PRODUCE

- ☐ 6 medium bananas
- ☐ 1 red onion
- ☐ 1 green bell pepper
- ☐ 1/3 head cauliflower
- ☐ 2 large cucumbers
- ☐ 1 small container cherry or grape tomatoes
- ☐ 1 small potato
- ☐ 1 celery stalk
- ☐ 1 bulb garlic
- ☐ Fresh basil
- ☐ Cilantro or parsley — optional
- ☐ 3 medium yellow or white onions
- ☐ 4 medium red bell peppers
- ☐ 6 large carrots
- ☐ 2 large sweet potatoes
- ☐ 3 medium tomatoes
- ☐ About 3 cups chopped mushrooms, roughly 250g
- ☐ 2 cups chopped kale, 42g
- ☐ 1 small bunch green onions
- ☐ 2 lemons
- ☐ Fresh parsley
- ☐ Chopped lettuce — optional

FROZEN

- ☐ **Frozen blueberries** — 2 1/2 cups, 350g
- ☐ **Frozen peas** — about 2 cups, 287g
- ☐ **Frozen fruit** — 2 1/2 cups, 412g

PROTEIN / REFRIGERATED

- ☐ **Firm tofu** — 1 block
- ☐ **Soy milk** — about 4 1/2 cups, 1.1L
- ☐ **Creatine: 4 scoops** — optional
- ☐ **Soft tofu** — 1 block
- ☐ **Vegan vanilla protein powder** — 6 scoops worth

Grocery List (cont.)

☐ Required ☐ Optional

CANNED / DRY GOODS

- ☐ **Split red lentils** — 1 3/4 cups, 336g
- ☐ **Black beans** — 3 1/4 cups cooked/drained, 558g, or 3 cans
- ☐ **TVP** — 1 cup, 94g
- ☐ **Pasta** — about 7.2 oz dry, 205g
- ☐ **Small tortillas** — 2 tortillas
- ☐ **Dill pickles** — 2 tbsp chopped, about 20g
- ☐ **Chickpeas** — about 4 1/2 cups cooked/drained, 708g, or 3 cans
- ☐ **Cooked French or green lentils** — 2 cups, 396g
- ☐ **Quinoa** — 3/4 cup dry, 127g
- ☐ **Bread** — 3 slices
- ☐ **Hemp or chia seeds** — about 2/3 cup, roughly 95g

SAUCES / CONDIMENTS

- ☐ **Salsa** — about 3/4 cup, 180g, plus optional extra for topping
- ☐ **Red curry paste** — 1 tbsp, about 15g
- ☐ **Maple syrup** — 1/2 tbsp, about 8ml
- ☐ **Mustard** — 1/2 tbsp, about 8g
- ☐ **Peanut butter** — 1 tbsp + 2 tsp, about 27g
- ☐ **Tomato sauce** — 2 cups, 490ml
- ☐ **Dijon mustard** — 1/2 tbsp, about 8g
- ☐ Olive oil — optional

SPICES / PANTRY

- ☐ **Salt**
- ☐ **Garlic powder**
- ☐ **Turmeric**
- ☐ **Smoked paprika**
- ☐ **Dried dill**
- ☐ **Mediterranean seasoning**
- ☐ Kala namak — optional
- ☐ **Black pepper**
- ☐ **Onion powder**
- ☐ **Cumin**
- ☐ **Dried rosemary**
- ☐ **Ground cinnamon**
- ☐ **Nutritional yeast**

That should cover the full week with a few small leftovers of pantry items you can carry into the next week.

