

6 Week Challenge

VEGAN/VEGETARIAN Meal Plan

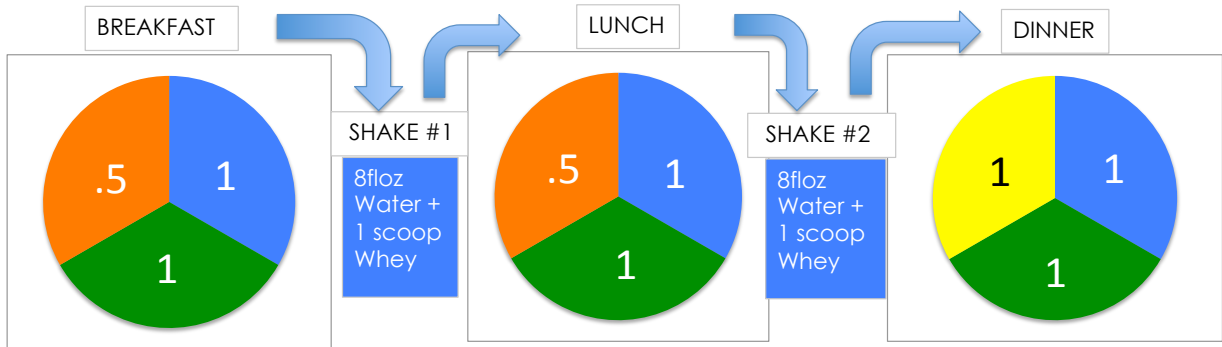
NAME: _____

Start:
Wt:
BF%:
Waist:

NUTRITION PLAN

P - PROTEIN (PALM)	F - FAT (TB)	C - CARBS (FIST)	V - VEGGIES (FIST)
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 6oz Any Fish 1.5 Cup OR 6oz Tempeh	2 TB Peanut Butter 2 TB Almond Butter 1/2 of Medium Avocado 2 TB Grassfed Butter 4 Coffee Creamers (4 TB) 1/4 Cup ANY NUTS ^^ NO OILS	1.5 Cup Mash Sweet Potato 1.5 Cup Mash Red Potato 1 Cup Any Bean/Legumes 1 Cup Cooked Brown Rice 1 Cup Cooked White Rice 3 Slices Ezekiel Bread 2/3 Cup (dry) Rolled Oats 1 Cup Cooked Couscous 1.5 Cup Any Berries 1 Cup Cooked Quinoa	Any Vegetable Except: Peas Carrots Corn Any Type of Squash Eggplant Pumpkin Beats STICK W GREEN & LEAFY VEGGIES

MEAL PRIOR TO WORKOUT SHOULD BE FINISHED 2HRS BEFOREHAND



IF IT IS NOT ON THIS LIST YOU CANNOT HAVE IT FOR THE 6 WEEKS.

NOTE: *Eliminate BEFORE you moderate (that will come next)* If it is not on this list, it's by design.

Morning	During Workout	After Workout
_____ Tabs Raspberry Ketones _____ Tabs Fish Oil Before Workout <i>(finish 15min before lifting)</i> _____ Scoops Triple X Pre-Workout	_____ Scoops BCAAs _____ 1TSP Creatine <i>(start drinking 15min prior to lifting, then finish by halfway point)</i>	_____ Scoops Glutamine _____ Scoops Grassfed Whey <i>(start drinking immediately after working out)</i>
Sample Breakfast	Sample Lunch	Sample Dinner
1 Pro: <u>6 Egg Whites</u>	1 Pro: <u>6oz Tofu</u>	1 Pro: <u>1 cup Tempeh</u>
.5 Carb: <u>1/3 Cup Dry Oats</u>	.5 Carb: <u>.5 Cup Brown Rice</u>	1 Fat: <u>1.5 medium avocado</u>
1 Veg: <u>1 Cup Spinach</u>	1 Veg: <u>1 Cup Broccoli</u>	1 Veg: <u>1 Cup Mixed Greens</u>

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ULTIMATE GROCERY HELPER

P - PROTEIN (PALM)	F - FAT (TB)	C - CARBS (FIST)	V - VEGGIES (FIST)
3lbs Any White Fish 1 24oz Carton Egg Whites 1 Carton Eggs 1 24oz 0% Cottage Cheese 1 24oz 0% Greek Yogurt 1 Tub Protein Powder 3lbs (48oz) Tempeh 3lbs (48oz) Tofu	1 Jar Peanut Butter 1 Jar Almond Butter 1 Bag of Avocados 1 Container/Bag of Nuts 1 Pack of Coffee Creamer NO OILS	1 Bag Sweet Potatoes 1 Bag Potatoes 3 Cans Cooked Beans (Any) 3 Cans Cooked Legumes 1 Container Oats 1 Bag White/Brown Rice 1 Frozen Bag Berries 1 Bag Quinoa 1 Bag Couscous 1 Loaf Ezekiel Bread	3lbs Any Vegetable Except Peas Peas Carrots Corn Any Squash Eggplant Pumpkin Beans

STEP 1) Insert your meal plan you made here

Breakfast: Pro: _____ Veg: _____	Lunch: Pro: _____ Carb: _____ Veg: _____	Dinner: Pro: _____ Carb: _____ Veg: _____
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Step 2) Check off any optional flavor enhancers and beverages you like below

Optional Add-ons for Flavor:

- MUSTARD
- SOY SAUCE
- ANY MRS DASH SEASONING
- ANY DRY SPICES
- ANY DRY RUBS FOR MEAT
- LEMON JUICE
- BALSAMIC VINEGAR
- SALT/PEPPER
- STEVIA/ASPARTAME/SPLENDA
- ANY HOT SAUCES

Optional Beverage Purchases

- (IN ORDER OF AWESOMENESS)
- WATER
 - BLACK COFFEE
 - GREEN TEA
 - SUGAR FREE/CREAM FREE ICED TEA
 - CRYSTAL LIGHT
 - DIET SODA
 - MIO FLAVORED WATER

...THAT'S IT!

AS LONG AS IT HAS 0 CALORIES YOU CAN HAVE AS MUCH AS YOU WANT EVEN IF IT IS NOT ON THIS LIST!

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**
- 1.) Identify if that meal has a carb or fat portion to go with it. **IF HAS FAT GO TO STEP #3**
- 2.) If it has a fat, than **REMOVE** the added fat from that meal!

EXAMPLE:

Say I chose 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



