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# Vegetarian Nutrition Plan

## Goals

<b>Short Term Goal #1:</b>	
<b>Short Term Goal #2:</b>	
<b>Long Term Goal:</b>	

## Action Steps

<b>Action Step #1:</b>	
<b>Action Step #2:</b>	
<b>Action Step #3:</b>	

## Additional Resources

1. Recipes found here: <https://healthystepsnutrition.com/healthy-recipes/>

You can also find the HSN Recipes on MFP under foods (type Healthy Steps Nutrition and the recipe name)

2. Nutrition tip videos on YouTube: Healthy Steps Nutrition

3. Follow us on Instagram: @healthystepsnutrition

**Note:**

**All Portions of Food are Cooked.**

**\*\*\*means there is a recipe for this food item on the HSN website**



<u>Week 1</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<b><u>Breakfast</u></b>	1 slice ezekial bread topped with 1 tsp-1 TBSP almond butter and 1 banana, sliced add 1 tsp hemp seeds and 1 tsp chia seeds <i>*Higher calorie range: add 1 container oikos triple zero 8 ounces water</i>	Smoothie: ½ -1 scoop pea protein powder, ½ cup berries, 1T almond butter, ½ cup - 1 cup unsweetened almond milk <i>*Higher calorie range: add 1 TBSP chia seeds and 1/3 banana to smoothie</i>	Oikos Triple Zero yogurt 1/3-1/2 cup cooked oats with ½ cup egg whites and water, topped with cinnamon, 1 tsp-1 TBSP almonds and stevia to taste 8 ounces water	On-the-go Overnight Oats: Mix together 1/3 cup rolled oats, 1 TBSP chia seeds 1 TBSP almond butter, ½ cup unsweetened almond milk, 3-4 strawberries, and 1 oz protein powder into a jar and let sit overnight in fridge. <i>*Lower calorie range: omit almond butter</i>
<b><u>Snack</u></b>	1 large romaine lettuce leaf filled with 4 cherry tomatoes, a few cucumber slices, and 1 TBSP hummus, rolled up <i>*Higher calorie range: add 1 slice mozzarella cheese 8 ounces water</i>	½ - 1cup berries 10 walnuts or other nut of choice 8 ounces water	1 container 1% fat cottage cheese + 2 TBSP sliced peaches or mango <i>Higher calorie range: add 1 TBSP raw almonds 8 ounces water</i>	1 perfect bar mini <i>Higher calorie range: add 1 apple 8 ounces water</i>
<b><u>Lunch</u></b>	Large veggie salad:2-3 cups leafy greens, ½ large carrot chopped, 1/3 bell pepper, chopped, 1/3 large cucumber, chopped 1 large celery stalk, chopped, 1/4 cup chickpeas, 1 handful cherry tomatoes, 1 tsp-1 TBSP chopped walnuts, 1-2 TBSP oil-based dressing (i.e. olive oil and balsamic) <i>*Higher calorie range add 1 TBSP avocado and 1 serving "beyond meat" meat alternative, crumbled or chopped on top</i>	6-8 ounces roasted garlic tofu 1/3 cup quinoa with 1 TBSP Earth Balance buttery spread or grass-fed butter 1-1.5 cups sautéed non-starchy veggies of choice 8 ounces water	1 "Beyond Burger" (found at Whole Foods) over 1 cup sautéed spinach leaves 1-2 T avocado (for topping) onion slices (for topping) 1 slice tomato (for topping) 8 ounces water <i>Higher calorie range: add 1 slice ezekial bread for open faced bun</i>	Zucchini noodles (1 zucchini spiralized) topped with ¼ cup tomato sauce, ¼ cup sautéed mushrooms, 1/8 cup sautéed onion, and a handful of spinach sautéed , top with ¼ cup black beans 8 ounces water
<b><u>Snack</u></b>	2-3 TBSP hummus ½ -1 cup carrots & celery 8 ounces water	½ RX bar (higher calorie range-whole bar ok)	1 oz roasted chickpeas or "World Peas" brand roasted green peas snack 8 ounces water <i>*Higher calorie range add ½ cup berries</i>	Quick smoothie: ½ cup water, ¼ cup frozen mango, 1 handful spinach, 1 scoop vanilla protein powder 8 ounces water
<b><u>Post Workout</u></b>	Recovery Protein with 8 ounces almond milk	Recovery Protein with 8 ounces almond milk	Recovery Protein with 8 ounces almond milk	Recovery Protein with 8 ounces almond milk
<b><u>Dinner</u></b>	1-2.5 cups <b>Slimming Veg Soup</b> *** (make a large batch and keep in freezer or eat for lunches!) + 1-2 oz cinnamon roasted chickpeas*** <i>*Higher calorie range: add ½ slice ezekial bread</i>	Veggie Nachos*** 8 ounces water	Open faced sandwich: 1 cup chick-pea and edamame salad*** Handful raw spinach 1 slice ezekial bread 8 ounces water <i>*Higher calorie range add additional ½ cup chickpea salad</i> <i>*Make overnight oats for tomorrow's breakfast in a flash!</i>	1 serving <b>Buddha Bowl</b> *** If in a hurry: microwave 1 small sweet potato for 6 mins in plastic wrap, mash into bowl then add 1 large handful spinach, ½ cup beans of choice, ½ cup edamame, salt, pepper, garlic powder, and 1-2 TBSP nutritional yeast 8 ounces water