Daily Meal Plan

● Batch Cook ● Leftover ● Fresh

DAY	BREAKFAST	LUNCH	DINNER	TOTALS
1 BATCH COOK	PB Toast & Smoothie Fresh	One Pot Red Lentil Curry Fresh	Chickpea and Veggie stir fry Fresh	**1500 Cal** 93g P
2 LEFTOVERS	PB Toast & Smoothie Fresh	Chickpea Veggie Stir fry Leftover	Lentil Curry Leftover	**1500 Cal** 93g P
3 LEFTOVERS	Blueberry Pie Smoothie Fresh	Lentil Curry Leftover	Chickpea Veggie Stirfry Leftover	**1500 Cal** 91g P
4 TRANSITION	Blueberry Pie Smoothie Fresh	Mediterranean Chickpea & TVP Bowl Fresh	Lentil Sauce with pasta Fresh	**1500 Cal** 112g P
5 TRANSITION	Easy Fruit Smoothie Fresh	Tofu 'egg' salad Fresh	Lentil Pasta Leftover	**1500 Cal** 111g P
6 FRESH	Easy Fruit Smoothie Fresh	Lentil Pasta Leftover	Black bean and Sweet potato hash with salsa and avocado Fresh	**1500 Cal** 92g P
7 FRESH	Tofu Breakfast wraps Fresh	Mediterranean Chickpea & TVP Bowl Fresh	Black Beans & Sweet Potatoes Leftover	**1500 Cal** 101g P

1500 Cal
WEEKLY AVG CALORIES

99g
AVG PROTEIN

BREAKFAST

PB Toast & Smoothie

1	500	39g	50g	14g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

TOAST

1 piece of bread	toasted
2 1/2 tsp peanut	butter
½ banana	sliced

SMOOTHIE

	½ banana
½ cup (125ml) soy	milk
½ cup (125ml) water (add if needed for	consistency)
1 scoop vegan protein	powder

DIRECTIONS

1. Toast the bread and spread peanut butter on top. Add sliced banana on top of the peanut butter.
2. Blend the smoothie ingredients together in a blender until smooth. Pour into a cup and enjoy with your PB & banana toast! Batch cook the following meals:

LUNCH

One Pot Red Lentil Curry

3	500	31g	91g	3g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 ¾ cup (336g) split red lentils	rinsed and drained (no soaking needed)
1 tbsp red curry	paste
1/2 yellow onion	chopped
3 large carrots	chopped
⅓ head of cauliflower	chopped
3/4 cup (120g) frozen	peas
¾ red bell pepper	chopped

GARNISH

	Cilantro or parsley, chopped (optional)

DIRECTIONS

1. Place lentils in a large pot and add red curry paste, chopped carrots and cauliflower. Add water or veggie broth until lentils are covered and turn up to medium high heat.
2. Bring to a boil and reduce to medium heat. Cook for approx 10-15 minutes. Periodically check and stir the pot to make sure everything is cooking evenly. The lentils are cooked when soft.
3. Reduce heat to simmer and add the frozen peas, chopped bell pepper and cilantro. Turn off heat when there is no water left in the pot and remove to let cool. You can also add in other vegetables or substitute in other vegetables you have on hand (for example: mushrooms, broccoli, zucchini, frozen corn). Equally portion into separate meal containers.

DINNER

Chickpea and Veggie stir fry with Quinoa and hemp seed dressing

3	500	23g	79g	11g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

2 ½ cups (380g) cooked chickpeas	drained and rinsed
1 ¼ cups (167g) frozen	peas
1 ¼ medium carrots	grated
1 ¾ tsp garlic	powder
1 ¾ tsp onion	powder
	pinch of salt
	pinch of black pepper
¼ medium cucumber	chopped
8 grape or cherry tomatoes	chopped

QUINOA

¾ cup (127g) dry	quinoa
1 ½ cups (355ml)	water

SAUCE

¼ cup (40g) hemp	seeds
½ tbsp	mustard
½ lemon	juiced
½ tbsp maple	syrup
½ tbsp dried	dill
½ tsp garlic	powder
½ tsp onion	powder
	pinch of salt
¼ cup (60 ml)	water

DIRECTIONS

1. Saute the chickpeas, peas, carrots, and spices together for approx. 10 minutes on medium heat.
2. Chop the cucumber and tomatoes and set aside.
3. Prepare the quinoa and let it cook for approx. 20 minutes on medium heat (or until soft and cooked through).
4. Blend the sauce ingredients together until smooth.
5. Put stir fry, quinoa and veggies in equal portions in separate containers and pour the sauce over top. Let cool before putting in the fridge or freezer.

BREAKFAST

PB Toast & Smoothie

1	500	39g	50g	14g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

TOAST

1 piece of bread	toasted
2 1/2 tsp peanut	butter
½ banana	sliced

SMOOTHIE

	½ banana
½ cup (125ml) soy	milk
½ cup (125ml) water (add if needed for	consistency)
1 scoop vegan protein	powder

DIRECTIONS

1. Toast the bread and spread peanut butter on top. Add sliced banana on top of the peanut butter.
2. Blend the smoothie ingredients together in a blender until smooth. Pour into a cup and enjoy with your PB & banana toast!

