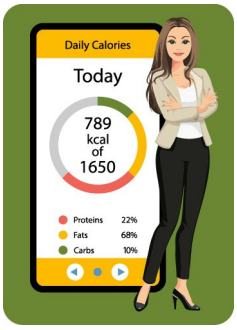
THE 5-WEEK **meal plan**

OVERVIEW

This book comes with soy-inclusive and soy-free meal plans. The former can be found on the following pages, while the latter can be downloaded from keto4vegans.com/resources. Nutrition-wise, both plans broadly cater to the needs of a lightly active "average-sized" woman aiming to maintain her weight. However, these plans can, and should, be adjusted to fit your individual needs and objectives.

Throughout the plan, the day-to-day calories and macronutrient grams vary somewhat. However, the average daily calories and macros for these meal plans are as follows:

soy-inclusive: 1,670 calories | 84g protein | 126g fat | 29g net carbs
soy-free: 1,635 calories | 80g protein | 121g fat | 33g net carbs



ADJUSTING THE MACROS

Whichever version of the meal plan you are following, the calorie and macronutrient intake should be adjusted, if necessary, to meet your individual goals and nutritional needs. Make broad adjustments to the plan as a whole. Making each day match your macros exactly is unnecessary and likely to be mentally taxing. If you are not sure what your individual needs are, see the FINDING AND TRACKING YOUR MACROS section on page 7 for assistance. Simple adjustments to the meal plans can be made with relative ease.

PROTEIN: a higher protein intake may be helpful, or necessary, for those trying to lose weight, gain muscle, or prevent age-related muscle loss. Daily protein intake can easily be increased by adding soy/pea milk, protein powder, soybeans, lupini beans, or tofu to your meals. These low-fat options are relatively low in both calories and net carbs. Adding nuts and seeds, especially protein-rich hemp and pumpkin seeds, is a higher-fat and higher-calorie option. Adding nuts or seeds may also be a higher-carb option, depending on your choices. Nutritional details for some protein boosting options can be found in the downloadable MAKING MEAL PLAN **adjustments** document, available at keto4vegans.com/resources.

FAT & CALORIES: active women, men, and those who are tall, or in larger bodies, may find they require more fat and calories than the meal plan provides. Higher fat intake can be achieved via whole foods or with added oils. Macadamia nuts, pecans, coconut milk, and avocados are especially high in fat and low in net carbs. To increase fat/calorie intake without adding any carbs, additional oil can be added to salad dressings or during cooking, and MCT oil powder can be whisked into plant-based milks, porridge, coffees or teas, or blended into smoothies and frappés. Nutritional details for these items can be found in the downloadable MAKING MEAL PLAN **adjustments** document available at keto4vegans.com/resources.

HIGHER-CARB: to increase carbs, small amounts of higher-carb foods can be added to meals (e.g. starchy vegetables, fruit, or grains), or larger quantities of low-carb vegetables can be added. Net carbs for some fruit options can be found in the FRUIT toppings section on page 25 and some low-carb vegetable options can be found in the VEGGIE sides section on page 52 and in the SHEET PAN DINNER **builder** tool on page 18. In addition, many recipes include CARB BOOSTER OPTIONS. These can also be utilized to increase net carbs, but will involve some planning and changes to the shopping lists.

LOWER-CARB: on some days, carbs can easily be reduced by omitting the berries or side veggies. On other days, adjustments would need to be made to the recipes themselves, which is a more involved task. Note that omitting fruit and vegetables will impact your vitamin and mineral intake. In most cases, calories, protein, and fat will be minimally impacted by fruit and vegetable omissions, unless large amounts of avocado are removed.

LOWER-CALORIE: for those who require only a slight calorie reduction, omitting the Snickerdoodle Frappé on Day 5 and the daily soy/pea milk on other days will result in the following average daily macros:

soy-inclusive: 1,575 calories | 75g protein | 121g fat | 27g net carbs
soy-free: 1,555 calories | 72g protein | 117g fat | 33g net carbs

For those who require a greater calorie reduction, I have created lower-calorie versions of both meal plans. These plans have around 1,475 calories. The protein and net carbs are also somewhat lower. These plans can be downloaded from keto4vegans.com/resources.

Those with a high protein requirement, but a relatively low calorie requirement, may find that adding additional low-calorie protein to one of the lower-calorie meal plans is an easier task than trying to adapt one of the original plans to meet your protein needs.

ORGANIZATION & PREPARATION

Each day of the meal plan is organised into the typical 3 main meals: breakfast, lunch, and dinner. However, feel free to rearrange meals and meal components to suit your habits and schedule. For those used to snacking, items such as bars, bread, crackers, avocados, and veggie sticks can easily be enjoyed between meals. Those accustomed to eating something sweet after dinner can set aside a portion of a breakfast bar or some berries for this purpose. Those who work in the evenings, when new meals are typically prepared, can make and enjoy the dinner recipes for lunch and take lunch items to work for dinner. The plan is flexible. Make changes to cater to your personal needs.

In addition to the 3 main meals, there are two additional items included in almost every day of the meal plan: some soy or pea milk, for protein and the micronutrients plant-based milks are typically fortified with, and a packet of seaweed snacks, for iodine. These items can be enjoyed at whatever time of day best suits you. On days that have porridge for breakfast, some or all of the milk may be best used then. If soy or pea milk is not available or palatable to you, another type of low-carb plant-based milk with a half scoop, or 2 tablespoons (14g), of protein powder can be substituted in its place. Seaweed snacks can be omitted with little impact on macros and iodized salt or a supplement can be used to meet iodine needs. In addition to the milk and seaweed snacks, you could also consider adding a serving of sauerkraut, for probiotics, and dill pickles and/or low/no-carb bouillon cubes or vegetable broth, for added sodium. Including sugar and starch-free versions of these items should have minimal impact on daily macros.

The preparation of new meals typically takes place in the evening, for dinner, with leftovers being available for future lunches and dinners. Breakfast items, and occasional lunch items, may need to be prepared the evening before if you work a typical nine-to-five type schedule and do not wish to wake up early and bake. Certain

items have particularly long preparation, baking, or cooling times (🕒) or should be made, in-part or entirely, well in advance (🕒) of when they are to be eaten. This will need to be taken into account when planning your day/week. Thus, it's wise to check the preparation details of upcoming recipes at least a day in advance.

When a new recipe needs to be made, it will appear in bold and be accompanied by the page on which to find the recipe. Non-bolded recipe names refer to leftover servings. Non-recipe meal items (e.g. broccoli or buttery spread) are also not bold. Occasionally, recipes should be made as half batches (◐) or double batches (◍). When applicable, this is noted directly after the recipe page number.

For efficient use of ingredients, to reduce time spent in the kitchen, and to lend variety to the meal plan, you may be instructed to freeze (❄) servings of a recipe, or an ingredient, for future use. Instructions will also be provided to later thaw (❄➤) these items. Be sure to take items out to thaw well prior to when they are needed.

Unless indicated otherwise, you are to consume a single serving of the recipe. If you're meant to consume more than a single serving, this will be noted. For example, (×2) indicates that you are to eat 2 servings of that recipe.

For the majority of recipes, you will be eating all servings of the recipe at some point during the meal plan. If servings will not be used, this will be noted so you can act accordingly. If you wish to share your tasty creations with others, feel free, and simply anticipate making the recipe again at a future point in time in order to have enough servings for yourself. If sharing and remaking recipes, keep in mind that the shopping lists only account for making the recipe as many times as the meal plan suggests, so you will have to anticipate making adjustments there as well.

