

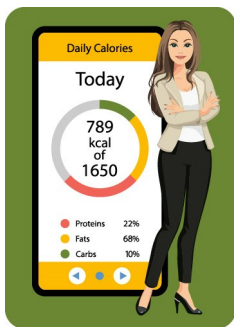
THE 5-WEEK meal plan

OVERVIEW

This book comes with soy-inclusive and soy-free meal plans. The former can be found within the book's pages, while the latter is available for download from the website. Nutrition-wise, both plans broadly cater to the needs of a lightly active woman aiming to maintain her weight. However, these plans can, and should, be adjusted to suit your individual needs and objectives.

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

soy-inclusive: 1,668 calories | 79g protein | 127g fat | 27g net carbs
soy-free: 1,631 calories | 74g protein | 122g fat | 32g net carbs



ADJUSTING THE MACROS

Whether you're following the soy-inclusive or the soy-free meal plan, the calorie and macronutrient intake should be adjusted, broadly, to meet your individual goals and nutritional requirements. If you're not sure what those are, see "FINDING AND TRACKING YOUR MACROS" on page 7 for guidance. Simple adjustments to the meal plan 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 a scoop of protein powder, another glass of soy/pea milk, some additional soybeans or lupini beans, or an extra serving of 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 thus higher-calorie option. Nuts and seeds may also be a higher-carb option, depending on your selection. Nutritional details for various protein boosting options can be found in the "NUT & SEED toppings" section of page 21 and the "PROTEIN-RICH toppings or sides" section of page 37.

FAT & CALORIES: active women, men, and those who are above-average height 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, and avocados are especially high in fat and low in net carbs. Nutritional data for these nuts can be found on page 21. A medium avocado (136g) contains 227 calories and 2.4g 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 milk, chia pudding, coffees or teas, or blended into smoothies and frappés. A 10-gram scoop of MCT oil powder typically has 60 calories, while a teaspoon (5ml) of oil has 40 calories and a tablespoon (15ml) has 119 calories.

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. Nutritional details for some fruit options can be found in the "FRUIT toppings" section of page 21 and some low-carb vegetable options can be found in the "VEGGIE sides" section of page 57 and the "VEGGIES to dip" section of page 69. There is also the TOSSED SALAD **builder** on

page 18. The simple salads that appear throughout the plan could be replaced with more diverse and carb-rich ones. In addition, many recipes in the book include "CARB BOOSTER OPTIONS". These could also be utilized to increase the carbs in the meal plan.

LOWER-CARB: On some days, carbs can easily be reduced by omitting the berries, or by replacing red pepper sticks with green pepper sticks or radishes. On other days, adjustment would need to be made to the recipes themselves in order to reduce the carbs, which is a more involved task. Note that omitting the simple salads and avocados would have only a small impact on the daily carbs, but a larger impact on the fat/calories, and on vitamin and mineral intake.

LOWER-CALORIE: Adding to a meal plan is far easier than subtracting from one, and so, I have created lower-calorie versions of both the soy-inclusive and soy-free meal plans. For the most part, these plans halve breakfast, reducing the calories to an average of about 1,450 per day. To maintain roughly a 70g protein intake, these plans include additional daily soy/pea milk or protein powder. With breakfast halved, the lower-calorie plans are also slightly lower in net carbs. These plans can be downloaded from the website.

Those who have a high protein requirement, but a relatively low calorie requirement may find that using one of the lower-calorie meal plans, and adding the necessary additional protein to it, is a better option than trying to adapt one of the original plans.



ORGANIZATION & PREPARATION

Each day of the meal plan is organized into 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, simple salads, 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, a dollop of chia pudding, 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 instead take the lunch items to work for dinner. The plan is flexible. Make the changes that accommodate your needs.

In addition to the 3 main meals, there are two additional items included in every day of the meal plan: an 8-ounce (240ml) glass of soy or pea milk, for protein and the micronutrients plant 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. If soy or pea milk is not available or palatable to you, another type of low-carb plant 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, there are a couple of other low-carb items that, at your discretion, could be added to each day: a serving of sauerkraut, for probiotics, and sugar-free dill pickles, bouillon cubes, or vegetable broth, for added sodium. Including these items should have minimal impact on the plan's 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. mixed greens or buttery spread) are also not in bold. Occasionally, recipes should be made as half batches (⦿) or double batches (⊕). This will be 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 recipes or recipe ingredients 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, (x2) indicates that you are to eat 2 servings of that recipe. A single serving of salad dressing or Bacony Bits is one tablespoon. For reference, a tablespoon is 15ml. Non-recipe items that accompany meals are given in portions of the food (e.g. 1/2 medium red bell pepper) as well as in grams. The weight measurements are for the edible components only.

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.



ALLERGIES & SUBSTITUTIONS

Recipes that contain common allergens almost always include an "ALLERGEN-FREE OPTIONS" section. Coconut-free, peanut-free, and nut-free options are nutritionally similar to the original recipe and can be made use of in the meal plan without significantly

impacting the daily macros. However, these changes will require some small adjustments to the non-perishable shopping list. To make the meal plan coconut-free, use the INGREDIENT SWAPS ↻ options for coconut oil and MCT oil powder given on page 85, and replace the cans of coconut milk with an equivalent amount of very low-carb plant-based cooking cream. To make the plan peanut-free, replace the peanuts with either 2.3oz (65g) silvered almonds or 2.8oz (80g) pumpkin seeds (these can be toasted). To make the plan nut-free, omit the almond extract, replace the almond butter with an equal amount of sunflower seed butter, and replace the Brazil nuts, peanuts, and walnuts with 15oz (428g) sunflower seeds, 7.1oz (200g) pumpkin seeds, and 0.7oz (20g) hemp hearts.

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. For the Soybean Hummus, you will be using the chickpea option, and for the Riced Edamame Rolls, you will be using the lupini bean option. The meals that include tofu have been replaced with bean-containing dishes, for which the alternative bean option should be used.

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. To keep net carbs within a certain range, the Fruit-Tea Smoothie that appears on Days 23 and 24 has been replaced with a Snickerdoodle Frappé. The recipe for this can be found within the notes section of the meal plan itself. A few other more minor changes have been made to balance macros, and these are clearly reflected in the meal plan.

THE LOWER CALORIE MEAL PLAN

soy-inclusive: 1,450 calories | 72g protein | 109g fat | 24g net carbs
soy-free: 1,436 calories | 73g protein | 103g fat | 30g net carbs

To reduce calories in the meal plan, breakfast portions have been reduced, and a few other adjustments made to accommodate this change. In the soy-inclusive low-calorie plan, the pea or soy milk add-on has been increased to 12 ounces (360ml) per day to account for the protein lost by halving breakfast. In the soy-free low-calorie plan, 2 tablespoons (about half a scoop [14g]) of protein powder has been added to accomplish this. I would suggest that you enjoy the milk or simple protein shake with your breakfast to increase satiety.

