

6 Week Challenge

VEGAN/VEGETARIAN Meal Plan



Protein Source (1.5 Palm)

- 1.25 Cup Egg Whites
- 6 Egg Whites
- 1.5 Cup 0% Cottage Cheese
- 1.5 Cup 0% Greek Yogurt
- 1.5 Scoops Protein Powder
- 6oz Tofu
- 6 oz of Any Fish
- 1.5 Cup Or 6oz Tempeh

Fat (TB)

- 2 TB Peanut Butter
 - 2 TB Almond Butter
 - 1/2 of Medium Avocado
 - 4 Coffee Creamers (4 TB)
 - 2 TB Grassfed Butter
 - 1/4 Cup Any Nuts
 - 1.5 oz Gruyeres or Swiss Cheese
 - 6 Tbsp of Parmesan Cheese
 - 2 oz of Goat Cheese
- NO OILS**

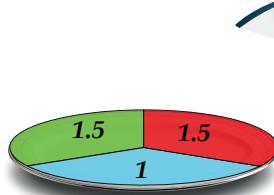
Carbs (Fist)

- 1 Cup Black Bean Pasta
- 1 Cup Brown Rice Pasta
- 1.5 Cups Mashed Sweet Potatoes
- 1 Cup Any Bean/Legumes
- 1 Cup Cooked Brown Rice
- 1 cup of cooked buckwheat
- 1 Cup Cooked White Rice
- 1.5 Cups Mashed Potatoes
- 3 Slices Ezekiel Bread
- 2/3 Cup (Dry) Rolled Oats
- 1 Cup Cooked Quinoa
- 1.5 Cups Any Berries
- 1 Cup Cooked Couscous
- 2 Ezekiel Tortillas
- 1 Cup of Cooked Barley
- 4 Large Zucchinis/Squash (spiralize for pasta)

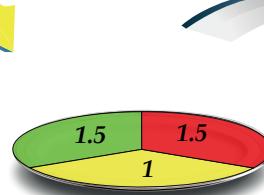
Veggies (Fist)

- Any Vegetable Except:
 - Peas
 - Carrots
 - Corn
 - Any type of Squash
 - Eggplant
 - Pumpkin
 - Beets
- Veggies

Meal 1



Meal 2



Post Workout Shake



Shake

8 Fl Oz Water + 1 Scoop of Protein

IF IT IS NOT ON THIS LIST YOU CANNOT HAVE IT FOR 30 DAYS

Morning:

- _____ Tabs Raspberry Ketones
- _____ Tabs Fish Oil

Before Workout:

- _____ Scoops Pre-Workout

During Workout:

- _____ Scoops BCAAs
(Start drinking 15 min prior to lifting, then finish by halfway point)
- _____ Scoops Glutamine
- _____ Creatine

After Workout:

- _____ Scoops Natural Whey

On the Go Hacks

- Microwavable Pouches of Plain Brown or White Rice.
- Yams and Potatoes Microwave in 8 min.
- Plain Instant Oats.
- Hard Boiled Eggs.
- Frozen Microwavable Plain Veggies.
- 1 Fluid Ounce of Liquid Egg Whites.
- Protein Shake.
- Tuna/Salmon in a Pouch or Can.
- Pb2 Instead of Peanut Butter.

Grocery List

Protein Source

- 3 lbs Any Fish
- 1 24oz Carton of Egg Whites
- 1 Carton of Eggs
- 1 24oz 0% Cottage Cheese
- 1 24oz 0% Greek Yogurt
- 1 Tub Protein Powder
- 3 Lbs (48oz) Tempeh
- # Lbs (48oz) Tofu

Fat

- 1 Jar Peanut Butter
- 1 Jar Almond Butter
- 1 Bag of Avocados
- 1 Container/Bag of Nuts
- 1 Pack of Coffee Creamer
- 1 Bag White/Brown Rice
- 1 block of Gruyeres or Swiss Cheese
- 1 Jar of Parmesan Cheese
- 1 Container of Goat Cheese

Carbs

- 2 Bag Black Bean Pasta
- 1 Bag of Sweet Potatoes
- 1 Bag of Potatoes
- 3 Cans of Cooked Beans (Any)
- 3 Cans of Cooked Legumes
- 1 Container of Oats
- 1 Frozen Bag Berries
- 1 Bag of Quinoa
- 1 Bag of Couscous
- 1 Loaf of Ezekiel Bread

Veggies

- 3 lbs Any Vegetable Except:
 - Peas
 - Carrots
 - Corn
 - Any type of Squash
 - Eggplant
 - Pumpkin
 - Beets

Sample Diet Plan

Breakfast:

Pro: _____

Carb: _____

Veg: _____

Lunch:

Pro: _____

Carb: _____

Veg: _____

Dinner:

Pro: _____

Carb: _____

Veg: _____

Optional Add-ons for Flavor:

- Mustard
- Soy Sauce
- Any 0 Calorie Sweetener
- Any dry spices
- Any dry rubs for meat
- Lemon juice
- Red Wine Vinegar
- Salt/pepper
- Stevia
- Any Hot Sauces
- Horseradish
- Cinnamon
- 1/2 c. of Veggie Broth
- Garlic
- Ginger
- Fresh Herbs
- Sugar Free Gum

Optional Beverage Purchases

...THAT's IT!

- Water
- Black Coffee
- Green Tea
- Sugar Free Iced Tea

HACK Use Senzu BCAA for your sweet tooth

***As long as it has 0 Calories,
you can have it.***

SENZU SUPPLEMENTATION INSTRUCTIONS

1. Have fish oil with breakfast daily.
2. Glutamine, Creatine, and BCAA get mixed together **DURING WORKOUT** (we recommend 16oz of water or more here to stay hydrated).
3. One of your protein shakes **MUST** be immediately **POST WORKOUT** (we recommend only 8oz of water here in order to not dilute the shake).
4. Optimal fat loss will happen if you are able to get up, come to a workout without eating, drink your bcaa mix during workout, have your protein shake immediately after, and THEN get the rest of your meals going.

How To Adjust Foods For Vegan/Vegetarian Meal Plan

DO NOT USE ANY OILS

*Vegetarian Protein sources are already extra high in fat and trace carbs
Therefore any fat we DO consume, we want to have some protein in as well
(let's hit two birds with one stone)*

CHOOSE YOUR SUBSTITUTIONS WISELY

*Make sure that PER SERVING your tempeh/tofu has over 15g> protein
Keep your fats lower - choose a tempeh/tofu that has LESS THAN 12-15g of Fat per serving*

COMPENSATE FOR YOUR ADDED FAT

- ***If you choose to have tempeh OR tofu as your protein source for a meal then follow these steps...****
- 1.) Identify if your tempeh/tofu has MORE THAN 12g of fat per serving. IF IT DOES GO TO STEP #2
 - 2.) Identify if that meal has a carb or fat portion to go with it. IF HAS FAT GO TO STEP #3
 - 3.) If it has a fat, than REMOVE the added fat from that meal!

EXAMPLE

*Say I choose to have TOFU for my protein source for Meal #3 (Dinner)
My TOFU says it has 16g FAT per Serving
My meal is supposed to have an added fat
So I REMOVE the added fat, since the TOFU has compensated for it*

My meal now consists of...

6oz Tofu

1 Cup Mixed Veggies

Some 6 Week Challenge Approved Vegan/Vegetarian Brand Products