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<b>Week 1</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b><u>Breakfast</u></b>	<p><i>Smoothie: ½ - 1 scoop pea protein, ½ banana, 1 T almond butter, ½ cup-1 cup almond milk</i>  <i>*Higher calorie range: add 1 TBSP chia seeds and 1/3 banana to smoothie</i></p>	<b>Egg &amp; Quinoa Scramble***</b>	<p>2-3 protein pancakes  1 tsp-1 TBSP almond butter  8 ounces water</p>
<b><u>Snack</u></b>	<p>1-2 oz "Harvest Snaps" lentil crisps  8 ounces water</p>	<p>1 oz roasted chickpeas or "World Peas" brand roasted green peas snack  1 skim mozzarella string cheese  8 ounces water  <i>*Lower calorie range: omit string cheese</i></p>	<p>Chobani Greek Yogurt Simply 100  ½ TBSP – 1 TBSP almonds  dash of cinnamon  sprinkle of chia seeds  8 ounces water</p>
<b><u>Lunch</u></b>	<p>1- 1 ½ cup <b>chick-pea and edamame salad***</b>  1 cup sautéed spinach  8 ounces water</p>	<p>1-2 <b>Zucchini boats***</b> with 1-2 TBSP avocado on top  1-2 cup sautéed kale with 2 ounces black beans  8 ounces water</p>	<p>1-2 <b>Quinoa Stuffed Peppers***</b>  1-1.5 cups sautéed spinach  8 ounces water</p>
<b><u>Snack</u></b>	<p>1 small pear or peach  ½ cup low-fat cottage cheese or 1 hard-boiled egg  8 ounces water</p>	<p>1 large romaine lettuce leaf filled with 4 cherry tomatoes, a few cucumber slices, and 1 TBSP hummus, rolled up  <i>*Higher calorie range: add 1 slice mozzarella cheese</i>  8 ounces water</p>	<p>1 quick protein smoothie: ½ scoop pea protein powder, 1 handful spinach, 1/3 banana, 1 TBSP almond or peanut butter  8 ounces water  <i>*Higher calorie range: use whole banana</i></p>
<b><u>Post Workout</u></b>	Recovery Protein with 8 ounces almond milk		
<b><u>Dinner</u></b>	<p>½- 1 cup sautéed tempeh  1/3 cup quinoa  1 cup sautéed chopped bell pepper, sliced onion, edamame, and spinach with 1 tsp olive oil  1 TBSP nutritional yeast  8 ounces water</p>	<p>Salad: 1-2 cups mixed salad greens topped with 1 medium tomato, sliced, 2 stalks celery sliced, 1 large carrot chopped, 2-4 TBSP avocado, 1/3 cucumber sliced, and 1-2 TBSP olive oil based salad dressing with 1-2 oz chickpeas on top</p>	<p>1-2 cups spaghetti squash with 4-6 <b>Zucchini Meatballs***</b>  1/3-1/2 cup pasta sauce  1-2 cups sautéed broccoli  1 TBSP hemp seeds sprinkled on top  8 ounces water</p>

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### Grocery List:

- Fruit: Strawberries, Blueberries, Peaches, Apple, Banana
- Veggies: Peppers, Onions, Broccoli, Asparagus, Carrots, Spaghetti Squash, Green Beans, Celery, Butternut Squash, Cauliflower, Sweet Potato, Brussels Sprouts
- Oatmeal/Steel cut oats
- Chickpeas
- Hummus
- Quinoa
- Brown Rice
- Whole Wheat Tortillas
- Pasta Sauce
- Avocado
- Amy's veggies burgers (Sonoma or California)
- Beyond Meat Beyond Chicken Strips
- Beyond Meat "Beefy Crumble"
- Tofu (1 package silken, 1 package extra firm)
- Tempeh
- FroPro, RX bars, Perfect bar or other vegetarian protein bar
- Nuts:** Pecans, Almonds, Walnuts
- Almond butter
- Edamame
- Lentil Crisps ("Harvest Snaps" brand)
- Chia Seeds
- Pumpkin Seeds
- Roasted Chickpeas (or make your own\*\*\*)
- Chobani Simply or Triple Zero Greek Yogurt Greek yogurt
- 100% Pea Protein Isolate Powder
- Unsweetened Almond Milk