There are some new recipes in the lower-calorie meal plans. These recipes are not in the book and can be found within the notes section of the meal plan itself. The soy-inclusive plan has an option to replace the Fruit-Tea Smoothie that appears on Days 23 and 24 with a Pumpkin Pie Smoothie in order to use up extra canned pumpkin purée. The soy-free plan has a large Snickerdoodle Frappé that replaces the Fruit-Tea Smoothie in order to keep the net carbs within a certain range. Both lower-calorie plans have a Chocolate Pudding Smoothie on Day 35.

For those following the soy-free lower-calorie meal plan, the notes in the previous section related to swaps for soybean-containing and tofu-based recipes also apply to this lower-calorie plan. Please read "The soy-free meal plan" section above for further details.



DOWNLOADS & SUPPORT

All meal plans, including the one contained in the book itself, and their associated shopping lists, can be downloaded from keto4vegans.com/resources.

For support, join me, and others, in the Keto4Vegans Facebook community. Until then, I wish you happy and healthy eating!

LEGEND

(x2) 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 shopping lists are divided into 2 categories: non-perishable items and perishable items. To reduce overall shopping time, the quantities given in non-perishable list are for the entire meal plan. If you prefer more traditional weekly shopping lists, these can be downloaded from keto4vegans.com/resources. The below version of the shopping list is available at the same location.

Cans of coconut milk, chopped tomatoes, and tomato sauce will be used in their entirety. Stored properly, once opened, these items should keep for up to a week. If they aren't being used within that period, there will be notes in the meal plan instructing you to freeze portions for future use. Whether or not you need to freeze tomato paste, and how much will be left over, will depend on how your






product is packaged; package types and sizes vary a great deal country to country. Cans of pumpkin purée will not be entirely used in the lower-calorie meal plans. Notes within the meal plan will tell you what amounts to store for later use and what amounts will be left over for use outside the meal plan for use as you see fit.

Required amounts of dried herbs and spices 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.











Note that ounce quantities are rounded to whole numbers once double digits are reached (e.g. 19.3 will be rounded down to 19).

 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 - 11oz (313g)
- **coconut milk**, full-fat, 13.5floc (400ml) cans - 2 cans
- **jalapeño pepper slices**, pickled - 2.5oz (70g)
- **lupini beans**, brined   - 1.6oz (45g)
- **olives**, black, sliced - 4.8oz (135g)
- **pumpkin purée**, unsweetened, 15oz (425g) cans - 2 cans 
- **tahini** - 4.2oz (120g)
- **tomatoes, chopped**  - 14.5oz (411g) cans - 2 cans
(fire-roasted with garlic is a nice option if available)
- **tomato sauce**  - 15oz (425g) cans - 1 can
- **tomato paste** - 2.9oz (82g)
- **tomatoes**, sun-dried, packed in oil - 2.8oz (80g)









CONDIMENTS, SAUCES & OILS

- **liquid smoke**   - 0.4floc (13ml)
- **mayonnaise**   - 14floc (424ml)
- **mustard**, Dijon - 2.6oz (73g)
- **oil, coconut**  - 6.3floc (185ml)
- **oil, olive**, light or neutral-flavored - 32floc (949ml)
- **oil, sesame** (toasted) - 2.0floc (60ml)
- **sriracha** - 1.1oz (31g/25ml)
- **tamari, soy sauce**, or **aminos**  - 5.8floc (172ml)
- **vinegar, apple cider**  - 1.9floc (55ml)
- **vinegar, red** or **white wine/grape** - 3.0floc (90ml)
- **vinegar, rice**, unsweetened  - 1.5floc (45ml)
- **Worcestershire sauce**   - 0.1floc (2.5ml)

NUTS & SEEDS

- **Brazil nuts** - 1.4oz (38g)
- **chia seeds** - 13oz (368g)
- **hemp hearts** - 30oz (857g)
- **peanuts**, oil-roasted, salted  - 2.5oz (72g)
- **pumpkin seeds**, shelled  - 20oz (573g)
- **sesame seeds**, brown or black - 2.3oz (65g)
- **walnuts**, whole - 12oz (350g)

BAKING INGREDIENTS

- **agar agar powder**   - 0.2oz (4.5g)
- **allulose** or sweetener of choice, granulated
(e.g. erythritol or an erythritol blend) - 16oz (444g)
- **almond extract**, alcohol or oil-based, sugar-free - 0.2floc (5ml)
- **baking powder** - 1.5oz (43g)
- **chocolate chips**, vegan (i.e. dark), keto-friendly    - 1.6oz (45g)
- **cocoa/cacao powder**, unsweetened - 1.1oz (35g)
- **cornstarch** - 0.3oz (8g)
- **flaxseed meal**, preferably golden - 7.4oz (210g)
- **stevia**, liquid, preferably maple flavored  - a few drops
- **lupin flour**  - 4.8oz (135g)
- **psyllium husks**, whole - 2.9oz (83g)
- **salt** - 1.9oz (53g)
- **vanilla extract**, alcohol-based, sugar-free - 1.1floc (34ml)
- **xanthan gum**  - 0.2oz (4.8g)

MISCELLANEOUS

- **bouillon cubes**, vegetable 🌱 🍃 - 3 cubes
- **edamame**, shelled, frozen - 7.4oz (210g)
- **nori sheets**, the kind used to roll sushi - 6 sheets
- **MCT oil powder** 🌱 🍃 - 2.5oz (70g)
- **nutritional yeast flakes** 🍃 🌱 - 7.2oz (204g)
- **parchment paper** - a roll
- **parchment muffin liners** - 24 liners 🌱
- **protein powder, plain**, preferably pea 🌱 - 6.6oz (186g)
- **protein powder, vanilla flavored** 🌱 🍃 - 5.3oz (149g)
- **seaweed snacks**, salted 🍃 🌱 - 35 x 0.17oz (5g) packets
- **shirataki/konjac noodles** 🍃 🌱 - 14oz (400g)
- **soybeans**, dry 🌱 - 25oz (700g)
- **teabags, berry-flavored** 🍃 - 2 teabags
- **TVP**, preferably pea-based 🍃 🌱 - 4.8oz (135g) (e.g. Plant Boss Meatless Crumbles - 1¹/₂ bags)

DRIED HERBS & SPICES

- | | |
|------------------------------------|--|
| • bay leaf , whole | • garam masala |
| • black pepper , ground | • garlic powder |
| • cardamon , ground | • Herbes de Provence |
| • cayenne pepper | • kala namak 🍃 🌱 |
| • chili powder 🍃 🌱 | • nutmeg , ground |
| • cinnamon , ground | • onion powder |
| • coriander , ground | • oregano , dried |
| • crushed red pepper flakes | • paprika , smoked if available |
| • cumin , ground | • parsley , dried |
| • curry powder | • pumpkin spice 🌱 |
| • dill , dried | • thyme , dried |