Shopping Lists

The shopping lists (following pages) are divided into 2 categories: non-perishable items and perishable items. Printable versions can be downloaded from keto4vegans.com/resources. Note that ounce quantities are rounded up to whole numbers once double digits are reached (e.g. 19.3 will be rounded up to 20).

Allergies & Substitutions

The downloadable soy-free meal plans cater specifically to individuals with soy allergies. Those with nut, peanut, or coconut allergies can make use of the Allergen-Free Options sections on the recipe pages. The options provided in these sections are nutritionally similar to the original recipe and can be used in the meal plan without significant impact on the daily macros. To make the meal plan gluten-free requires using the bread recipe from my first book and has a greater impact on the meal plan overall. For details on adapting the shopping lists and meal plan for gluten and nut allergies, download the Allergen-Free Meal Plan **adaptations** document from keto4vegans.com/resources. The gluten-free bread recipe from my first book is included in this document.

The Soy-Free Meal Plan

The soy-free meal plan is very similar to the soy-inclusive plan, but with a few key changes. Meals that contain soybeans will use an alternative bean in its place. Directions for what bean to use can be found in the Allergen-Free Options section of the applicable recipe page. Occasionally there are additional changes to the recipe apart from just swapping the type of bean used, so do read the details fully. Also see the Allergen-Free Options section when making the Liberally, Lasagna. You will omit the tofu and zucchini and instead use chickpea-based lasagna noodles. The tofu-based Sun-Dried Tomato & Mushroom Quiche does not feature in the soy-free plan. When making the Southwest Breakfast Hash, double the amount of pumpkin seeds in the recipe. This detail is mentioned in the Day 13 meal plan notes, not on the recipe page itself. For all recipes that contain TVP crumbles, use pea-based ones. All other differences between the original plan and the soy-free plan are not recipe related and are clearly reflected in the plan itself.

The nutritional information for the soy-free meal plan assumes that the recipes are being made with pea milk, as opposed to soymilk, and coconut aminos instead of tamari or soy sauce.

The Lower Calorie Meal Plans

soy-inclusive: 1,475 calories | 76g protein | 110g fat | 26g net carbs
soy-free: 1,475 calories | 73g protein | 108g fat | 31g net carbs

To reduce the calories in the meal plans, servings of items or meal additions have been reduced or omitted at points throughout the day. For most people, a diet with only 1,475 calories is eating in a calorie deficit. For some, this will be a significant deficit. It is natural to feel hungry when eating in a deficit, and the more severe the deficit, the more pervasive the hunger can be. Persistent hunger makes a diet hard to sustain and may hinder success. Remember that you can move items within the day's menu around to suit your needs. If you find that you are often hungry, increasing your protein intake may help with satiety. You can add about 10g of protein to your day by putting half a scoop (15g | 2 tablespoons) of protein powder in your milk. This will add only about 50 calories to your day. If the day's milk is omitted because the menu includes a smoothie or frappé, extra protein powder can be added to those. Another option is to add more low carb vegetables to your day. These are low in calories and high in fiber, which can also help with satiety. The net carbs in the plan vary day to day. You could set yourself a net carb limit of 30g for the soy-inclusive plan and 35g for the soy-free plan and add extra vegetables to bring daily net carbs up to these limits. See the Vegan Keto **food list** on page 14 and the Veggies for sides section on page 52 for some options.

For those following the soy-free lower-calorie meal plan, the notes in the previous section also apply to this lower-calorie plan. Please read The Soy-Free Meal Plan section for further details.

Downloads & Support

All meal plans, including the book version, are available at keto4vegans.com/resources, where they can be downloaded and printed for ease of use. These notes and the shopping lists are included in those documents.

For support, join the Keto4Vegans Facebook community or contact me directly by email at keto4vegans@gmail.com. I'm here to help. Until then, I wish you happy and healthy eating!

Legend	
(×2) eat two servings, etc.	◐ make a half batch
🕒 make this recipe well in advance/this recipe includes components that require advanced preparation	◍ make a double batch
🕒 long preparation, baking, or cooling time	❄ freeze
	❄➤ thaw

The Shopping List: **non-perishable items**

The non-perishable shopping list covers what is needed for the entire meal plan. Many items are needed in some quantity within the first six days. Items that are not required until after Day 6 are noted | Day # | and so can be bought at a later date if preferred.

Non-perishable items that become perishable soon after opening may not be used in their entirety during the meal plan. See the notes within the meal plan for instructions to either freeze portions for future use in the plan or do with as you see fit.

The amounts of dried herbs and spices required are not provided as the weights are frequently negligible. As a rule of thumb, if you expect to soon run out of a particular herb or spice on the list, I'd suggest buying another bottle/pouch next time you go shopping.

check that it's vegan | beware of high-carb products | see notes | optional item | ingredient swap available

Canned or Jarred Items

- **almond butter**, unsweetened, smooth - 8.8 oz (250g)
- **beans, black**, canned - 2 × 15 oz (425g) cans (or 516g cooked beans / drained weight) | Day 11 |
- **beans, kidney**, canned - 1 × 15 oz (425g) cans (or 266g cooked beans / drained weight) | Day 7 |
- **beans, pinto**, canned - 1 × 15 oz (425g) cans (or 257g cooked beans / drained weight)
- **coconut milk**, full-fat, canned - 1 × 13.5 floz (400ml) can
- **chickpeas**, canned - $1^1/_3$ × 15 oz (425g) cans (or 328g cooked beans / drained weight) | Day 27 |
- **jackfruit, green**, in brine - 1 × 20 oz (565g) can | Day 22 | (10 oz [280g] drained weight)
- **marinara**, a low-carb variety - 40 oz (1,125g)
- **peanut butter**, unsweetened - 6.8 oz (192g)
- **pumpkin purée**, unsweetened - 25 oz (689g) (about one and two thirds 15 oz [425g] cans)
- **tahini** - 1.1 oz (30g) | Day 31 |
- **tomato sauce**, canned, or passata - 7.5 oz (213g) | Day 7 | (i.e. half of a 15 oz [425g] can)

Nuts & Seeds

- **almonds, slivered** - 2.1 oz (60g)
- **Brazil nuts** - 7.3 oz (207g)
- **chia seeds** - 7.4 oz (210g)
- **hemp hearts** - 26 oz (713g)
- **macadamia nuts** - 2.5 oz (72g)
- **peanuts**, oil-roasted, salted - 1.3 oz (36g) | Day 33 |
- **pecans** - 1 oz (29g)
- **poppy seeds** - 0.9 oz (26g)
- **pumpkin seeds**, shelled - 24 oz (680g)
- **sesame seeds**, brown or black - 3.4 oz (96g)
- **sunflower seeds**, shelled - 1.9 oz (53g)
- **walnuts** - 7.3 oz (208g)