LUNCH

Chickpea and Veggie stir fry with Quinoa and hemp seed dressing

LEFTOVER

1 serving of Chickpea Veggie Stir fry from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

One Pot Red Lentil Curry

LEFTOVER

1 serving of Lentil Curry, leftover from Day 1

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Blueberry Pie Smoothie

1	500	37g	56g	13g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 banana	peeled
1 ¼ cup (175g) frozen	blueberries
¼ tsp ground	cinnamon
1 tbsp hemp or chia	seeds
1 cup (250ml) soy	milk
1 scoop vegan protein	powder
1 scoop creatine	optional

DIRECTIONS

1. Blend everything together in a blender until smooth.

LUNCH

One Pot Red Lentil Curry

LEFTOVER

1 serving of Lentil Curry, leftover from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Chickpea and Veggie stir fry with Quinoa and hemp seed dressing

LEFTOVER

1 serving of Chickpea Veggie Stirfry, leftover from Day 1

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Blueberry Pie Smoothie

1	500	37g	56g	13g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 banana	peeled
1 ¼ cup (175g) frozen	blueberries
¼ tsp ground	cinnamon
1 tbsp hemp or chia	seeds
1 cup (250ml) soy	milk
1 scoop vegan protein	powder
1 scoop creatine	optional

DIRECTIONS

1. Blend everything together in a blender until smooth.

LUNCH

Mediterranean Chickpea & TVP Bowl Recipe

1	500	41g	76g	5g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 cup (164g) cooked or canned chickpeas	drained & rinsed
½ cup (47g) dry Textured Vegetable Protein	(TVP)
½ large cucumber	chopped
1 ½ medium tomato	chopped
¼ red onion	chopped
½ lemon	juice
1 tbsp Mediterranean	seasoning
	Small drizzle of olive oil (optional)

DIRECTIONS

1. Add TVP and the Mediterranean seasoning (or your favourite seasoning) to a bowl and cover (until just covered) with hot water. Mix and let sit for 2-3 minutes or until the TVP is well hydrated. Drain excess water (if needed).
2. Add chickpeas along with chopped veggies to the bowl of TVP. Toss together and enjoy.

DINNER

Lentil Sauce with pasta

3	500	34g	90g	3g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

½ cup (97g) white or yellow onion	diced
1 cup (110g) grated	carrot
½ cup (46g) chopped red bell	pepper
2 cups (396g) cooked or canned french (or green/red) lentils	drained and rinsed
2 cups (42g) chopped	kale

SAUCE

2 large garlic	cloves
½ cup (97g) diced	onion
2 tbsp fresh basil	chopped (or 2 tsp dried)
2 tbsp fresh parsley	chopped*
2 cups (490ml) tomato	sauce
	*Always use fresh Parsley as dried parsley doesn't retain much flavour.

PASTA

205g (7.2 oz) Lentil pasta	legume pasta, or wheat pasta

DIRECTIONS

1. Saute onion, carrot and red bell pepper on medium high heat for 3-5 minutes.
2. Add lentils, chopped kale, garlic, basil, tomato sauce and simmer together for 10 minutes on medium heat.
3. Add equal portions to separate containers and add parsley garnish on top.

BREAKFAST

Easy Fruit Smoothie

1	500	37g	54g	14g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¾ banana	peeled
1 ¼ cup (206g) frozen fruit of	choice
1 ¾ tbsp hemp	seeds
1 scoop vegan vanilla protein	powder
1 scoop creatine	optional
¾ cup (183 ml) soy	milk
	Water if needed for consistency

DIRECTIONS

1. Blend everything together in a blender until smooth.

LUNCH

Tofu ‘egg’ salad

1	500	40g	51g	17g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

	½ block soft tofu
	½ block firm tofu
½ cup (132g) cooked potatoes	chopped
2 tbsp dill	pickle
½ tbsp dijon	mustard
2 tbsp green onion	chopped
¼ cup (25g) celery	chopped
¼ tsp black	pepper
½ tsp onion	powder
¼ tsp turmeric	powder
	pinch of salt
1 pieces of bread	toasted
	Optional: for a more eggy flavour, try adding ½ tsp of kala namak salt. You can also add fresh herbs like 1 tbsp of fresh dill.