INGREDIENT SWAPS 🍃

- lupini beans ⇌ pumpkin seeds [1.1oz (30g)]
- coconut oil ⇌ neutral-flavored oil of choice (e.g. light olive oil)
- apple cider vinegar ⇌ red or white wine/grape vinegar
- rice vinegar ⇌ red or white wine/grape vinegar
- chocolate chips ⇌ very dark low-sugar chocolate (e.g. Lindt 90%) 🌱
- lupin flour ⇌ flaxseed meal [2.4oz (68g)] and plain pea protein powder [2.2oz (63g)]
- xanthan gum ⇌ psyllium husk [0.6oz (15g)]
- bouillon cubes ⇌ vegetable broth [48floc (1.45L)]
- MCT oil powder ⇌ neutral-flavored oil of choice [0.8floc (23ml)] and mayonnaise [1.0floc (30ml)]
- TVP ⇌ fresh plant-based ground/mince [1 pound (454g)] (e.g. Impossible or Beyond Meat) for the Hearty Homestyle Chili and 8 Beyond Breakfast Sausage links, or similar product, to replace the Bacony Bits on salads (half a link = 1 serving of Bacony Bits)

NOTES & TIPS 🌱

The 2 cans of **pumpkin purée** will not be entirely used. There will be ¹/₂ cup (123g) left over from the first can, and ³/₄ cup (184g) left over from the second can. However, I have created an option to replace the Fruit-Tea Smoothies on Days 23 and 24 with Pumpkin Pie Smoothies if you'd like to use the leftover portion of the second can for this purpose. If doing so, the berry-flavored teabags can be omitted from this shopping list.

Two recipes in the meal plan involve toasting **pumpkin seeds**. Feel free to buy 4.7oz (133g) toasted seeds and 16oz (440g) untoasted.

Agar agar powder can be omitted from the recipe. The results will be a little wetter and slightly less eggy in texture, but still very tasty.

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

Parchment muffin liners are not needed if you have silicone liners or are using a silicone muffin tin.

Feel free to buy whatever 0g net carb flavor of **seaweed snacks** you like best.

If not using **shirataki noodles**, you will be making a soup that requires an additional 0.5floc (15ml) each of sesame oil, tamari (or soy sauce or aminos), and lemon or lime juice.

If you prefer to buy canned **soybeans** (e.g. Eden black soybeans), this is equivalent to six 15-ounce (425g) cans of beans, or a total of 55oz (1,548g) cooked/canned beans. Be aware that, according to label data, canned/jarred soybeans contain more net carbs than what national data suggest are present in soybeans cooked from dried.

Assuming you are cooking **soybeans** from dry, I'd suggest making enough for the full meal plan prior to Day 1. Two thirds of the beans, 6 cups [36oz (1,032g)] worth will be used in the first week and I suggest then freezing the remaining 3 cups worth in two separate ¹/₂ cup (258g) portions for use on Day 11 and Day 17.

Pea-based **TVP** isn't easy to come by everywhere. In the UK, Profusion makes a pea and fava TVP mince that has okay macros.

Chili powder and **pumpkin spice** are common North American spice blends. You can find recipes on page 78 if needed.

Kala namak creates an eggy flavor in some of the dishes. However, if it's not available to you, regular salt can be used in its place.

Using regular **dark chocolate** will increase the net carbs somewhat.

THE SHOPPING LIST: perishable items

The perishable shopping list is uniquely structured to allow for shopping flexibility. This list, as well as more traditionally structured weekly shopping lists, can be found at keto4vegans.com/resources.

Ingredients that appear more than once in the meal plan recipes are displayed in the chart below, while items that appear only once are

listed separately at the top of the righthand page. On the chart, days that include items listed separately are highlighted.

Given weights are for edible food components only, unless noted otherwise (🍎). When shopping, take into account that items may need to be trimmed or peeled, and spoiled portions discarded.

🌶️ beware of high-carb products

🔍 see notes

🔄 ingredient swap available

🍎 this weight includes the inedible components

	DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
avocado , medium [≈ 7 oz (200g) 🍎 each]				1 🔍										1/2	1/2				
basil (0.42oz = 12g)										.42		🔍							
carrots , medium [≈ 2.3oz (64g) each]				1			2					1							
cauliflower [a medium head ≈ 20oz (558g)]							21oz 585g 🔍									11oz 321g			
celery [head ≈ 16oz (454g)] 🔍			30oz 860g									1.4oz 40g							
cucumber , English, medium [≈ 10.6oz (300g)]																			
garlic , cloves (10 to 12 cloves per bulb)	3		3	4			8				3	2		4		1		3	
ginger , a 1" (2.5cm) square piece [≈ 0.66 oz (19g)]							1												1/2
green onions , medium stalk [≈ 0.53oz (15g) each]							2 🔄												
lemons , medium [≈ 1.6floz (45ml) of juice each] 🔍	1 1/2		1/2	1						1/2				1					
mixed greens , baby leaves										10oz 285g							9.5oz 270g ▶		
mushrooms , white button	8oz 227g		8oz 227g				8oz 227g					4oz 113g							
onions , medium [≈ 3.9oz (110g) each]	1/4		1				1/2				1/2					1/4 🔍		1/2	
parsley , a bunch [≈ 2oz (56g)]							1/4 🔄												
raspberries																			
red bell pepper , medium [≈ 5.3oz (150g) 🍎 each]	1	1/2	1		1/2	1													
spinach , baby leaves			13oz 360g			4.2oz 120g						2.1oz 60g		11oz 300g					
strawberries									15oz 420g										
tomatoes , medium [≈ 4.3oz (123g) each]																			
zucchini [total of 5oz (143g), about 1 small]											2.1oz 60g			2.9oz 83g					
soy or pea milk , liters or 32-ounce cartons 🌶️		2				2				2			2					2 ▶	
tofu , extra-firm [total of 2 × 4-serving blocks] 🔍																			

📌 **Day 6: green beans** - 4.2oz (120g)

📌 **Day 13: buttery spread** - 0.7oz (19g)

📌 **Day 15: broccoli**, florets - - 11oz (319g), about 1 small crown

INGREDIENT SWAPS 🔄

Day 6: fresh parsley ≈ dried parsley

Day 6: green onions ≈ 1/4 medium [1.0oz (28g)] onion 🔍

NOTES & TIPS 🔍

Day 1: celery bought for Days 1 to 5 may last until Day 11.

Day 3: Half of the avocado will be frozen for use on Day 35.

Day 6: the green **onion** adds a fresh touch to the Kung Pao Beans on Cauli-Hemp Rice. However, normal onion could be used instead.

Day 6 (& Day 19): this cauliflower will be made into rice and a portion will be frozen for use on Day 19. If you prefer to buy premade cauliflower rice, you will need 2 1/2 cups [12oz (325g)] cooked rice on Day 6 and 2 cups [9.2oz (260g)] on Day 19. Uncooked cauliflower may weigh slightly less once cooked.

Day 11: leftover basil leaves can be added to the Minestrone with negligible affect on macros.