Condiments, Sauces & Oils

- **capers** - 0.3 oz (9g) | Day 22 |
- **liquid smoke** - 0.3 floz (10ml) | Day 25 |
- **mayonnaise** - 14 floz (415ml) | Day 10 |
- **miso paste**, white or chickpea - 0.4 oz (11g)
- **mustard, Dijon** - 1.4 oz (40g)
- **oil, coconut** - 11 floz (310ml)
- **oil, olive**, light or neutral-flavored - 26 floz (750ml)
- **oil, sesame** (toasted) - 2 floz (60ml) | Day 10 |
- **olives,** black or green, sliced - 2.4 oz (68g)
- **pickles, dill** - 1.5 oz (43g) | Day 22 |
- **salsa**, tomato, jarred type - 7.6 oz (216g) | Day 11 |
- **sambal oelek** (chili paste), sugar-free - 1.2 oz (33g) | Day 33 |
- **sriracha** - 2.3 oz (65g/81ml) | Day 20 |
- **tamari**, **soy sauce**, or **aminos** - 5.8 floz (173ml)
- **vinegar, apple cider** - 2.5 floz (73ml)
- **vinegar, red** or **white wine** - 1.6 floz (48ml)
- **vinegar, rice**, unseasoned - 0.8 floz (23ml) | Day 10 |

Baking Ingredients

- **agar agar powder** - 0.1 oz (4g)
- **allulose** or sweetener of choice, granulated - 9.5 oz (268g)
- **almond flour** - 24 oz (670g)
- **baking powder** - 1.4 oz (39g)
- **chickpea flour** - 1.9 oz (54g)
- **cocoa/cacao powder**, unsweetened - 2 oz (56g)
- **coconut, shredded**, unsweetened - 5.6 oz (159g)
- **coconut, flakes/chips**, unsweetened - 1.2 oz (32g) | Day 25 |
- **flaxseed meal**, preferably golden - 21 oz (570g)
- **lupin flour** - 9.5 oz (270g)
- **monk fruit powder**, pure - 0.1 oz (3g)
- **orange extract** - 0.2 floz (5ml)
- **psyllium husks**, whole - 0.4 oz (10g)
- **salt** - 2 oz (57g)
- **vanilla extract**, sugar-free - 1.7 floz (50ml)
- **vital wheat gluten** - 9.5 oz (270g)
- **xanthan gum** - 0.1 oz (1g)
- **yeast,** instant baking - 0.4 oz (12g)

Miscellaneous

- **bouillon cubes**, vegetable - 2 cubes or vegetable broth - 32 floz (960ml)
- **coffee, instant**, granules/powder - 0.1 oz (4g) | Day 27 |
- **lasagna noodles, chickpea-based** - 4 oz (112g)
- **lupin, ground** - 3.2 oz (90g) | Day 29 |
- **MCT oil powder** - 0.7 oz (20g) | Day 25 |
- **nori**, the type used for sushi - 1 sheet | Day 22 |
- **nutritional yeast flakes** - 6.6 oz (188g)
- **parchment paper** - a roll
- **parchment muffin liners** - 12 liners or 6 silicone liners
- **protein powder, pea** or **soy**, unflavored - 7.6 oz (215g)
- **protein powder, vanilla-flavored** - 6.8 oz (193g)
- **seaweed snacks**, sugar-free - 35 x 0.17 oz (5g) packets
- **shirataki/konjac noodles** - 21 oz (600g) | Day 33 |
- **TVP crumbles**, pea-based - 12 oz (315g)

Dried Herbs & Spices

- **allspice**, ground | Day 13 |
- **bay leaf**, whole
- **black pepper**, ground
- **caraway seeds**, whole
- **cardamon**, ground | Day 7 |
- **cayenne pepper**
- **celery salt**
- **chili powder** | Day 13 |
- **cinnamon**, ground
- **cloves**, ground
- **coriander**, seed or ground | Day 7 |
- crushed **red pepper flakes**
- **cumin**, seeds and ground
- **curry powder**
- **dill**, dried | Day 20 |
- **garlic powder**
- **ginger**, ground | Day 13 |
- **Herbes de Provence** or **Italian seasoning**
- **mint**, dried | Day 7 |
- **nutmeg**, ground
- **onion powder**
- **oregano**, dried
- **paprika**, smoked if available
- **parsley**, dried
- **pumpkin spice** | Day 34 |
- **sage**, dried
- **turmeric**, ground | Day 7 |

Ingredient Swaps

coconut, olive, and sesame oil ⇄ neutral-flavored oil of choice

apple cider and rice vinegar ⇄ red or white wine/grape vinegar

macadamia nuts ⇄ additional 3.1 oz (87g) slivered almonds (for a total of 5.2 oz [147g]) and 2 floz (60ml) refined coconut oil. Reduced the amount of Brazil nuts to 5.5 oz (155g). Make the almond Sham Chèvre (see page 70).

lupin flour ⇄ chickpea flour (6.4oz [180g]) and plain pea or soy protein powder (3oz [84g])

monk fruit, pure ⇄ pure stevia or pure sucralose (e.g. Splenda) (see the muffin recipe notes on page 23 for more information and options)

MCT oil powder ⇄ mayonnaise (0.5 floz [15ml])

pea-based/soy-based TVP crumbles ⇄ soy-based/pea-based TVP crumbles

Notes & Tips

Canned items, like beans and coconut milk, come in varying sizes that are often just slightly different than one another. Buy the size that is convenient and affordable for you. It's fine if you use a 15.5 or 16-ounce can of beans instead of a 15-ounce one.

If you're cooking beans from dry and want to save yourself time and money, you could opt to buy just a single type of bean to use for all of the recipes that contain beans or chickpeas. If doing so, I'd opt for a medium-sized bean like pinto beans or great northern beans. Or, you could buy a bean mix to add variety to your diet. You'd need roughly 18 ounces, or 500g, of dry beans for the full meal plan.

The almonds and the sunflower seeds will be toasted, so feel free to buy toasted ones. Four recipes involve toasting pumpkin seeds. Feel free to buy 11 oz (306g) toasted seeds and 8.5 oz (240g) untoasted.

Erythritol or an erythritol blend is a viable alternative to allulose. You may wish to purchase additional sweetener for use in/on your porridge.

Monk fruit powder is referring to pure monk fruit powder, not a blend. See the muffin recipe notes on page 23 for more insights and options.

If necessary, the ground lupin can be replaced with 2.8 oz (80g) hemp hearts and 1.1 oz (30g) coconut flour. See the polenta notes on page 63.

You may wish to blend fortified and unfortified nutritional yeast flakes to avoid overconsuming certain micronutrients.

If not using shirataki noodles, you can make the soy-free version of the Chili Peanut Chowder (page 65). Add an additional 16 floz (480ml) soy/pea milk (Day 31 to 33 list) and 0.3 oz (10g) nutritional yeast to your shopping lists.

Pea-based TVP is not sold everywhere. In the UK, Profusion makes a pea and fava one. My preference for use of either pea or soy-based TVP in a recipe is due to typical differences in their nutritional profiles or granule size/density.

The Shopping List: **perishable items**

The perishable shopping list is strategically divided into 8 lists to prevent spoilage of more delicate ingredients. When planning your shopping, you may wish to look ahead at future lists and buy bulk quantities of items that are less perishable, such as garlic or lemons.

Given weights are edible weight, unless noted overwise (🍎). When shopping, take into account that certain items will need to be trimmed, peeled, cored, etc. and spoiled pieces discarded. Meaning, you may sometimes need to buy a bit more than the quantity listed.

Items in a shopping list may sometimes be needed for breakfast or lunch on the first day the list covers. Usually, the only item you may need prior to dinner is some soy/pea milk. Items that are needed for breakfast | B | or lunch | L | that first day are marked, and it is noted if they are in a recipe | L^R | or an addition to a meal | L^A |. These notations enable you to choose when to shop the list or whether to adjust the meal plan to accommodate your schedule. For example, meal addition items can be moved to a later meal, and long-lasting items in a recipe could be added to the previous shopping list.