<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b><u>Breakfast</u></b>	Smoothie: 6 oz silken tofu, $\frac{1}{2}$ cup-1 cup berries, $\frac{1}{2}$ container – 1 container Plain Chobani 100 Greek Yogurt, handful leafy greens like kale/spinach, $\frac{1}{2}$ TBSP-1 TBSP almond butter (+ add water to blend) <i>*Higher calorie range: add 1 TBSP chia seeds to smoothie</i>	1 slice ezekial bread 1 cup egg whites handful chopped mushrooms handful chopped onions handful spinach 1 TBSP cheddar cheese 1 TBSP avocado or 1 TBSP grass-fed butter or ghee  <i>*Lower calorie range: omit avocado</i>	1 slice ezekial bread, toasted 1 TBSP avocado, sliced on top of toast handful spinach under avocado 2 hard-boiled eggs, chopped onto top of toast (hot sauce optional J ) 8 ounces water <i>*Higher calorie range: add 1 cup berries on side</i>	Smoothie: 6 oz silken tofu, $\frac{1}{2}$ cup berries, $\frac{1}{3}$ banana, $\frac{1}{2}$ container – 1 container Plain Chobani 100 Greek Yogurt, handful leafy greens like kale/spinach, $\frac{1}{2}$ TBSP-1 TBSP pumpkin seeds (+ add water to blend) <i>*Higher calorie range: add 1 TBSP chia seeds to smoothie</i>
<b><u>Snack</u></b>	$\frac{1}{2}$ apple – 1 whole apple 2 tsp – 1 TBSP almond butter 8 ounces water	$\frac{1}{2}$ RX bar ( <i>1 full bar for higher calorie range</i> ) 8 ounces water	2-3 TBSP hummus $\frac{1}{2}$ cup – 1 cup carrots & celery 8 ounces water <i>*Higher calorie range add 1 TBSP almonds to snack</i>	1/3 cup roasted edamame 8 ounces water
<b><u>Lunch</u></b>	5-6 oz <b>Garlic Roasted Tofu***</b> 1-1.5 cup roasted broccoli 1/2 cup roasted sweet potato $\frac{1}{2}$ TBSP olive oil 8 ounces water	1 Amy's Sonoma Veggie Burger 1-2 T avocado 1-2 cups sautéed kale with 2-3 ounces chickpeas 1 small handful berries 8 ounces water	6 ounces tofu 1/3- $\frac{1}{2}$ cup brown rice 1 cup sautéed veggies 1-2 T avocado 8 ounces water <i>*Lower calorie range: omit avocado</i>	1 cup <b>Nutty Quinoa***</b> 1 cup sautéed spinach 8 ounces water
<b><u>Snack</u></b> <b><u>Post Workout</u></b>	1 container Chobani Simply Greek Yogurt with 2 tsp-1 TBSP walnuts 8 ounces water	2-3 T hummus $\frac{1}{2}$ cup – 1.5 cups carrots & celery 8 ounces water	$\frac{1}{2}$ cucumber, sliced, topped with 1 oz laughing cow cheese spread <i>*Higher calorie range , use whole cucumber</i> 8 ounces water	1/3-1/2 cup oven roasted chickpeas*** 8 ounces water <i>*Higher calorie range add <math>\frac{1}{4}</math> cup avocado slices sprinkled with pepper, sea salt, and lemon juice as well.</i>
<b><u>Dinner</u></b>	1 veggie tortilla pizza (1 whole wheat tortilla topped with $\frac{1}{4}$ cup tomato sauce, $\frac{1}{4}$ cup low-fat shredded mozzarella cheese, and plenty of veggies!: mushrooms, chopped broccoli, olives, onions, spinach, etc.) –microwave or broil until cheese is melted 1 cup "Steam fresh" Brussel sprouts or broccoli + 1 tsp butter 8 ounces water <i>*Higher calorie range: additional tsp butter</i>	1-2 cups <b>Southwestern Salad***</b> 1-3 servings Beyond Meat crumbles 8 ounces water	Beet and goat cheese salad: 2 cups spinach, $\frac{1}{2}$ cup roasted beets (sliced), 1 oz goat cheese, $\frac{1}{3}$ cucumber sliced, 1 TBSP raw pumpkin seeds, drizzle with olive oil dressing or balsamic vinaigrette 8 ounces water <i>*Higher calorie range 4-5 oz Sautéed Tempeh on side</i>	5 -7 ounces <b>Garlic Roasted Tofu***</b> $\frac{1}{2}$ cup brown rice 1 cup broccoli cooked w/ $\frac{1}{2}$ TBSP olive oil 8 ounces water <i>Higher calorie range: add 1 cup spinach, handful cherry tomatoes, handful cucumber, and 1 TBSP olive oil based salad dressing</i>