Day 15: the onion in the recipe is preferably red onion, but white or yellow onion can be used.

Lemons and **soy/pea milk** have been rounded to the nearest half lemon or half liter/quart (i.e. 32-ounces).

Fresh herbs and **alfalfa sprouts** are very low in net carbs. Leftovers can be added to other dishes with negligible affect on macros.

🍷 beware of high-carb products

📖 see notes

🔄 ingredient swap available

🍎 this weight includes the inedible components

19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	DAY
1/2	1/2	1/2	1/2	1/4	1/4	1/2						1/2	1/2		1		avocado , medium [≈ 7 oz (200g) 🍎 each]
									.42								basil (0.42oz = 12g)
															1		carrots , medium [≈ 2.3oz (64g) each]
📖																	cauliflower [a medium head ≈ 20oz (558g)]
																	celery [head ≈ 10oz (454g)] 📖
1/2				1/4	1/4												cucumber , English, medium [≈ 10.6oz (300g)]
1				4			1	1							1		garlic , cloves (10 to 12 cloves per bulb)
																	ginger , a 1" (2.5cm) square piece [≈ 0.66 oz (19g)]
2 🔄							2								1		green onions , medium stalk [≈ 0.53oz (15g) each]
1 1/2				1/2				1/2	1/2						1/2		lemons , medium [≈ 1.6floz (45ml) of juice each] 📖
⬅		2.1oz 60g								6.3oz 180g					6.3oz 180g		mixed greens , baby leaves
															113g 4oz		mushrooms , white button
																	onions , medium [≈ 3.9oz (110g) each]
1																	parsley , a bunch [≈ 2oz (56g)]
					8oz 227g		4.3oz 123g					11oz 308g					raspberries
				1/2	1/2					1/2		1/2					red bell pepper , medium [≈ 5.3oz (150g) 🍎 each]
4.2oz 120g																	spinach , baby leaves
																	strawberries
3/4	1/2	3/4															tomatoes , medium [≈ 4.3oz (123g) each]
																	zucchini [total of 5oz (143g), about 1 small]
⬅					2			2							2 1/2		soy or pea milk , liters or 32-ounce cartons 🍷
				6oz 170g			18oz 510g										tofu , extra-firm [total of 2 × 4-serving blocks] 📖
19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	DAY

📌 **Day 23: chives** - 0.2oz (6g) 🔄

dill - a sprig 🔄

lettuce, Romaine - 20oz (570g), about 1 medium head or 3 to 4 hearts

📌 **Day 26: cabbage**, green, shredded - 20oz (560g), about 1/2 medium-large head 📖

📌 **Day 34: alfalfa sprouts** - 1.5oz (43g)

bok choy, baby - 3 heads [10oz (294g)]

radishes - 2oz (56g), about 1/2 bunch

INGREDIENT SWAPS 🔄

Day 19: green onions ≈ 1/4 medium (28g) onion, preferably red

Day 23: fresh chives ≈ dried chives or half of a green onion top

Day 23: fresh dill ≈ dried dill

NOTES & TIPS 📖

Day 23: *tofu is typically packed in water. The weight given here, and the weight on the package, is the drained/pressed weight. By my estimates, the unpressed weight of this much tofu would be about 30oz (840g).*

Day 26: *If you prefer, a coleslaw mix that includes some carrot and purple cabbage can be used in place of green cabbage on its own.*

I've provided a option to replace the Fruit-Tea Smoothies on Days 23 and 24 with Pumpkin Pie Smoothies. If taking advantage of this option, the Day 23 and 24 raspberries are not needed.

Lemons and soy/pea milk have been rounded to the nearest half lemon or half liter/quart (i.e. 32-ounces).

Fresh herbs and alfalfa sprouts are very low in net carbs. Leftovers can be added to other dishes with negligible affect on macros.

MEAL PLAN: week 1

	BREAKFAST	LUNCH	DINNER	NUTRITIONAL INFORMATION
EVERY DAY ADD-ONS	<input type="checkbox"/> a 12-ounce (360ml) glass soy or pea milk <input type="checkbox"/> a 5g packet of seaweed snacks			
Day 1	<input type="checkbox"/> Pumpkin Spice Chia Pudding PAGE 20 🌱	<input type="checkbox"/> Soybean Hummus (x2.5) PAGE 68 <input type="checkbox"/> Veggie sticks: ▶ 3½ medium stalks (140g) celery ▶ ¾ medium (89g) red bell pepper	<input type="checkbox"/> Cream of Mushroom Soup PAGE 32 <input type="checkbox"/> Hemp & Pumpkin Seed Crackers (x2) PAGE 30 🌱	1,487 calories 73g protein 109g fat 25g net carbs
Day 2	<input type="checkbox"/> Pumpkin Spice Chia Pudding	<input type="checkbox"/> Soybean Hummus (x2.5) <input type="checkbox"/> Veggie sticks: ▶ 4 medium stalks (160g) celery ▶ ½ medium (60g) red bell pepper	<input type="checkbox"/> Cream of Mushroom Soup <input type="checkbox"/> Hemp & Pumpkin Seed Crackers (x2)	1,482 calories 73g protein 108g fat 24g net carbs
Day 3	<input type="checkbox"/> Carrot Cake Breakfast Bars PAGE 22	<input type="checkbox"/> Cream of Mushroom Soup <input type="checkbox"/> Hemp & Pumpkin Seed Crackers (x2) <input type="checkbox"/> Simple salad: ▶ 2 cups (60g) spinach ▶ MCT Ranch Dressing (x2) PAGE 70	<input type="checkbox"/> Hearty Homestyle Chili PAGE 48 <input type="checkbox"/> ½ medium (68g) avocado	1,462 calories 77g protein 109g fat 23g net carbs
Day 4	<input type="checkbox"/> Carrot Cake Breakfast Bars	<input type="checkbox"/> Soybean Hummus (x2.5) <input type="checkbox"/> Celery sticks: 5 medium stalks (200g)	<input type="checkbox"/> Lemon Garlic Spinach PAGE 36 🌱 <input type="checkbox"/> Hemp & Pumpkin Seed Crackers (x2)	1,424 calories 71g protein 109g fat 23g net carbs
Day 5	<input type="checkbox"/> Pumpkin Spice Chia Pudding	<input type="checkbox"/> Soybean Hummus (x2.5) <input type="checkbox"/> Veggie sticks: ▶ 4 medium stalks (160g) celery ▶ ½ medium (60g) red bell pepper	<input type="checkbox"/> Lemon Garlic Spinach <input type="checkbox"/> Hemp & Pumpkin Seed Crackers (x2)	1,479 calories 72g protein 109g fat 25g net carbs
Day 6	<input type="checkbox"/> Pumpkin Spice Chia Pudding	<input type="checkbox"/> Falafel-Inspired Breakfast Bars (x2) PAGE 80 🌱 <input type="checkbox"/> Simple salad: ▶ 2 cups (60g) spinach ▶ MCT Ranch Dressing (x2)	<input type="checkbox"/> Kung Pao Beans on Cauli-Hemp Rice PAGE 50	1,417 calories 76g protein 103g fat 24g net carbs
Day 7	<input type="checkbox"/> Crunchy Granola Bars PAGE 24 🌱 🌱 <input type="checkbox"/> 5 medium (60g) strawberries	<input type="checkbox"/> Falafel-Inspired Breakfast Bars (x2) <input type="checkbox"/> Simple salad: ▶ 2 cups (60g) spinach ▶ MCT Ranch Dressing (x2)	<input type="checkbox"/> Kung Pao Beans on Cauli-Hemp Rice	1,427 calories 76g protein 108g fat 26g net carbs

NOTES

DAY 1

Pumpkin Spice Chia Pudding:

❖ Freeze the leftover coconut milk. It will be used on Day 11.