≈ about ✎ see notes ↻ ingredient swap available 🍎 this weight includes the inedible components

Days 1 to 5

- **avocado** - 1 medium [≈ 7 oz (200g) 🍎]
- **broccoli** (florets) - 7.5 oz (213g) [≈ 3/4 medium crown]
- **chili pepper, Jwala** - 1 medium ↻
- **garlic** - 5 cloves [≈ 1/2 bulb]
- **ginger** - 0.6 oz (18g) [≈ 1 knob]
- **green beans** - 8 oz (227g)
- **lemons** (to juice & zest) - 6 1/2 medium ✎
- **mushrooms**, white - 12 oz (340g) ✎
- **onion** (for salad & to cook) - 2.9 oz (83g) [≈ 3/4 medium] ✎
- **spinach** (to cook) - 28 oz (794g)
- **strawberries** (for jam) - 8 oz (227g) ✎
- **zucchini** - 5.9 oz (166g) [≈ 1 medium]
- **buttery spread** - 1.2 oz (33g)
- **soy** or **pea milk** - 81 floz (2.4 liters) ✎

Days 6 to 9

- **cauliflower** (to rice) - 16 oz (455g) [≈ 3/4 medium head] ✎
- **chili pepper, Jwala** - 1/2 medium ↻
- **garlic** - 5 cloves (≈ 1/2 bulb)
- **mushrooms**, white - 1.2 oz (35g)
- **onion** (for salad & to cook) - 1.9 oz (55g) [≈ 1/2 medium]
- **raspberries** (for salad) - 5.8 oz (164g)
- **red bell pepper** - 5.3 oz (150g) 🍎 [≈ 1 medium]
- **spinach, baby** (for salad & to cook) - 14 oz (371g)
- **soy** or **pea milk** - 40 floz (1.2 liters)

Days 10 to 12

- **bok choy**, baby heads (for salad) - 11 oz (294g) [≈ 3 heads]
- **garlic** - 3 cloves [≈ 1/3 bulb]
- **ginger** - 0.2 oz (6g) [≈ 1/3 knob]
- **lettuce, mixed greens** (for salad) - 5 oz (142g)
- **onion** (to cook) - 1.9 oz (55g) [≈ 1/2 medium]
- **red bell pepper** - 5.3 oz (150g) 🍎 [≈1 medium]
- **snow peas** - 4 oz (114g) ✎
- **tomato** - 4.3 oz (123g) [≈ 1 medium]
- **buttery spread** - 0.3 oz (9.3g)
- **soy** or **pea milk** - 35 floz (1.1 liter)

Days 13 to 19

- **apricots** (for salad) - 5.4 oz (152g) 🍎 [≈ 4 medium] ↻
- **avocados** - 3 medium (≈ 7 oz [200g] each 🍎) | L^A | (1/4 medium)
- **garlic** - 6 cloves [≈ 1/2 bulb]
- **jalapeño peppers** - 2.1 oz (60g) 🍎 [≈ 2 medium] ↻
- **kale** (for salad) - 10 ounces (284g)
- **lemon** (to juice) - 1 medium
- **mushrooms**, white - 16 oz (454g)
- **onion** (to cook) - 1.9 oz (55g) [≈ 1/2 medium]
- **red bell peppers** - 11 oz (300g) 🍎 [≈ 2 medium]
- **zucchini** - 6.9 oz (195g) [≈ 1 medium] | B^R |
- **buttery spread** - 0.2 oz (5g)
- **soy** or **pea milk** - 78 floz (2.3 liters)

Days 20 to 24

- **avocado** - 2 medium (≈ 7 oz [200g] each)
- **cabbage, white** (for salad) - 10 oz (284g) [≈ 1/3 medium head]
- **celery** - 1.8 oz (51g) [≈ 1 medium-large stalk]
- **cilantro** - 0.7 oz (20g)
- **garlic** - 1 clove
- **green onions** - 2.1 oz (60g) [≈ 4 medium]
- **jalapeño pepper** - 1.1 oz (30g) [≈ 1 medium]
- **lemon** (to juice) - 1 medium
- **lettuce, Romaine** (for salad) - 8 oz (227g) [≈ 1/3 medium head]
- **orange** (to zest) - 1 medium
- **red bell pepper** - 5.3 oz (150g) [≈1 medium] | L[A] |
- **soy** or **pea milk** - 56 floz (1.7 liters)

Days 25 to 30

- **alfalfa sprouts** (or microgreens) - 3 oz (85g)
- **asparagus** - 6.8 oz (192g) [≈ 12 medium spears]
- **avocado** - 2 medium (≈7 oz [200g] each)
- **cauliflower** (to rice) - 9.2 oz (260g) [≈ 1/2 medium head]
- **cucumber, English** - 11 oz (300g) [≈ 1 medium]
- **garlic** - 4 cloves [≈ 1/2 bulb]
- **lemons** (to juice) - 1 medium
- **lettuce, little gem** (for boats) - 11 oz (300g) [≈ 2 medium heads]
- **mushrooms**, white - 8.9 oz (254g)
- **onion** (for salad) - 1 oz (28g) [≈ 1/4 medium]
- **radishes** - 3.7 oz (105g) [≈ 1 bunch]
- **tomato** - 4.3 oz (123g) [≈ 1 medium]
- **tomatoes, grape** (to roast & for raw snack) - 9.5 oz (270g)
- **zucchini** - 6.4 oz (181g) [≈ 1 medium]
- **buttery spread** - 0.5 oz (14g)
- **soy** or **pea milk** - 99 floz (3 liters)

Days 31 to 33

- **broccolini** - 6 oz (170g)
- **carrots** (for raw snack) - 4.3 oz (122g) [≈ 2 medium]
- **cilantro** - 0.4 oz (10g)
- **garlic** - 5 cloves [≈ 1/2 bulb]
- **ginger** - 0.3 oz (9g) [≈ 1/2 knob]
- **green onions** - 1.1 oz (30g) [≈ 2 medium]
- **kale** (mostly for salad)- 13 oz (344g)
- **lemon** (to juice) - 1 medium
- **lime** (to juice) - 1/2 large
- **raspberries** (for on porridge & snack) - 5.8 oz (164g) | B[A] | (61g)
- **soy** or **pea milk** - 42 floz (1.3 liters)

Days 34 to 35

- **avocado** - 1 medium (≈7 oz [200g]) | L[A] | (1/4 medium)
- **soy** or **pea milk** - 28 floz (0.8 liter)

Ingredient Swaps

chili peppers, Jwala ⇄ crushed red pepper flakes

apricots ⇄ 5.3 oz (150g) peach or nectarine [≈1 medium]
or 7.6 oz (215g) strawberries

jalapeño peppers ⇄ green bell pepper

orange (to zest) ⇄ orange extract

lime (to juice) ⇄ lemon

Notes & Tips

For the most part, "medium" and "large" sizes are as per the USDA's definition. You may find they are not accurate for where you shop.

Lactic acid powder can replace 2 lemons. See page 70 for details.

You will need just 1.2 oz (35g) mushrooms for Day 7. You could add these to the Day 1 to 6 shopping list if you think they will keep.