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Week 2	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u><b>Breakfast</b></u>	<p><i>On-the-go Overnight Oats (make the night before!!):</i>  <i>Mix together 1/3 cup rolled oats, 1 TBSP chia seeds 1 TBSP almond butter, 1/2 cup unsweetened almond milk, 3-4 strawberries, and 1 oz protein powder into a jar and let sit overnight in fridge.</i>  <i>*Lower calorie range: omit almond butter</i></p>	<p><b>2-4 protein pancakes</b>  <b>1tsp-1 TBSP almond butter</b>  <b>8 ounces water</b></p>	<p>1 slice ezekial bread  1 cup egg whites  handful chopped mushrooms  handful chopped onions  handful spinach  1 TBSP cheddar cheese  1 TBSP avocado or 1 TBSP grass-fed butter or ghee</p> <p><i>*Lower calorie range: omit avocado</i></p>
<u><b>Snack</b></u>	<p>Chobani Simply Greek Yogurt with 1 tsp walnut pieces + sprinkle of chia seeds  8 ounces water  <i>*Higher calorie range add 1/2 cup berries</i></p>	<p>Oikos triple zero greek yogurt +1 tsp-1 TBSP slivered almonds  8 ounces water</p>	<p><b>1-3 veggie egg muffins***</b>  8 ounces water</p>
<u><b>Lunch</b></u>	<p>1 cup <b>chick-pea and edamame salad***</b>  1 cup sautéed spinach  8 ounces water  <i>*Higher calorie range add 1 slice ezekial bread</i></p>	<p>1 whole wheat wrap filled with 1 serving "Hilary's Mediterranean Bites", 1-2 TBSP avocado, handful spinach, cherry tomatoes, and cucumbers  8 ounces water</p>	<p><b>1 -2 cups Southwestern Salad***</b>  1-2 oz "Harvest Snaps" Lentil Crisps  8 ounces water  <i>*Higher calorie range: add 1 cup strawberries</i></p>
<u><b>Snack</b></u>	<p>1 orange  10-20 cinnamon roasted almonds  8 ounces water</p>	<p>1-2 perfect bar mini  1/4-1/2 cup berries  8 ounces water</p>	<p><i>1/3-1/2 cup berries paired with 1-2 TBSP raw pumpkin seeds</i>  8 ounces water  <i>*Lower calorie range: okay to add 1 string cheese stick</i></p>
<u><b>Post Workout</b></u>	<p>Recovery Protein with 8 ounces almond milk</p>		
<u><b>Dinner</b></u>	<p><i>1/2 whole grain hamburger bun</i>  <b>1 Black Bean Burger***</b>  <i>Optional burger toppings: sliced onions, 1 slice tomato, spinach or lettuce</i>  <i>1-1.5 cups steamed broccoli</i>  <i>8 ounces water</i>  <i>Higher calorie range top with 2 TBSP avocado</i></p>	<p>1-2 cups spaghetti squash***  1/2 cup pasta sauce  1 cup asparagus, roasted or sautéed  1/2 cup sautéed mushrooms  1/2 TBSP olive oil  4-6 <b>Zucchini Meatballs***</b>  8 ounces water  <i>Higher calorie range: add 1/2 TBSP grass-fed butter for cooking mushrooms</i></p>	<p><b>1-2 cups Southwestern Salad***</b>  1-2 servings "chikn" strips on top  8 ounces water</p>

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**Grocery List:**

- Fruit: Strawberries, Blueberries, Peaches, Apple, Banana
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- Chickpeas
- Hummus
- Quinoa
- Brown Rice
- Pasta Sauce
- Avocado
- Pumpkin
- Amy's veggies burgers (Sonoma or California)
- Beyond Meat Beyond Chicken Strips
- Beyond Meat "Beefy Crumble"
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- Nuts: Pecans, Almonds, Walnuts
- Almond butter
- Edamame
- Lentil Crisps ("Harvest Snaps" brand)
- Chia Seeds
- Pumpkin Seeds
- Roasted Chickpeas (or make your own\*\*\*)
- Chobani Simply or Triple Zero Greek Yogurt Greek yogurt
- 100% Pea Protein Isolate Powder
- Unsweetened Almond Milk