You'll need ¼ cup (61g) of pumpkin purée for the Carrot Cake Breakfast Bars on Day 3 and ½ cup (123g) for the Falafel-Inspired Breakfast Bars on Day 6. Refrigerate these portions, in airtight containers later use in these recipes.

You will have ½ cup (123g) leftover pumpkin purée that is not allocated to a recipe in the meal plan. Use/store the leftover purée as you see fit. Note that frozen pumpkin purée changes texture once frozen and thawed.

Soybean Hummus: 2.5 servings is a quarter of the full recipe. This should come out to roughly ½ cup + 2 tablespoons or 158g.

Cream of Mushroom Soup: If you don't like mushrooms, you could make the Cream of Broccoli Soup in its place to maintain similar daily macros.

DAY 3

❖ Freeze the remaining half of the avocado in chunks for use in a smoothie on Day 35.

Carrot Cake Breakfast Bars:

❖ Freeze 4 bars for a future meal.

Hearty Homestyle Chili: I like to chop the avocado and put it atop the chili.

❖ Freeze 9 portions of chili in separate containers. 7 of these will be used for future meals. You will have 2 left over for use post meal plan.

❖ Tomato paste will be used again on Day 11 (Multi-Option Minestrone - 2 tablespoons [33g]) and Day 17 (Bean & Pumpkin Curry Patties - 1 tablespoon [16g]). Depending on the size and use-by date of your product, you may wish to freeze these portions for future use in these recipes.

DAY 4

Lemon Garlic Spinach: for help halving the recipe, refer to the chart on page 100.

DAY 6

Falafel-Inspired Breakfast Bars: use a 9-inch (23cm) square pan for a double batch of bars. Cut the bars into 12 and ❖ freeze 6 for future lunches.

For help with doubling the recipe, refer to the chart on page 100.

Kung Pao Beans on Cauli-Hemp Rice: if you're making cauliflower rice, you can find guidance on page 76. The amount of cauliflower listed on Day 6 of the shopping list is to make rice for this recipe and the Unconventional Tabbouleh (Day 19). Therefore, if you're making your own rice, ❖ freeze a 2-cup (260g) portion for future use.

❖ You will have leftover Kung Pao-ish Sauce. Freeze a ¼-batch portion (¼ cup + 2 tablespoons [90ml]) for later use in the Coconut Kung Pao Noodle Bowl (Day 34). Store the remainder (½ cup + 2 tablespoons [150ml]) for use post meal plan.

DAY 7

Crunchy Granola Bars: the Granola Bars will be eaten throughout the meal plan, so dehydrate and cool them fully, and store them appropriately so they last. If you find the bars are becoming moist or stale, you can freshen them up in the oven for 30 to 45 minutes at 200°F (95°C). Fully cool them again if storing. You can also freeze the bars and thaw them as needed if you are concerned that they will not keep.

The crunchy bars have a long baking time, making soft cookies is another option. Bake cookies for today, tomorrow, and Day 10 and freeze the remaining cookies to thaw and bake as needed throughout the meal plan.

MEAL PLAN: week 2

	BREAKFAST	LUNCH	DINNER	NUTRITIONAL INFORMATION
EVERY DAY ADD-ONS	<input type="checkbox"/> a 12-ounce (360ml) glass soy or pea milk <input type="checkbox"/> a 5g packet of seaweed snacks			
Day 8	<input type="checkbox"/> Crunchy Granola Bars <input type="checkbox"/> 5 medium (60g) strawberries	<input type="checkbox"/> Falafel-Inspired Breakfast Bars (x2) <input type="checkbox"/> Simple salad: ▶ 2 cups (60g) mixed greens ▶ MCT Ranch Dressing (x2)	<input type="checkbox"/> Kung Pao Beans on Cauli-Hemp Rice	1,424 calories 75g protein 108g fat 25g net carbs
Day 9	<input type="checkbox"/> 🌟 Carrot Cake Breakfast Bar <input type="checkbox"/> 5 medium (60g) strawberries	<input type="checkbox"/> Kung Pao Beans on Cauli-Hemp Rice	<input type="checkbox"/> Mediterranean Fauxttata Bites (x3) PAGE 60 <input type="checkbox"/> Simple salad: ▶ 2 cups (60g) mixed greens ▶ MCT Ranch Dressing (x2) ▶ 1 tablespoon (10g) hemp hearts	1,391 calories 77g protein 103g fat 25g net carbs
Day 10	<input type="checkbox"/> Crunchy Granola Bars <input type="checkbox"/> 5 medium (60g) strawberries	<input type="checkbox"/> Mediterranean Fauxttata Bites (x3) <input type="checkbox"/> Simple salad: ▶ 1½ cups (45g) mixed greens ▶ 2 cups (60g) mixed greens ▶ 1 tablespoon (10g) hemp hearts ▶ Garlic Oregano Vinaigrette PAGE 70	<input type="checkbox"/> Kung Pao Beans on Cauli-Hemp Rice	1,416 calories 76g protein 107g fat 23g net carbs
Day 11	<input type="checkbox"/> Vanilla Coconut Chia Pudding PAGE 20 🌿 <input type="checkbox"/> 5 medium (60g) strawberries	<input type="checkbox"/> Mediterranean Fauxttata Bites (x3) <input type="checkbox"/> Simple salad: ▶ 2 cups (60g) mixed greens ▶ Garlic Oregano Vinaigrette (x1.5)	<input type="checkbox"/> Multi-Option Minestrone PAGE 34 <input type="checkbox"/> Hemp & Pumpkin Seed Crackers	1,433 calories 72g protein 105g fat 24g net carbs
Day 12	<input type="checkbox"/> Crunchy Granola Bars <input type="checkbox"/> 5 medium (60g) strawberries	<input type="checkbox"/> Mediterranean Fauxttata Bites (x3) <input type="checkbox"/> Simple salad: ▶ 2 cups (60g) mixed greens ▶ Garlic Oregano Vinaigrette (x1.5)	<input type="checkbox"/> Multi-Option Minestrone <input type="checkbox"/> Hemp & Pumpkin Seed Crackers	1,435 calories 72g protein 109g fat 24g net carbs
Day 13	<input type="checkbox"/> Vanilla Coconut Chia Pudding <input type="checkbox"/> 5 medium (60g) strawberries	<input type="checkbox"/> 🌟 Hearty Homestyle Chili <input type="checkbox"/> ½ medium (68g) avocado	<input type="checkbox"/> Lemon Garlic Spinach PAGE 36 🍋 with 3 tablespoons (30g) hemp hearts <input type="checkbox"/> Flax & Lupin Bread PAGE 28 🌿 with 1 teaspoon vegan buttery spread	1,443 calories 71g protein 105g fat 24g net carbs
Day 14	<input type="checkbox"/> Fudgy Zucchini Breakfast Bar PAGE 22	<input type="checkbox"/> 🌟 Hearty Homestyle Chili <input type="checkbox"/> ½ medium (68g) avocado <input type="checkbox"/> ¼ cup (25g) walnuts	<input type="checkbox"/> Lemon Garlic Spinach with 2 tablespoons (20g) hemp hearts <input type="checkbox"/> Flax & Lupin Bread with 1 teaspoon vegan buttery spread	1,492 calories 71g protein 117g fat 24g net carbs