Onions are used in partial amounts both raw in salads and cooked. I suggest just buying one type (e.g. red or yellow) for both purposes.

The strawberries could be bought and used frozen.

Be conscious of net carb content in soy and pea milks. Aim for not more than 2g per cup (240ml). Be sure to get unsweetened milks.

Cauliflower rice is used twice in the meal plan. I suggest you make it all on Day 7 and freeze what you need for Day 27. If doing this, buy 26 oz (715g) [≈1 large head] in the Day 6 to 9 list and none in the Day 25 to 30 list. You can also elect to buy premade cauliflower rice.

Feel free to buy coleslaw mix instead of whole cabbage.

Celery is extremely low in net carbs (1g per 100g), so feel free to buy extra for snacking if you like.

MEAL PLAN: **week 1**

	BREAKFAST	LUNCH	DINNER	NUTRITIONAL INFORMATION
EVERY DAY ADD-ONS	☐ an 8-ounce (240ml) glass soy or pea milk (not on Day 5) ☐ a 5g packet of seaweed snacks			
Day 1	☐ **Versatile VWG Bread (×2)** | PAGE 30 | topped with: ▸ **Pumped-Up Peanut Butter (×2)** ▸ **Strawberry Jam (×2)** | PAGE 68 |	☐ **Dijon Duo Bean Salad** | PAGE 36 |	☐ **Palak Shorba** | PAGE 34 | ☐ **Lupin & Caraway Seed Crackers** | PAGE 32 | topped with: ▸ 1/2 medium avocado, mashed (68g) with a little salt	1,580 calories | 75g protein 117g fat | 36g net carbs
Day 2	☐ Versatile VWG Bread (×2) topped with: ▸ Pumped-Up Peanut Butter (×2) ▸ Strawberry Jam (×2)	☐ Dijon Duo Bean Salad	☐ Palak Shorba ☐ Lupin & Caraway Seed Crackers topped with: ▸ 1/2 medium avocado, mashed (68g) with a little salt	1,580 calories | 75g protein 117g fat | 36g net carbs
Day 3	☐ **Lightly Lemony Breakfast Bars (×2)** | PAGE 20 |	☐ Palak Shorba ☐ Versatile VWG Bread topped with: ▸ 1 teaspoon buttery spread	☐ **Liberally, Lasagna** | PAGE 50 | ☐ 1/4 cup (25g) walnuts	1,655 calories | 77g protein 129g fat | 32g net carbs
Day 4	☐ Lightly Lemony Breakfast Bars (×2)	☐ Dijon Duo Bean Salad	☐ **Knock-Off Nature's Burger (×3)** | PAGE 52 | fried with: ▸ 1 1/2 tablespoons (23ml) oil ☐ Steamed broccoli: ▸ 1 1/2 cups (107g) broccoli florets ▸ 1 tablespoon (14g) buttery spread ▸ 1 teaspoon nutritional yeast flakes	1,675 calories | 86g protein 123g fat | 34g net carbs
Day 5	☐ **Snickerdoodle Frappé** | PAGE 28 | ☐ Versatile VWG Bread with: ▸ Pumped-Up Peanut Butter ▸ Strawberry Jam ☐ 1/3 cup (33g) walnuts ***- no 8-ounce (240ml) glass soy or pea milk -***	☐ Dijon Duo Bean Salad	☐ Knock-Off Nature's Burger (×3) fried with: ▸ 1 1/2 tablespoons (23ml) oil ☐ Steamed broccoli: ▸ 1 1/2 cups (107g) broccoli florets ▸ 1 tablespoon (14g) buttery spread ▸ 1 teaspoon nutritional yeast flakes	1,685 calories | 91g protein 121g fat | 36g net carbs
Day 6	☐ **Mexican Hot Chocolate Muffins (×2)** | PAGE 22 |	☐ Liberally, Lasagna	☐ **Spinach & Raspberry Salad** | PAGE 38 | ☐ Lupin & Caraway Seed Crackers (×2)	1,700 calories | 82g protein 128g fat | 31g net carbs
Day 7	☐ Mexican Hot Chocolate Muffins (×2)	**LUNCH** ☐ Spinach & Raspberry Salad ☐ Lupin & Caraway Seed Crackers (×2)	☐ **Afghan Beans on Cauli-Hemp Rice** | PAGE 54 | ☐ 1/4 + 1/8 red bell pepper, cut into sticks (45g) to enjoy raw	1,630 calories | 78g protein 119g fat | 35g net carbs

NOTES _____

See the next page.

Meal Plan: **week 1**

Notes

Day 1

Versatile VWG Bread:

You are making the almond flour version of the bread.

Turn 4 slices of bread into croutons and store these for use on Day 16. See crouton directions on the recipe page.

❄ *Freeze the remaining pumpkin purée in 2 separate 138g portions for use on Day 11 and Day 22.*

Pumped-Up Peanut Butter:

This will be used throughout the meal plan and should keep for the duration.

Strawberry Jam:

❄ *This will be used throughout the meal plan. Freeze two 2-serving portions (30g each) for use on Day 14 and Day 21, and a 3-serving (45g) portion for use on Day 26 and Day 28. The remaining 5 portions will be used between now and Day 5.*

Dijon Duo Bean Salad:

Toasted pumpkin seeds will be used in 4 future recipes. To save yourself time, you could toast all of the seeds now. In total, you will need 2 3/4 cups (440g) of seeds. You'll use 1/2 cup (80g) for this recipe, 2/3 cup (107g) on Day 13, 1/2 cup (80g) on Day 20, 1/3 cup (53g) on Day 27, and 3/4 cup (120g) on Day 31.

Sham Chèvre:

❄ *Freeze 8 servings for future use. 6 will be used on Day 6, 1 will be used on Day 20, and 1 will be used on Day 33.*

Palak Shorba:

❄ *Freeze 2 servings of soup for future meals within the plan. Both servings can be frozen in the same container.*

❄ *Freeze the remaining half can of coconut milk for use on Day 33.*

Day 3

Lightly Lemony Breakfast Bars:

Use a 9-inch (23cm) square pan for a double batch of bars.

❄ *4 bars will be eaten today and tomorrow. Freeze 7 bars for future meals. 4 bars will be eaten on Days 19 & 20 (2 meals of 2 bars each) and so could be frozen together. The other meals (Day 10 - 2 bars & Day 32 - 1 bar) will need to be frozen separately. The 1 remaining bar will not be used in the plan. Do with it as you wish.*

Liberally, Lasagna:

❄ *Refrigerate 1 serving of lasagna for use on Day 6. Freeze 6 servings for future meals. 3 servings will be used on Days 19-21 and so could be frozen together. 2 servings will be used on Days 24 & 26 and so could be frozen together. The final serving will need to be frozen on its own.*

❄ *You will require 1/2 cup (125g) marinara on Day 29. If you have an open jar, you can freeze this amount for use then. Marinara will not be used at any other point in the meal plan.*

Day 4

Knock-Off Nature's Burger:

❄ *Form and bake all of the patties now. Refrigerate 3 for tomorrow and freeze 4 for future meals (2 meals of 2 patties each). You will have 10 servings left over for use post meal plan. Do with them as you wish. Alternatively, you could choose to halve this recipe and have no leftover servings.*

I like to fry my burgers in coconut oil. You can use whichever oil you prefer.