<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b><u>Breakfast</u></b>	Smoothie: $\frac{1}{2}$ -1 scoop pea protein powder, $\frac{1}{2}$ cup berries, 1T almond butter, $\frac{1}{2}$ cup - 1 cup unsweetened almond milk *Higher calorie range: add 1 TBSP chia seeds and 1/3 banana to smoothie	1 slice ezekial bread topped with 2 tsp-1 TBSP almond butter and 1 banana, sliced add 1 tsp hemp seeds and 1 tsp chia seeds *Higher calorie range: add 1 container oikos triple zero 8 ounces water	Oikos Triple Zero yogurt 1/3-1/2 cup cooked oats with $\frac{1}{2}$ cup egg whites and water, topped with cinnamon, 1 tsp-1 TBSP almonds and stevia to taste 8 ounces water	On-the-go Overnight Oats: Mix together 1/3 cup rolled oats, 1 TBSP almond butter, $\frac{1}{2}$ cup unsweetened almond milk, 3-4 strawberries, and 1 oz protein powder into a jar and let sit overnight in fridge. *Higher calorie range: add 1 TBSP chia seeds
<b><u>Snack</u></b>	1 large romaine lettuce leaf filled with 4 cherry tomatoes, a few cucumber slices, and 1 TBSP hummus, rolled up *Higher calorie range: add 1 slice mozzarella cheese 8 ounces water	$\frac{1}{2}$ - 1cup berries 10 walnuts or other nut of choice 8 ounces water	1 container 1% fat cottage cheese + 2 TBSP sliced peaches or mango Higher calorie range: add 1 TBSP raw almonds 8 ounces water	1 perfect bar mini or 1 Health Warrior Chia Bar Higher calorie range: add 1 apple 8 ounces water
<b><u>Lunch</u></b>	<i>Large veggie salad:</i> 2-3 cups leafy greens, $\frac{1}{2}$ large carrot chopped, 1/3 bell pepper, chopped, 1/3 large cucumber, chopped 1 large celery stalk, chopped, 1/3 cup chickpeas, 1 handful cherry tomatoes, 1 tsp-1 TBSP chopped walnuts, 1-2 TBSP oil-based dressing (i.e. olive oil and balsamic) *Higher calorie range add 1 TBSP avocado and 1 serving "beyond meat" meat alternative, crumbled or chopped on top	1 crumbled "Beyond Burger" (found at Whole Foods) over 1 cup sautéed spinach leaves 2-4 T avocado $\frac{1}{2}$ cup roasted sweet potato 8 ounces water Higher calorie range: add 1 slice ezekial bread for open faced bun	1-2 cups <b><i>Slimming Veg Soup***</i></b> 1-1.5oz roasted chickpeas 8 ounces water	2-3 <b>veggie egg muffins***</b> $\frac{1}{4}$ cup berries 1-1.5 cups sautéed broccoli
<b><u>Snack</u></b> <b><u>Post Workout</u></b>	1 hard boiled egg $\frac{1}{2}$ -1 cup carrots & celery 8 ounces water	$\frac{1}{2}$ RX bar (higher calorie range-whole bar ok) *Higher calorie range add $\frac{1}{2}$ cup berries	1 oz roasted chickpeas 8 ounces water *Higher calorie range add $\frac{1}{2}$ cup berries	Quick smoothie: $\frac{1}{2}$ cup water, $\frac{1}{4}$ cup frozen mango, 1 handful spinach, 1 scoop vanilla protein powder 8 ounces water
	Recovery Protein with 8 ounces almond milk	Recovery Protein with 8 ounces almond milk	Recovery Protein with 8 ounces almond milk	Recovery Protein with 8 ounces almond milk
<b><u>Dinner</u></b>	1-2.5 cups <b><i>Slimming Veg Soup***</i></b> (make a large batch and keep in freezer or eat for lunches!) + 1-2 oz cinnamon roasted chickpeas*** *Higher calorie range: add $\frac{1}{2}$ slice ezekial bread	<b>Veggie Nachos**</b> 8 ounces water	$\frac{1}{2}$ - 1 cup sautéed tempeh 1/3 cup quinoa 1 cup sautéed chopped bell pepper, sliced onion, edamame, and spinach with 1 tsp olive oil	1 serving <b>Buddha Bowl***</b> If in a hurry: microwave 1 small sweet potato for 6 mins in plastic wrap, mash into bowl then add 1 large handful spinach, $\frac{1}{2}$ cup beans of choice, $\frac{1}{2}$ cup edamame, salt, pepper, garlic powder, and 1-2 TBSP nutritional yeast 8 ounces water