NOTES

DAY 11

Vanilla Coconut Chia Pudding:

🌟 Thaw the half can of coconut milk that was frozen on Day 1.

🌟 Freeze 2 servings of pudding for future meals.

Multi-Option Minestrone: you'll be using carrot and zucchini for vegetable options.

🌟 If you froze a 2-tablespoon (33g) portion of tomato paste for future use in this recipe, thaw it.

🌟 Thaw a 1½ cup (258g) portion of soybeans for use in this recipe (if applicable).

🌟 Freeze 3 portions of soup in separate containers for future meals.

Refrigerate the remainder of the diced tomatoes in a well-sealed airtight container for later use in the Bean & Pumpkin Curry Patties recipe (Day 17).

DAY 13

Flax & Lupin Bread: if using lupin flour in the bread recipe isn't an option for you, make the extra flaxseed meal and protein powder version to maintain similar macros.

Unless the bread is very fresh, i.e. only recently cooled, I like to toast it. Expect it to take longer to toast than most traditional breads.

Turn one third of the loaf (equal to 2 servings) into croutons for the Lupini Caesar Salad recipe you'll be making in Week 4. See the recipe page for instructions. Make sure to dehydrate and cool the croutons completely before sealing in an airtight container to ensure they keep until needed.

DAY 14

Fudgy Zucchini Breakfast Bars:

🌟 Freeze 3 of the bars for future breakfasts.

You will need ¼ cup (61g) of pumpkin purée for the Pumpkin Spice Chia Pudding (half batch) and ½ cup (123g) for the Bean & Pumpkin Curry Patties made on Day 17. Refrigerate these portions, together or separately, in an airtight container/containers for later use in these recipes.

You will have ¾ cup (184g) leftover pumpkin purée that is not allocated to a recipe in the meal plan. However, I have created a Pumpkin Pie Smoothie option that can replace the Fruit-Tea Smoothies on Days 23 and 24. If you'd like to use this option, freeze the leftover purée for later use in these smoothies. If not, use/store the leftover purée as you see fit.

MEAL PLAN: week 3

	BREAKFAST	LUNCH	DINNER	NUTRITIONAL INFORMATION
EVERY DAY ADD-ONS	<input type="checkbox"/> a 12-ounce (360ml) glass soy or pea milk <input type="checkbox"/> a 5g packet of seaweed snacks			
Day 15	<input type="checkbox"/> Fudgy Zucchini Breakfast Bar	<input type="checkbox"/> * Multi-Option Minestrone <input type="checkbox"/> Flax & Lupin Bread with 1 teaspoon vegan buttery spread <input type="checkbox"/> Simple salad: ▶ 2 cups (60g) mixed greens ▶ Garlic Oregano Vinaigrette (x1.5) ▶ Bacony Bits PAGE 72 🍷	<input type="checkbox"/> Broccoli & Cauliflower Salad PAGE 38	1,477 calories 69g protein 114g fat 25g net carbs
Day 16	<input type="checkbox"/> Fudgy Zucchini Breakfast Bar	<input type="checkbox"/> * Multi-Option Minestrone <input type="checkbox"/> Flax & Lupin Bread with 1 teaspoon vegan buttery spread <input type="checkbox"/> Simple salad: ▶ 2 cups (60g) mixed greens ▶ Garlic Oregano Vinaigrette (x1.5) ▶ Bacony Bits	<input type="checkbox"/> Broccoli & Cauliflower Salad	1,477 calories 69g protein 114g fat 25g net carbs
Day 17	<input type="checkbox"/> Pumpkin Spice Chia Pudding PAGE 20 🍷 🌱	<input type="checkbox"/> Broccoli & Cauliflower Salad	<input type="checkbox"/> Bean & Pumpkin Curry Patties (x2) PAGE 52 fried in 2 teaspoons coconut oil <input type="checkbox"/> Simple salad: ▶ 1½ cups (45g) mixed greens ▶ Garlic Oregano Vinaigrette ▶ Bacony Bits	1,490 calories 68g protein 114g fat 24g net carbs
Day 18	<input type="checkbox"/> Pumpkin Spice Chia Pudding	<input type="checkbox"/> Broccoli & Cauliflower Salad	<input type="checkbox"/> Bean & Pumpkin Curry Patties (x2) fried in 2 teaspoons coconut oil <input type="checkbox"/> Simple salad: ▶ 1½ cups (45g) mixed greens ▶ Garlic Oregano Vinaigrette ▶ Bacony Bits	1,490 calories 68g protein 114g fat 24g net carbs
Day 19	<input type="checkbox"/> * Carrot Cake Breakfast Bar PAGE 22	<input type="checkbox"/> * Hearty Homestyle Chili <input type="checkbox"/> ½ medium (68g) avocado <input type="checkbox"/> Simple salad: ▶ 2 cups (60g) mixed greens ▶ Garlic Oregano Vinaigrette (x1.5)	<input type="checkbox"/> Unconventional Tabbouleh PAGE 40 🍷	1,473 calories 70g protein 116g fat 25g net carbs
Day 20	<input type="checkbox"/> * Carrot Cake Breakfast Bar	<input type="checkbox"/> Unconventional Tabbouleh	<input type="checkbox"/> Bean & Pumpkin Curry Patties (x2) fried in 2 teaspoons coconut oil <input type="checkbox"/> ½ medium (62g) tomato <input type="checkbox"/> ¼ medium (34g) avocado	1,481 calories 70g protein 117g fat 25g net carbs
Day 21	<input type="checkbox"/> * Carrot Cake Breakfast Bar	<input type="checkbox"/> * Hearty Homestyle Chili <input type="checkbox"/> ½ medium (68g) avocado <input type="checkbox"/> Simple salad: ▶ 2 cups (60g) mixed greens ▶ Garlic Oregano Vinaigrette (x1.5)	<input type="checkbox"/> Unconventional Tabbouleh PAGE 40 🍷	1,473 calories 70g protein 116g fat 25g net carbs

NOTES

DAY 15

Bacony Bits: these will be used throughout the meal plan. They appear in the Broccoli & Cauliflower Salad recipe and the Lupini Caesar Salad recipe as well as occasionally sprinkled on a simple salad to boost protein.