Broccoli:

Steam the broccoli for 5-6 minutes, or until preferred tenderness. I use a steaming basket over water in a pot for this. Melt the buttery spread (on the stovetop or in the microwave) and whisk in the nutritional yeast. Plate your broccoli and then drizzle it with the melted buttery mixture.

Day 5

Broccoli:

See yesterday's notes.

Day 6

Mexican Hot Chocolate Muffins:

This is a Variation of the Orange Spice Flax Muffins recipe.

Spinach & Raspberry Salad:

❄➤ *Thaw 6 servings of Sham Chèvre for use in this salad.*

Lupin & Caraway Seed Crackers:

There are 7 days in the meal plan with topping-less crackers. If this doesn't appeal to you, you could omit the milk in the "Add-ons" section on these days (today and Days 7, 8, 9, 17, 18, and 32) and instead have one (or more) of the topping options listed on page 32.

For reference, the meal plan calories and macros are calculated with pea milk and 1 cup (240ml) contributes 80 calories, 8g protein, 4.5g fat, and 0g net carbs to the daily nutritional information. Replacing the milk with an alternative will likely reduce your daily protein intake.

Day 7

Afghan Beans on Cauli-Hemp Rice:

Any remaining canned tomato sauce won't be used in the meal plan.

You will need a 2-cup (260g) portion of cauliflower rice on Day 27 of the meal plan. I suggest making this today and freezing it for use then.

Red Bell Pepper:

This odd quantity of bell pepper is half of what remains after making the Afghan Beans recipe. You will eat the other half tomorrow.

MEAL PLAN: **week 2**

	BREAKFAST	LUNCH	DINNER	NUTRITIONAL INFORMATION
EVERY DAY ADD-ONS	☐ an 8-ounce (240ml) glass soy or pea milk ☐ a 5g packet of seaweed snacks			
Day 8	☐ Mexican Hot Chocolate Muffins (×2)	☐ Spinach & Raspberry Salad ☐ Lupin & Caraway Seed Crackers (×2)	☐ Afghan Beans on Cauli-Hemp Rice ☐ 1/4 + 1/8 red bell pepper, cut into sticks (45g) to enjoy raw	1,630 calories | 78g protein 119g fat | 35g net carbs
Day 9	☐ **N'oatmeal Porridge** | PAGE 24 | (dry mix) prepared with: ▸ 1 cup (240ml) soy or pea milk ▸ 1/2 teaspoon vanilla extract ▸ sweetener to taste ☐ 1/3 cup (41g) raspberries	☐ Spinach & Raspberry Salad ☐ Lupin & Caraway Seed Crackers (×2)	☐ Afghan Beans on Cauli-Hemp Rice	1,660 calories | 81g protein 122g fat | 32g net carbs
Day 10	☐ ❄➤ Lightly Lemony Breakfast Bars (×2)	☐ Afghan Beans on Cauli-Hemp Rice sprinkled with: ▸ 1 tablespoons (9g) slivered almonds, toasted if desired	☐ **East Asian Seedy Greens** | PAGE 40 | ☐ Knock-Off Nature's Burger (×2) fried with: ▸ 1 tablespoon (15ml) oil	1,645 calories | 83g protein 121g fat | 36g net carbs
Day 11	☐ N'oatmeal Porridge (dry mix) prepared with: ▸ 1 cup (240ml) soy or pea milk ▸ 1/2 teaspoon vanilla extract ▸ sweetener to taste	☐ East Asian Seedy Greens ☐ **Versatile VWG Bread** | PAGE 30 | topped with: ▸ 1/2 tablespoon mayonnaise ▸ 1/2 medium tomato, sliced (62g) ▸ salt and pepper to taste	☐ **Refried Bean Soup** | PAGE 57 | ☐ Versatile VWG Bread topped with: ▸ 1/2 tablespoon mayonnaise ▸ 1/2 medium tomato, sliced (62g) ▸ salt and pepper to taste	1,620 calories | 82g protein 117g fat | 35g net carbs
Day 12	☐ Versatile VWG Bread (×2) with: ▸ Pumped-Up Peanut Butter (×2)	☐ East Asian Seedy Greens ☐ Versatile VWG Bread topped with: ▸ 1 teaspoon buttery spread	☐ Refried Bean Soup ☐ Versatile VWG Bread topped with: ▸ 1 teaspoon buttery spread	1,550 calories | 87g protein 109g fat | 37g net carbs
Day 13	☐ **Gently Gingerbread Breakfast Bars (×2)** | PAGE 20 |	☐ East Asian Seedy Greens ☐ Lupin & Caraway Seed Crackers topped with: ▸ 1/4 medium avocado, mashed (34g) with a little salt	☐ **Southwest Breakfast Hash** | PAGE 26 | topped with: ▸ 1/2 medium avocado, chopped (68g)	1,640 calories | 77g protein 123g fat | 31g net carbs
Day 14	☐ Versatile VWG Bread (×2) with: ▸ Pumped-Up Peanut Butter (×2) ❄➤ Strawberry Jam (×2)	☐ Southwest Breakfast Hash topped with: ▸ 1/2 medium avocado, chopped (68g)	☐ ❄➤ Palak Shorba ☐ Lupin & Caraway Seed Crackers topped with: ▸ 1/4 medium avocado, mashed (34g) with a little salt	1,545 calories | 82g protein 112g fat | 34g net carbs

NOTES

DAY 9

N'oatmeal Porridge:

Some (or all) milk from the "Add-ons" section can be used to top the porridge if desired.

DAY 10

Almonds

You will use slivered almonds as a topper today and on Days 17, 30, and 31. If you wish to enjoy them toasted, you could toast all of them now, a total of 1/4 cup + 3 tablespoons (60g).

DAY 11

Refried Bean Soup:

Find the soup recipe under the SPIN-OFF RECIPE section of the page

Refrigerate 1 serving of soup for use tomorrow and freeze 1 serving for a future meal. 1 serving will not be used in the plan. Do with it as you wish.

The remainder of the jar of salsa won't be used in the meal plan.

You will use another 1 1/2 cups (258g), or a 15-ounce (425g) can, of black beans the day after tomorrow. If you bought an especially large can, or cooked beans from dry, you could set this amount aside for use then.

Versatile VWG Bread:

You are making the almond flour version of the bread.

❄➤ *Thaw one 138g portion of pumpkin purée for use in this recipe.*

DAY 12

Calories: calories are a bit low today. You may wish you enjoy a bit more buttery spread on your bread. A teaspoon has about 30 calories.

DAY 13

Gently Gingerbread Breakfast Bars:

This is a VARIATION of the Lightly Lemony Breakfast Bars recipe.

Southwest Breakfast Hash:

You may have some toasted pumpkin seeds set aside for use here.

Double the amount of pumpkin seeds in the recipe (i.e. 2/3 cup - 107g).

Avocado: feel free to use more of the dinner avocado at lunch with the crackers if you prefer.

DAY 14

Palak Shorba:

❄➤ *Thaw the 2 servings of soup for use today and tomorrow.*

Avocado: feel free to use more of the lunch avocado at dinner with the crackers if you prefer.