DIRECTIONS

1. Crumble the tofu in a medium sized bowl and add the rest of the ingredients, mixing well. Enjoy as an open face sandwich.

DINNER

Lentil Sauce with pasta

LEFTOVER

1 serving of Lentil Pasta, leftover from Day 4

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Easy Fruit Smoothie

1	500	37g	54g	14g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

¾ banana	peeled
1 ¼ cup (206g) frozen fruit of	choice
1 ¾ tbsp hemp	seeds
1 scoop vegan vanilla protein	powder
1 scoop creatine	optional
¾ cup (183 ml) soy	milk
	Water if needed for consistency

DIRECTIONS

1. Blend everything together in a blender until smooth.

LUNCH

Lentil Sauce with pasta

LEFTOVER

1 serving of Lentil Pasta, leftover from day 4

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Black bean and Sweet potato hash with salsa and avocado

3	500	21g	86g	10g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

BLACK BEANS AND SWEET POTATO MIX

2 large sweet potatoes	chopped
1 large onion	chopped
2 bell peppers	chopped
5 large mushrooms	chopped
3 ¼ cups (558g) black beans	drained and rinsed
1/2 tbsp garlic	powder
1/2 tbsp onion	powder
1 ¾ tsp smoked	paprika
	pinch of salt
	pinch of black pepper

ADD ONS

	Salsa, on top
	1 ¼ avocado

DIRECTIONS

1. Preheat the oven to 400F. Chop vegetables and sweet potatoes and drain and rinse black beans. Place chopped veggies and sweet potatoes in large bowls. Put beans in a separate bowl.
2. Mix together spices in a small bowl and add 2/3 of the spice mix to the veggies, stir well and add the rest of the spice mix to the beans. Add the veggies to a sheet pan and bake for approx. 30-35 minutes. Remove from the oven and add the black beans and bake for an additional 15-20 more minutes.
3. Remove the veggies and black beans from the oven and let cook before adding equal amounts to separate containers. Add a generous amount of salsa on top, and before eating the meal, add ⅓ sliced avocado. Do not add the avocado until the day of eating since it will brown and possibly mold.

BREAKFAST

Tofu Breakfast wraps

1	500	39g	54g	18g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

	½ block firm tofu
1/4 red onion	diced
1/2 of a green bell pepper	chopped
1/2 cup (36g)	mushrooms chopped
2 small	tortillas

TOFU SPICE MIX

1/2 tsp	sage
1/2 tsp garlic	powder
1/2 tsp	cumin
1/2 tsp smoked	paprika
1/2 tsp dried	rosemary
1/2 tsp	salt
2 tbsp nutritional	yeast

OPTIONAL TOPPINGS

	Salsa
	Chopped lettuce
	Herbs like chopped cilantro or parsley

DIRECTIONS

1. Sauté vegetables until soft
2. Crumble tofu into a bowl and mix with spice mix. Add tofu mix to sautéed veggies and heat for 5 mins or until hot.
3. Add to tortillas and add toppings.

LUNCH

Mediterranean Chickpea & TVP Bowl Recipe

1	500	41g	76g	5g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 cup (164g) cooked or canned chickpeas	drained & rinsed
½ cup (47g) dry Textured Vegetable Protein	(TVP)
½ large cucumber	chopped
1 ½ medium tomato	chopped
¼ red onion	chopped
½ lemon	juice
1 tbsp Mediterranean	seasoning
	Small drizzle of olive oil (optional)

DIRECTIONS

1. Add TVP and the Mediterranean seasoning (or your favourite seasoning) to a bowl and cover (until just covered) with hot water. Mix and let sit for 2-3 minutes or until the TVP is well hydrated. Drain excess water (if needed).
2. Add chickpeas along with chopped veggies to the bowl of TVP. Toss together and enjoy.

DINNER

Black bean and Sweet potato hash with salsa and avocado

LEFTOVER

1 serving of Black Beans & Sweet Potatoes, leftover from Day 5

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.