Broccoli & Cauliflower Salad: you will need to toast ⅓ cup (53g) pumpkin seeds again next week for the Spicy Cabbage Slaw (Day 26). You could toast those seeds now. Fully cool toasted seeds before storing.

DAY 17

Pumpkin Spice Chia Pudding: you'll use only ¼ can (100ml) coconut milk in this recipe. Another ½ cup (120ml) will be used in the Bean & Pumpkin Curry Patties you'll make for dinner. Freeze the remaining ¾ cup (180ml) for use in the Coconut Kung Pao Noodle Bowl recipe on Day 34.

Bean & Pumpkin Curry Patties: you should have diced tomatoes left over from Day 11 for use in this recipes.

* Thaw the 1-tablespoon (16g) portion of tomato paste (if applicable).

* Thaw a 1½ cup (258g) portion of soybeans for use in this recipe (if applicable).

* Freeze 4 patties for future meals.

DAY 19

Unconventional Tabbouleh: you will be eating this tabbouleh for 4 days in a row, but I've suggested you make half a batch now and another half batch the day after tomorrow. This is because the veggies might not keep well for the full 4 days once chopped. However, the full batch of dressing can be prepared today as it will keep fine.

* If you froze a 2-cup (260g) portion of cauliflower rice on Day 6 for use in this recipe, thaw it.

DAY 20

Dinner (re: tomato and avocado): the tomato and avocado can be chopped and put atop the patties, or sliced and enjoyed with some salt and pepper.

MEAL PLAN: week 4

	BREAKFAST	LUNCH	DINNER	NUTRITIONAL INFORMATION
EVERY DAY ADD-ONS	<input type="checkbox"/> a 12-ounce (360ml) glass soy or pea milk <input type="checkbox"/> a 5g packet of seaweed snacks			
Day 22	<input type="checkbox"/> Crunchy Granola Bars	<input type="checkbox"/> 🌱 Hearty Homestyle Chili <input type="checkbox"/> ³ / ₄ medium (102g) avocado	<input type="checkbox"/> Unconventional Tabbouleh	1,432 calories 69g protein 111g fat 23g net carbs
Day 23	<input type="checkbox"/> Fruit-Tea Raspberry Smoothie PAGE 26 🌱 or <input type="checkbox"/> Pumpkin Pie Smoothie SEE NOTES BELOW	<input type="checkbox"/> Eggy Tofu Salad PAGE 54 on: ▶ Flax & Lupin Bread (x1.5) PAGE 28 🌱 🌱 ▶ ¹ / ₄ medium (75g) English cucumber, sliced <input type="checkbox"/> ¹ / ₂ medium (60g) red bell pepper, cut into sticks	<input type="checkbox"/> Lupini Caesar Salad PAGE 42 <input type="checkbox"/> ¹ / ₄ medium (34g) avocado	1,445 calories 71g protein 106g fat 24g net carbs
Day 24	<input type="checkbox"/> Fruit-Tea Raspberry Smoothie PAGE 26 🌱 or <input type="checkbox"/> Pumpkin Pie Smoothie SEE NOTES BELOW	<input type="checkbox"/> Eggy Tofu Salad on: ▶ Flax & Lupin Bread (x1.5) ▶ ¹ / ₄ medium (75g) English cucumber, sliced <input type="checkbox"/> ¹ / ₂ medium (60g) red bell pepper, cut into sticks	<input type="checkbox"/> Lupini Caesar Salad <input type="checkbox"/> ¹ / ₄ medium (34g) avocado	1,445 calories 71g protein 106g fat 24g net carbs
Day 25	<input type="checkbox"/> 🌱 Fudgy Zucchini Breakfast Bar	<input type="checkbox"/> 🌱 Hearty Homestyle Chili <input type="checkbox"/> Hemp & Pumpkin Seed Crackers PAGE 30 🌱 🌱 <input type="checkbox"/> ¹ / ₂ medium (68g) avocado	<input type="checkbox"/> Lupini Caesar Salad	1,391 calories 70g protein 105g fat 22g net carbs
Day 26	<input type="checkbox"/> Crunchy Granola Bars <input type="checkbox"/> ¹ / ₂ cup (61g) raspberries	<input type="checkbox"/> Lupini Caesar Salad <input type="checkbox"/> Hemp & Pumpkin Seed Crackers	<input type="checkbox"/> Spicy Cabbage Slaw PAGE 44 <input type="checkbox"/> Seasoned Air Fryer Tofu PAGE 56	1,483 calories 73g protein 111g fat 24g net carbs
Day 27	<input type="checkbox"/> Crunchy Granola Bar <input type="checkbox"/> ¹ / ₂ cup (61g) raspberries	<input type="checkbox"/> 🌱 Falafel-Inspired Breakfast Bar (x2) <input type="checkbox"/> Simple salad: ▶ 1 cup (30g) mixed greens ▶ MCT Ranch Dressing PAGE 70	<input type="checkbox"/> Spicy Cabbage Slaw <input type="checkbox"/> Seasoned Air Fryer Tofu	1,410 calories 73g protein 105g fat 26g net carbs
Day 28	<input type="checkbox"/> 🌱 Fudgy Zucchini Breakfast Bars	<input type="checkbox"/> Mediterranean Fauxttata Bites (x3) PAGE 60 <input type="checkbox"/> ¹ / ₄ cup (25g) walnuts <input type="checkbox"/> Simple salad: ▶ 1 cup (30g) mixed greens ▶ MCT Ranch Dressing	<input type="checkbox"/> Spicy Cabbage Slaw <input type="checkbox"/> Seasoned Air Fryer Tofu	1,447 calories 74g protein 111g fat 23g net carbs

NOTES

DAY 23

Fruit-Tea Smoothie: fruit-flavored tea ice cubes (optional) will need to be steeped and frozen the night before. You will make this smoothie again tomorrow, so you could make the cubes for both days.

If you froze the leftover pumpkin purée from Day 14, the Fruit-Tea Smoothie can be replaced with a Pumpkin Pie Smoothie. See the recipe in the next column. This swap will have minimal impact on the day's macros.

🌱 I'd suggest thawing the pumpkin purée, otherwise the smoothie will be very thick. Also, large chunks of frozen purée are difficult to blend.

Pumpkin Pie Smoothie:

Ingredients:

³/₄ cup (180ml) soy or pea milk

¹/₂ cup (about 75g) ice cubes

¹/₄ cup + 2 tablespoons (92g) canned pumpkin purée

2 tablespoons (14g) vanilla-flavored protein powder

1 teaspoon pumpkin spice

Directions: Put all ingredients in a high-powered blender and blend to smooth.