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Week 3	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u><b>Breakfast</b></u>	<p><i>Smoothie: ½ - 1 scoop pea protein, ½ banana, 1 T almond butter, ½ cup-1 cup almond milk</i>  <i>*Higher calorie range: add 1 TBSP chia seeds and 1/3 banana to smoothie</i></p>	<b>Egg &amp; Quinoa Scramble***</b>	<p>2-3 protein pancakes  1 tsp-1 TBSP almond butter  8 ounces water</p>
<u><b>Snack</b></u>	<p>1-2 oz "Harvest Snaps" lentil crisps  8 ounces water</p>	<p><b>1 oz-2oz oven roasted chickpeas with cinnamon*** (Store-bought version ok too)</b>  1 skim mozzarella string cheese  8 ounces water  <i>*Lower calorie range: omit string cheese</i></p>	Chobani Greek Yogurt Simply 100 ½ TBSP – 1 TBSP almonds dash of cinnamon sprinkle of chia seeds 8 ounces water
<u><b>Lunch</b></u>	<p>Zucchini noodles (1 zucchini spiralized) topped with ¼ cup tomato sauce, ¼ cup sautéed mushrooms, 1/8 cup sautéed onion, and a handful of spinach sautéed , top with ¼ cup black beans  8 ounces water</p>	<p>5-7 oz sautéed tempeh with 1 TBSP low-sodium soy sauce  1-2 cups sautéed green beans  ½ cup brown rice  <i>*Higher calorie range: add 1-2 tsp butter to brown rice</i></p>	<p><b>1 Black bean burger***</b> with 1-2 TBSP avocado on top and sliced tomato (1-2 slices)  1-2 cups sautéed kale with 1-2 ounces sprinkled parmesan cheese  8 ounces water</p>
<u><b>Snack</b></u>  <u><b>Post Workout</b></u>	<p>1 small pear or peach  ½ cup low-fat cottage cheese  8 ounces water</p> <p>Recovery Protein with 8 ounces almond milk</p>	<p>2-3 T hummus  ½ cup – 1.5 cup carrots &amp; celery  8 ounces water</p>	<p><b>1 quick protein smoothie: ½ scoop pea protein powder, 1 handful spinach, 1/3 banana, 1 TBSP almond or peanut butter</b>  8 ounces water  <i>*Higher calorie range: use whole banana</i></p>
<u><b>Dinner</b></u>	<p><b>Open Faced Sandwich:</b>  1 slice ezekial bread, 2 TBSP-4TBSP avocado, 1-2 TBSP hummus, handful spinach, 1 slice tomato, and 1 slice mozzarella cheese, toasted until melted  Pair with ¼ cup steamed edamame</p>	<p>1-2 cups spaghetti squash with 4-6 <b>Zucchini Meatballs***</b>  1/3-1/2 cup pasta sauce  1-2 cups sautéed broccoli  1 TBSP hemp seeds sprinkled on top  8 ounces water</p>	<p>Salad: 1-2 cups mixed salad greens topped with 1 medium tomato, sliced, 2 stalks celery sliced, 1 large carrot chopped, 2-4 TBSP avocado, 1/3 cucumber sliced, and 1-2 TBSP olive oil based salad dressing topped with 1-2 oz chickpeas</p>

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### Grocery List:

- Fruit: Strawberries, Blueberries, Peaches, Apple, Banana
- Veggies: Peppers, Onions, Broccoli, Asparagus, Carrots, Spaghetti Squash, Green Beans, Celery, Butternut Squash, Cauliflower, Sweet Potato, Brussels Sprouts
- Oatmeal/Steel cut oats
- Chickpeas
- Hummus
- Quinoa
- Brown Rice
- Whole Wheat Tortillas
- Pasta Sauce
- Avocado
- Amy's veggies burgers (Sonoma or California)
- Beyond Meat Beyond Chicken Strips
- Beyond Meat "Beefy Crumble"
- Tofu (1 package silken, 1 package extra firm)
- Tempeh
- FroPro, RX bars, Perfect bar or other vegetarian protein bar
- Nuts: Pecans, Almonds, Walnuts
- Almond butter
- Edamame
- Lentil Crisps ("Harvest Snaps" brand)
- Chia Seeds
- Pumpkin Seeds
- Roasted Chickpeas (or make your own\*\*\*)
- Chobani Simply or Triple Zero Greek Yogurt Greek yogurt
- 100% Pea Protein Isolate Powder
- Unsweetened Almond Milk



