

How to fit your meal plan in your life

1. Plan a once or twice a week trip to the grocery store
2. Buy all food necessary for all meals for the week
3. Buy enough glass Tupperware in all sizes to store all of your meals for the week
4. If you can, cook all of your meals at one time
5. Freeze meals that you will not eat in the first few days
6. Keep your eating plan handy for quick reference
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8. Coffee drinkers should slowly switch to green tea and/or Yerba Mate
9. Buy a 1-liter glass or stainless steel water bottles. Fill them up every morning and drink throughout the day to ensure you're getting adequate amount of water





SHAPEMe

Vegan Meal Plan

Pre-Breakfast Meal

Lemon Water: glass of warm with 1/4 of a freshly squeezed lemon- preferably organic Having lemon water upon waking kick starts your digestive system and also helps to detoxify your liver and kidneys and promotes alkalinity.

Filtered Water: filtered water upon waking in itself has many benefits - it helps to rehydrate your body after sleep, fires up your metabolism for the day and also helps to promote regular bowel movements.

Chlorophyll Water: adding 1-2 tsp of liquid chlorophyll to warm or room temperature water has endless health benefits. It is a fantastic addition which is known to promote the health of the circulatory, digestive and immune systems.

Apple Cider Vinegar Water: adding 1-2 tsp of apple cider vinegar is a great digestive stimulant that boosts immune function also helps to promote alkalinity.

Breakfast

Protein Shake -1 scoop (25-30g protein powder) -1 cup leafy green (ie. spinach) -1/2 cup fruit (ie. Berries) -healthy fat (ie. 1tbsp broccoli, spinach, nut butter) asparagus etc. -fibre (ie. 2 tbsp ground chia) -liquid (ie. Water, ice, unsweetened non-dairy milk, chilled herbal or green tea) -optional boosters (ie. Spirulina, maca, camu, cinnamon)

Tofu Scramble & Fibrous Veggies -1 cup organic sprouted tofu scramble with unlimited green veggie such as broccoli, spinach, asparagus etc

Chia Cereal -1/3 cup of chia cereal with non-dairy milk (ie. Almond, hemp, or rice milk) -plain protein shake (1 scoop vegan protein powder with water & ice)

Overnight Soaked Adzuki Bean & Oats with Berries & Protein -1/3 cup of organic soaked oats (in water or almond milk) -2 tbsp ground flax seed + 1/4 cup berries + 1/2 tbsp cinamon -1 tbsp hemp seeds served -plain protein shake (1 scoop vegan protein powder with water & ice) Booster: handful

Adzuki Bean & Avocado Mash -1/2 cup (cooked measure), mashed adzuki beans -1/4 mashed avocado -chopped onions -cracked black and sea salt to taste





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A.M Snack

Protein Shake -1 scoop (25-30g protein powder) -1/2 cup leafy green (ie. Spinach) -1/4 cup fruit (ie. Berries) or 1 apple or pear - liquid (ie. Water, ice, unsweetened non-dairy milk and/or tea, chilled herbal, or green tea) - boosters: (ie. Spirulina, maca, camu, cinnamon etc.)

Fruit Veggies & Nuts -Fresh fruit and veggie juice -2 celery stalks -1 tbsp of organic nut butter OR 8-10 (preferably soaked) nuts (almonds, walnuts, pecan, etc)

Seaweed, Veggies & Hummus -1/2 cucumber with 1 tbsp hummus -4 strips of toasted seaweed (kelp, dulse, wakame) with glass of fresh veggie/fruit juice

Protein Bar -Some options include Vega, Cliff, Simply, Quest, Lara Protein Bar

Unlimited Kimchi -1 tbsp nut butter OR -olives, 7 gluten-free small crackers with 1-2 tbsp hummus

Lunch

Leafy Green Wrap -1 large collard green -2 tbsp hummus -2 cups sprouts (ie. Sunflower, alfalfa, pea shoots, broccoli sprouts, other) -1/4 avocado -unlimited veggies (ie. Spinach, onions, peppers) -Optional: add mustard & hot sauce -boosters: add hemp seeds and/or dulse

Big Protein Salad -your choice of unlimited leafy green (at least 2 cups) -1/2 cup (cooked measure) legumes -veggies -dressing (1 tbsp olive oil) -1 tbsp apple cider vinegar & mustard -add a pinch of sugar optional). A side of kimchi

Quinoa Bowl -1 cup cooked quinoa with unlimited sprouts (sunflower, broccoli, alfalfa, etc), 1/3 cup edamame peas, and unlimited spinach salad with (lots of veggies (mushrooms, peppers, cucumber, etc) mix it all up! Add dressing of choice (it Braggs Amino Acids dressing, hot sauce, up to 3 tbsp tahini or hummus, or other healthy low sugar dressing

Tempeh Steak. Fibrous & Starchy Veggie Combo -includes 1 cup tempeh steak -1 cup starchy veggies (ie. Sweet potato, turnip, beet, white potato, squash, etc)

Tofu Stir-fry -1 cup Organic sprouted tofu -unlimited Fibrous veggie (onions, garlic, broccoli, cauliflower, zucchini) Add dressing of choice (low sugar)





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P.M Snack

Raw Veggies with Hummus - Cucumber, celery, radish, with 1 tbsp of hummus
TIP: the above veggies have a high water content which will keep you hydrated and your skin looking great!

3pm Pick Me Up -dark chocolate (70% or higher -small bar should be around 200 calories) with 8-10 nuts (preferably soaked)

Protein Shake -1 scoop (25-30g) protein powder -1/2 cup leafy green (ie. Spinach) -1/4 cup fruit or 1 apple or pear
-liquid (ie. Water. ice, unsweetened non-dairy milk and/or tea, chilled herbal or green tea)
-boosters (ie. Spirulina, maca, camu camu. cinnamon etc)

Protein Bar -some options include Vega, Simply, Quest, Lara Protein Bar

Seaweed, Veggies & Hummus -1/2 cucumber with 1 tbsp hummus -4 strips of toasted seaweed (kelp, Dulles, wakame) with a glass of fresh veggie/fruit juice (mainly or all Veggie)

Dinner

Leafy Green Wrap -1 large collard green -2 tbsp hummus -2 cups sprouts (ie. Sunflower, alfalfa, pea shoots, broccoli sprouts, other) -1/4 avocado -unlimited veggies (ie. Spinach, onions, peppers)
-Optional: add mustard & hot sauce
-boosters: add hemp seeds and/or dulse

Big Protein Salad -your choice of unlimited leafy green (at least 2 cups) -1/2 cup (cooked measure) legumes -veggies -dressing (1 tbsp olive oil) -1 tbsp apple cider vinegar & mustard -add a pinch of sugar optional). A side of kimchi

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Tempeh Steak. Fibrous & Starchy Veggie Combo -includes 1 cup tempeh steak -1 cup starchy veggies (ie. Sweet potato, turnip. beet, white potato. squash, etc) -unlimited Fibrous veggie (broccoli, cauliflower. zucchini. and or other). Add dressing of choice (healthy low sugar dressing)

Tofu Stir-fry -1 cup Organic sprouted tofu -unlimited Fibrous veggie (onions. garlic, broccoli, cauliflower, zucchini) Add dressing of choice (low sugar)