🌱 161 CALS | 18g PRO | 5.3g FAT | 8.0g NC

Flax & Lupin Bread: if you aren't able to use lupin flour, make the extra flaxseed meal and protein powder version of the bread to maintain similar macros.

Bake a half-batch loaf for 45 minutes. ▲

Feel free to make a full batch of bread and freeze it or turn it into croutons for future use. However, keep in mind that the shopping list quantities only account for making half a batch.

Eggy Tofu Salad: don't top your bread with the Eggy Tofu Salad until you're ready to eat. It can become texturally unpleasant when wet.

If you purchased a 4-serving package of tofu, store the leftover portion fully submerged in water and refrigerated in an airtight container to use on Day 26.

Dinner (re: avocado): the avocado can be chopped and put on the salad or enjoyed separately.

DAY 24

Fruit-Tea Smoothie: see Day 23 notes.

DAY 25

Hemp & Pumpkin Seed Crackers: feel free to make a full batch of crackers and save some to enjoy post meal plan. However, keep in mind that the shopping list quantities only account for making half a batch.

DAY 26

Seasoned Air Fryer Tofu: as noted on the recipe page, the Seasoned Air Fryer Tofu can be baked in an oven.

DAY 28

Mediterranean Fauxttata Bites: feel free to make one of the variations on this recipe if you'd like to try something different. The variations are nutritionally similar and so daily macros won't be impacted greatly. However, keep in mind that the shopping list doesn't account for a

MEAL PLAN: week 5

	BREAKFAST	LUNCH	DINNER	NUTRITIONAL INFORMATION
EVERY DAY ADD-ONS	<input type="checkbox"/> a 12-ounce (360ml) glass soy or pea milk (see Day 35 notes) <input type="checkbox"/> a 5g packet of seaweed snacks			
Day 29	<input type="checkbox"/> Crunchy Granola Bars <input type="checkbox"/> 1/2 cup (61g) raspberries	<input type="checkbox"/> Mediterranean Fauxttata Bites (x3) <input type="checkbox"/> 1/2 medium (60g) red bell pepper, cut into sticks	<input type="checkbox"/> *> Bean & Pumpkin Curry Patties (x2) fried in 2 teaspoons coconut oil <input type="checkbox"/> Simple salad: ▶ 2 cups (60g) mixed greens ▶ MCT Ranch Dressing (x2)	1,471 calories 71g protein 112g fat 26g net carbs
Day 30	<input type="checkbox"/> Crunchy Granola Bars <input type="checkbox"/> 1/2 cup (61g) raspberries	<input type="checkbox"/> Mediterranean Fauttata Bites (x3) <input type="checkbox"/> Simple salad: ▶ 2 cups (60g) mixed greens ▶ MCT Ranch Dressing (x2)	<input type="checkbox"/> Spicy Cabbage Slaw <input type="checkbox"/> Seasoned Air Fryer Tofu	1,404 calories 72g protein 104g fat 25g net carbs
Day 31	<input type="checkbox"/> *> Vanilla Coconut Chia Pudding <input type="checkbox"/> 1/2 cup (61g) raspberries	<input type="checkbox"/> Mediterranean Fauxttata Bites (x3) <input type="checkbox"/> 1/2 medium (60g) red bell pepper, cut into sticks	<input type="checkbox"/> *> Bean & Pumpkin Curry Patties (x2) fried in 2 teaspoons coconut oil <input type="checkbox"/> 1/2 medium (68g) avocado	1,480 calories 70g protein 109g fat 25g net carbs
Day 32	<input type="checkbox"/> *> Vanilla Coconut Chia Pudding <input type="checkbox"/> 1/2 cup (61g) raspberries	<input type="checkbox"/> *> Falafel-Inspired Breakfast Bars (x2) <input type="checkbox"/> Simple salad: ▶ 2 cups (60g) mixed greens ▶ MCT Ranch Dressing (x2)	<input type="checkbox"/> *> Hearty Homestyle Chili <input type="checkbox"/> 1/2 medium (68g) avocado	1,436 calories 72g protein 103g fat 26g net carbs
Day 33	<input type="checkbox"/> Crunchy Granola Bars <input type="checkbox"/> 1/2 cup (61g) raspberries	<input type="checkbox"/> *> Falafel-Inspired Breakfast Bars (x2) <input type="checkbox"/> Simple salad: ▶ 2 cups (60g) mixed greens ▶ MCT Ranch Dressing (x2)	<input type="checkbox"/> *> Multi-Option Minestrone <input type="checkbox"/> Hemp & Pumpkin Seed Crackers	1,473 calories 75g protein 110g fat 26g net carbs
Day 34	<input type="checkbox"/> *> Fudgy Zucchini Breakfast Bar	<input type="checkbox"/> Riced Edamame Rolls (x3) PAGE 62	<input type="checkbox"/> Coconut Kung Pao Noodle Bowl PAGE 58 <input type="checkbox"/> Hemp & Pumpkin Seed Crackers (x1.5)	1,446 calories 69g protein 108g fat 23g net carbs
Day 35	<input type="checkbox"/> Chocolate Pudding Smoothie SEE NOTES BELOW	<input type="checkbox"/> Riced Edamame Rolls (x3)	<input type="checkbox"/> Coconut Kung Pao Noodle Bowl <input type="checkbox"/> Hemp & Pumpkin Seed Crackers (x1.5)	1,426 calories 73g protein 102g fat 25g net carbs

NOTES

DAY 34

Riced Edamame Rolls: construct the rolls only when ready to eat or the nori sheets will get gummy.

Coconut Kung Pao Noodle Bowl:

*> Defrost a 1/4-batch portion of Kung Pao-ish Sauce for use in this recipe.

*> Defrost the 3/4 cup (180ml) portion of coconut milk you froze on Day 17 for use in this recipe.

To avoid opening another can of coconut milk, use the thawed 3/4 cup (180ml) coconut milk and 1/4 cup (60ml) soy/pea milk to make this recipe.

Feel free to make the soup variation of this dish if you cannot access, or do not like, shirataki noodles. However, be aware that you may find the noodle-free soup to be much less filling.

There will be a serving of these noodles left over for use post meal plan.

DAY 35

On this day only, add only a half cup [4 ounces (120ml)] of pea/soy milk to your day.

Chocolate Pudding Smoothie:

Ingredients:

1 cup (240ml) soy or pea milk
 1/2 cup (about 75g) ice cubes
 1/2 medium (68g) frozen avocado (preferably frozen cut into pieces)
 3 tablespoons (16g) unsweetened cocoa/cacao powder
 2 tablespoons (14g) chocolate or vanilla-flavored protein powder
 2 tablespoons (25g) granulated allulose or equivalent in keto-friendly sweetener of choice

Directions: Put all ingredients in a high-powered blender and blend to smooth.

☑ 307 CALS | 24g PRO | 19g FAT | 7.5g NC