Week 4	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<u><b>Breakfast</b></u>	Smoothie: 6 oz silken tofu, $\frac{1}{2}$ cup-1 cup berries, $\frac{1}{2}$ container – 1 container Plain Chobani 100 Greek Yogurt, handful leafy greens like kale/spinach, $\frac{1}{2}$ TBSP-1 TBSP almond butter (+ add water to blend) <i>*Higher calorie range: add 1 TBSP chia seeds to smoothie</i>	<b>1 serving Tofu Scramble***</b> 1 Whole Wheat Tortilla (fill with scramble for a wrap!) 1 container Chobani Simply 100 8 ounces water <i>*Lower calorie range omit yogurt</i>	1 slice ezekial bread, toasted 1 TBSP avocado, sliced on top of toast handful spinach under avocado 2 hard-boiled eggs, chopped onto top of toast (hot sauce optional J ) 8 ounces water <i>*Higher calorie range: add 1 cup berries on side</i>	Smoothie: 6 oz silken tofu, $\frac{1}{2}$ cup berries, $\frac{1}{3}$ banana, $\frac{1}{2}$ container – 1 container Plain Chobani 100 Greek Yogurt, handful leafy greens like kale/spinach, $\frac{1}{2}$ TBSP-1 TBSP pumpkin seeds (+ add water to blend) <i>*Higher calorie range: add 1 TBSP chia seeds to smoothie</i>
<u><b>Snack</b></u>	$\frac{1}{2}$ apple – 1 whole apple 2 tsp – 1 TBSP almond butter 8 ounces water	$\frac{1}{2}$ RX bar ( <i>1 full bar for higher calorie range + string cheese</i> ) 8 ounces water	2-3 TBSP hummus $\frac{1}{2}$ cup – 1 cup carrots & celery 8 ounces water <i>*Higher calorie range add 1 TBSP almonds to snack</i>	1/3 cup roasted edamame 8 ounces water
<u><b>Lunch</b></u>	1-2 <b>Quinoa Stuffed Pepper***</b> 1-1.5 cup sautéed spinach $\frac{1}{2}$ TBSP olive oil 8 ounces water	1 Amy's Sonoma Veggie Burger 1-2 T avocado 1-2 cups sautéed kale with 2-3 ounces chickpeas 8 ounces water	6 ounces tofu $\frac{1}{3}$ - $\frac{1}{2}$ cup brown rice 1 cup sautéed veggies 1-2 T avocado 8 ounces water <i>*Lower calorie range: omit avocado</i>	1 cup <b>Nutty Quinoa***</b> (make a huge batch and store in fridge or freezer) 1 cup sautéed spinach 8 ounces water
<u><b>Snack</b></u> <u><b>Post Workout</b></u>	1 container Chobani Simply Greek Yogurt with 2 tsp-1 TBSP walnuts 8 ounces water  Recovery Protein with 8 ounces almond milk	2-3 T hummus $\frac{1}{2}$ cup – 1.5 cups carrots & celery 8 ounces water  Recovery Protein with 8 ounces almond milk	1 Health Warrior Chia Bar + 1 string cheese 8 ounces water  Recovery Protein with 8 ounces almond milk	1/3-1/2 cup oven roasted chickpeas*** 8 ounces water <i>*Higher calorie range add <math>\frac{1}{4}</math> cup avocado slices sprinkled with pepper, sea salt, and lemon juice as well.</i>
<u><b>Dinner</b></u>	<b>1 Stuffed Sweet Potato***</b> 1 cup "Steam fresh" brussel sprouts or broccoli + 1 tsp butter 8 ounces water <i>*Higher calorie range: add additional tsp butter</i>	5 -7 ounces <b>Garlic Roasted Tofu***</b> 1 serving <b>Roasted Cauliflower***</b> 1 cup broccoli cooked w/ $\frac{1}{2}$ TBSP olive oil 8 ounces water <i>Higher calories: add 1 cup spinach, handful cherry tomatoes, handful cucumber, and 1 TBSP olive oil based salad dressing</i>	1 cup chick-pea and edamame salad*** 1-2 cups sautéed spinach 8 ounces water <i>*Higher calorie range add <math>\frac{1}{2}</math> cup Sautéed Tempeh</i>	1-2 cups <b>Southwestern Salad***</b> 1-3 servings Beyond Meat crumbles 8 ounces water