MEAL PLAN: **week 3**

	BREAKFAST	LUNCH	DINNER	NUTRITIONAL INFORMATION
EVERY DAY ADD-ONS	☐ an 8-ounce (240ml) glass soy or pea milk ☐ a 5g packet of seaweed snacks			
Day 15	☐ Gently Gingerbread Breakfast Bars (×2)	☐ Southwest Breakfast Hash topped with: ▸ 1/2 medium avocado, chopped (68g)	☐ Palak Shorba ☐ Versatile VWG Bread topped with: ▸ 1/2 medium avocado, mashed (68g) with a little salt	1,615 calories | 76g protein 121g fat | 31g net carbs
Day 16	☐ Gently Gingerbread Breakfast Bars (×2)	☐ Southwest Breakfast Hash topped with: ▸ 1/2 medium avocado, chopped (68g)	☐ **Kale Con Crouton Salad** | PAGE 42 | ☐ Versatile VWG Bread topped with: ▸ 1 teaspoon buttery spread	1,665 calories | 86g protein 121g fat | 35g net carbs
Day 17	☐ N'oatmeal Porridge (dry mix) prepared with: ▸ 1 cup (240ml) soy or pea milk ▸ 1/2 teaspoon vanilla extract ▸ sweetener to taste	☐ Kale Con Crouton Salad ☐ Lupin & Caraway Seed Crackers	☐ Southwest Breakfast Hash ☐ Fried zucchini: ▸ cut 2 ounces (56g) of zucchini (about 1/3 of a medium zucchini) into 1/2-inch (13mm) slices. Spray the slices with oil of choice and sprinkle with desired seasonings (e.g. salt, pepper, garlic and onion powder). Pan fry on medium heat or air fry at 350°F (175°C) until fork tender (about 10 minutes). sprinkled with: ▸ 2 tablespoons (17g) slivered almonds, toasted if desired	1,640 calories | 89g protein 118g fat | 31g net carbs
Day 18	☐ N'oatmeal Porridge prepared with: ▸ 1 cup (240ml) soy or pea milk ▸ 1/2 teaspoon vanilla extract ▸ sweetener to taste	☐ Kale Con Crouton Salad ☐ Lupin & Caraway Seed Crackers	☐ ❄➤ Refried Bean Soup ☐ 1/4 cup (25g) walnuts ☐ Fried zucchini: ▸ cut 2 ounces (56g) of zucchini (about 1/3 of a medium zucchini), prepared as per yesterday's directions.	1,630 calories | 82g protein 119g fat | 32g net carbs
Day 19	☐ ❄➤ Lightly Lemony Breakfast Bars (×2)	☐ ❄➤ Liberally, Lasagna	☐ Kale Con Crouton Salad ☐ 1/3 cup (33g) walnuts	1,660 calories | 78g protein 128g fat | 34g net carbs
Day 20	☐ ❄➤ Lightly Lemony Breakfast Bars (×2)	☐ ❄➤ Liberally, Lasagna ☐ 1/2 medium red bell pepper, cut into sticks (60g) to enjoy raw	☐ **Sriracha Romaine Slaw** | PAGE 44 | ☐ Lupin & Caraway Seed Crackers topped with: ❄➤ 1 serving (30g) Sham Chèvre	1,650 calories | 80g protein 123g fat | 34g net carbs
Day 21	☐ N'oatmeal Porridge prepared with: ▸ 1 cup (240ml) soy or pea milk ▸ 1/2 teaspoon vanilla extract ▸ sweetener to taste and topped with: ❄➤ Strawberry Jam (×2)	☐ ❄➤ Liberally, Lasagna ☐ 1/2 medium red bell pepper, cut into sticks (60g) to enjoy raw	☐ Sriracha Romaine Slaw ☐ Lupin & Caraway Seed Crackers topped with: ▸ 1/2 medium avocado, mashed (68g) with a little salt	1,665 calories | 81g protein 123g fat | 32g net carbs

NOTES

DAY 16

Kale Con Crouton Salad:

You should have croutons available from Day 1 for use in this recipe.

DAY 17

Almonds:

You may have some toasted almonds set aside for use here.

Day 18 or 19

You will require a new batch of Lupin & Caraway Seed Crackers | PAGE 32 | for lunch on Day 22. You will have other baking/cooking obligations from Day 20 to 22 and so I suggest you make the crackers on Day 18 or 19 instead.

DAY 19

Lightly Lemony Breakfast Bars:

❄➤ *You may have frozen 4 bars together for use today and tomorrow.*

Liberally, Lasagna:

❄➤ *You may have frozen 3 servings together for use today, tomorrow, and Day 21.*

DAY 20

Sriracha Romaine Slaw:

You may have some toasted pumpkin seeds set aside for use here.

MEAL PLAN: **week 4**

	BREAKFAST	LUNCH	DINNER	NUTRITIONAL INFORMATION
EVERY DAY ADD-ONS	☐ an 8-ounce (240ml) glass soy or pea milk ☐ a 5g packet of seaweed snacks			
Day 22	☐ **Orange Spice Flax Muffins (×2)** | PAGE 22 |	☐ Sriracha Romaine Slaw ☐ **Lupin & Caraway Seed Crackers** | PAGE 32 | topped with: ▸ 1/2 medium avocado, mashed (68g) with a little salt	☐ **Jackfruit Tu-Nah Salad (×1.25)** | PAGE 72 | on: ▸ **Versatile VWG Bread (×2)** | PAGE 30 |	1,690 calories | 76g protein 131g fat | 27g net carbs
Day 23	☐ Orange Spice Flax Muffins (×2)	☐ Sriracha Romaine Slaw ☐ Lupin & Caraway Seed Crackers topped with: ▸ 1/2 medium avocado, mashed (68g) with a little salt	☐ Jackfruit Tu-Nah Salad (×1.25) on: ▸ Versatile VWG Bread (×2)	1,690 calories | 76g protein 131g fat | 27g net carbs
Day 24	☐ Orange Spice Flax Muffins (×2)	☐ ❄➤ Liberally, Lasagna ☐ 1/2 medium avocado (68g)	☐ Jackfruit Tu-Nah Salad (×1.25) on: ▸ Versatile VWG Bread (×2)	1,680 calories | 79g protein 127g fat | 34g net carbs
Day 25	☐ **Pumpkin Pie Smoothie** | PAGE 28 | ☐ 1/3 cup (33g) walnuts	☐ Jackfruit Tu-Nah Salad (×1.25) on: ▸ Versatile VWG Bread (×2)	☐ **BAT'L Ships (×2)** | PAGE 60 |	1,580 calories | 75g protein 123g fat | 30g net carbs
Day 26	☐ Versatile VWG Bread (×2) with: ▸ Pumped-Up Peanut Butter (×2) ❄➤ Strawberry Jam (×2)	☐ ❄➤ Liberally, Lasagna	☐ BAT'L Ships (×2)	1,630 calories | 84g protein 120g fat | 36g net carbs
Day 27	☐ **Snickerdoodle Frappé** | PAGE 28 | ☐ 1/3 cup (33g) walnuts	☐ BAT'L Ships (×2)	☐ **Poké Chopped Salad** | PAGE 46 | ☐ 1/2 medium English cucumber, sliced (150g) and sprinkled with salt and pepper to taste	1,575 calories | 71g protein 117g fat | 36g net carbs
Day 28	☐ N'oatmeal Porridge (dry mix) prepared with: ▸ 1 cup (240ml) soy or pea milk ▸ 1/2 teaspoon vanilla extract ▸ sweetener to taste and topped with: ▸ Pumped-Up Peanut Butter ▸ Strawberry Jam	☐ Poké Chopped Salad	☐ Knock-Off Nature's Burger (×2) fried with: ▸ 1 tablespoon (15ml) oil ☐ Steamed asparagus: ▸ 12 medium spear (192g) trimmed asparagus ▸ 1 tablespoon buttery spread ▸ 1 teaspoon nutritional yeast flakes	1,655 calories | 86g protein 121g fat | 30g net carbs

NOTES

DAY 22

Orange Spice Flax Muffins:

The net carbs today and tomorrow are lower than some other days. If you'd like to use the juice from the orange you zested (if applicable), you could have half of it today to flavor some sparking/soda water and the other half tomorrow. A medium orange will contain about 85ml of juice, which is about 9g net carbs, or 4.5g net carbs per day.

Lupin & Caraway Seed Crackers:

You may have made these crackers on Day 18 or 19 when you didn't have other baking obligations.

Avocado: the avocado at lunch today and tomorrow may be more than you need for a serving of crackers and so some could be chopped and put on the slaw.

Jackfruit Tu-nah Salad:

On the recipe page, the tu-nah salad is divided into 5 servings. In the meal plan it is instead divided into 4 servings of a scant 1/2 cup (116g) each.

Versatile VWG Bread:

You are making the almond flour version of the bread.

❄➤ *Thaw the other 138g portion of pumpkin purée for use in this recipe.*

If you have leftover Romaine or other leafy greens or sprouts around the house, feel free to add them to your sandwich. It will have minimal impact on the daily macros.

DAY 24

Liberally, Lasagna:

❄➤ *You may have frozen 2 servings together for use today and Day 26.* ▲

DAY 25

Pumpkin Pie Smoothie:

❄ *Freeze two 1/4 cup + 2 tablespoon (92g) portions of pumpkin purée for use in smoothies on Days 34 and 35. The remaining 149g will not be used in the meal plan.*

DAY 26

Breakfast:

❄➤ *Thaw the 3-serving (45g) portion of Strawberry Jam for use today and Day 28.*

DAY 27

Mildly Mocha Breakfast Bars:

This is a VARIATION of the Lightly Lemony Breakfast Bars recipe.

Poké Chopped Salad:

You may have some toasted pumpkin seeds set aside for use here.

❄➤ *Thaw the 2-cup (260g) portion of cauliflower rice for use in this recipe (if applicable).*

❄ *If you bought an especially large can of chickpeas or cooked some from dried, you will need 1/2 cup (82g) on Day 31. You could freeze a portion that size for use then.*

DAY 28

Asparagus:

Steam the asparagus for 4-5 minutes, or until preferred tenderness. I use a steaming basket over water in a pot for this. Melt the buttery spread (on the stovetop or in the microwave) and whisk in the nutritional yeast. Plate your asparagus and then drizzle it with the melted buttery mixture.

MEAL PLAN: **week 5**

	BREAKFAST	LUNCH	DINNER	NUTRITIONAL INFORMATION
EVERY DAY ADD-ONS	☐ an 8-ounce (240ml) glass soy or pea milk ☐ a 5g packet of seaweed snacks			
Day 29	☐ **Mildly Mocha Breakfast Bars (x2)** | PAGE 20 |	☐ Poké Chopped Salad ☐ 3/4 cup (120g) grape tomatoes	☐ **Polenta With Marinara & Veggies** | PAGE 63 |	1,605 calories | 75g protein 117g fat | 36g net carbs
Day 30	☐ Mildly Mocha Breakfast Bars (x2)	☐ Poké Chopped Salad	☐ Polenta With Marinara & Veggies sprinkled with: ▸ 2 tablespoons (17g) slivered almonds, toasted if desired	1,685 calories | 77g protein 125g fat | 34g net carbs
Day 31	☐ N'oatmeal Porridge *dry mix) prepared with: ▸ 1 cup (240ml) soy or pea milk ▸ 1/2 teaspoon vanilla extract ▸ sweetener to taste ☐ 1/2 cup (61g) raspberries	☐ Polenta With Marinara & Veggies sprinkled with: ▸ 2 tablespoons (17g) slivered almonds, toasted if desired	☐ **Hummus & Pepita Kale** | PAGE 48 | ☐ 1 medium carrot, cut into sticks (61g) and enjoyed raw	1,585 calories | 79g protein 116g fat | 27g net carbs
Day 32	☐ Mildly Mocha Breakfast Bars (x2) ☐ 1/2 cup (61g) raspberries	☐ Hummus & Pepita Kale ☐ Lupin & Caraway Seed Crackers	☐ Polenta With Marinara & Veggies	1,660 calories | 81g protein 123g fat | 28g net carbs
Day 33	☐ N'oatmeal Porridge (dry Mix) prepared with: ▸ 1 cup (240ml) soy or pea milk ▸ 1/2 teaspoon vanilla extract ▸ sweetener to taste ☐ 1/3 cup (41g) raspberries	☐ Hummus & Pepita Kale ☐ Lupin & Caraway Seed Crackers topped with: ❄➤ 1 serving (30g) Sham Chèvre	☐ **Chili Peanut Noodles** | PAGE 64 | ☐ 1 medium carrot, cut into sticks (61g) and enjoyed raw	1,595 calories | 74g protein 119g fat | 28g net carbs
Day 34	☐ **Pumpkin Pie Smoothie** | PAGE 28 | ☐ ❄➤ Lightly Lemony Breakfast Bar	☐ Hummus & Pepita Kale ☐ Lupin & Caraway Seed Crackers topped with: ▸ 1/4 medium (34g) avocado, mashed with a little salt	☐ Chili Peanut Noodles ☐ Lupin & Caraway Seed Crackers topped with: ▸ 1/4 medium avocado, mashed (34g) with a little salt	1,650 calories | 86g protein 120g fat | 31g net carbs
Day 35	☐ **Pumpkin Pie Smoothie** | PAGE 28 | ☐ 1/4 cup (25g) walnuts	☐ ❄➤ Liberally, Lasagna	☐ Chili Peanut Noodles ☐ Lupin & Caraway Seed Crackers (x2) topped with: ▸ 1/2 medium avocado, mashed (68g) with a little salt	1,625 calories | 85g protein 118g fat | 36g net carbs

NOTES

DAY 29

Polenta With Marinara & Veggies:

Use the MAKE IT A MEAL option provided in the lower right corner of the recipe page.

DAY 30

Almonds:

You may have some toasted almonds set aside for use here.

DAY 31

Almonds:

You may have some toasted almonds set aside for use here.

Hummus & Pepita Kale:

You may have some toasted pumpkin seeds set aside for use here.

If you opened a can of chickpeas for this recipes, the remainder of the can will not be used in the meal plan. Do with it as you wish.

❄➤ *You may have frozen a portion of chickpea for use in this recipe.*

DAY 33

Chili Peanut Noodle Bowl:

❄➤ *Thaw the 1/2-can (200g) of coconut milk for use in this recipe.*

Only 3 servings of this recipe will use used in the meal plan. You will have 1 serving left over to use post plan.

DAY 34

Pumpkin Pie Smoothie:

❄➤ *Thaw a 1/4 cup + 2 tablespoons (92g) portion of pumpkin purée for use in this recipe.*

DAY 35

Pumpkin Pie Smoothie:

❄➤ *Thaw a 1/4 cup + 2 tablespoons (92g) portion of pumpkin purée for use in this recipe.*

If you'd like to reduce the net carbs today, you could replace the Pumpkin Pie Smoothie with a Snickerdoodle Frappé. This would bring the net carbs down to 31g. Calories and other macros would be minimally affected.