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<b>Week 4</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b><u>Breakfast</u></b>	<p>1 slice ezezial bread      1-1.5 cup egg whites      handful chopped tomatoes      handful chopped peppers      handful spinach      1 TBSP parmesan cheese      1 TBSP avocado</p> <p>*Lower calorie range: omit avocado</p>	<p>2-4 protein pancakes      1tsp-1 TBSP almond butter      8 ounces water</p>	<p>1 slice ezezial bread      1 cup egg whites      handful chopped mushrooms      handful chopped onions      handful spinach      1 TBSP cheddar cheese      1 TBSP avocado or 1 TBSP grass-fed butter or ghee</p> <p>*Lower calorie range: omit avocado</p>
<b><u>Snack</u></b>	<p>Chobani Simply Greek Yogurt with 1 tsp walnut pieces + sprinkle of chia seeds      8 ounces water      *Higher calorie range add ½ cup berries</p>	<p>1-2 hard boiled eggs      1/8-1/4 cup berries      8 ounces water</p>	<p>1 large romaine lettuce leaf filled with 4 cherry tomatoes, a few cucumber slices, and 1 TBSP hummus, rolled up      *Higher calorie range: add 1 slice mozzarella cheese      8 ounces water</p>
<b><u>Lunch</u></b>	<p>1 cup chick-pea and edamame salad***      1 cup sautéed spinach      8 ounces water      *Higher calorie range add 1 slice ezezial bread</p>	<p>Amy's California veggie burger with 2 T avocado      2 cups sautéed kale (1/2 TBSP olive oil) with 2 ounces chickpeas      8 ounces water</p>	<p>1 -2 cups Southwestern Salad***      1-2 oz "Harvest Snaps" Lentil Crisps      8 ounces water      *Higher calorie range: add 1 cup strawberries</p>
<b><u>Snack</u></b>  <b><u>Post Workout</u></b>	<p>1 small apple      10-20 cinnamon roasted almonds      8 ounces water</p> <p>Recovery Protein with 8 ounces almond milk</p>	<p>1 Health Warrior Chia Bar      1 string cheese      8 ounces water</p>	<p>1 container 1% fat cottage cheese      8 ounces water      *Higher calorie range: add 2-3 TBSP chopped fruit of choice</p>
<b><u>Dinner</u></b>	<p>½ whole grain hamburger bun  <b>1 Black Bean Burger**</b>      Optional burger toppings: sliced onions, 1 slice tomato, spinach or lettuce      1-1.5 cups steamed broccoli      8 ounces water      Higher calorie range top with 2 TBSP avocado</p>	<p>1-2 cups spaghetti squash***      ½ cup pasta sauce      1 cup asparagus, roasted or sautéed      ½ cup sautéed mushrooms      ½ TBSP olive oil  <b>2-3 Zucchini Meatballs***</b>      8 ounces water      Higher calorie range: add ½ TBSP grass-fed butter for cooking mushrooms</p>	<p>5-6 oz <b>Garlic Roasted Tofu***</b>      1-1.5 cup roasted broccoli      1 /2-1 cup roasted sweet potato      ½ TBSP olive oil      8 ounces water</p>

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### Grocery List:

- Fruit: Strawberries, Blueberries, Peaches, Apple, Banana
- Veggies: Peppers, Onions, Broccoli, Asparagus, Carrots, Spaghetti Squash, Green Beans, Celery, Butternut Squash, Cauliflower, Sweet Potato, Brussels Sprouts
- Oatmeal/Steel cut oats
- Chickpeas
- Hummus
- Quinoa
- Brown Rice
- Pasta Sauce
- Avocado
- Pumpkin
- Amy's veggies burgers (Sonoma or California)
- Beyond Meat Beyond Chicken Strips
- Beyond Meat "Beefy Crumble"
- Beyond Burger
- Tofu (1 package silken, 1 package extra firm)
- Tempeh
- Quest bars, RX bars, Perfect bar , Health Warrior Chia bar or other vegetarian protein bar
- Nuts: Pecans, Almonds, Walnuts
- Almond butter
- Edamame
- Lentil Crisps ("Harvest Snaps" brand)
- Chia Seeds
- Pumpkin Seeds
- Roasted Chickpeas (or make your own\*\*\*)
- World Peas brand roasted green peas
- Chobani Simply or Triple Zero Greek Yogurt Greek yogurt
- 100% Pea Protein Isolate Powder
- Unsweetened Almond Milk