

DAY I - 7 Day Meal Plan

Aiming for protein need of minimally 0.6gr/kg, to 0.8gr/kg. Protein intake should be (rounded off) 10% of all calories/day. (One gram of protein = 4 cal.)

DAY I - 7 Day Meal Plan						
		Cal	Protein gr.	Fat grams		Carbs grams
BREAKFAST						
Coconut & ginger granola	100gr	415	11.1		6.7	65.1
Soy milk, sweetened, enriched (B12)	1 cup	104	6.3		3.6	12
Totals breakfast		519	17.4		10.3	77.1
LUNCH						
Spiced butter beans w herbs and watercress	265gr (½ recipe)	421	9.8		27.7	36.2
<i>4tbsp oil, butter beans, capsicum, onion, herbs & spices</i>						
Totals lunch		421	9.8		27.7	36.2
DINNER						
Pesto Risotto w roasted courgette	378.5gr (½ recipe)	666	13.5		24.6	91
<i>Walnuts, 2tbsp oil, courgette, onion, rice, wine, broth, herbs</i>						
Totals dinner		666	13.5		24.6	91
Totals for the day		1606	40.7		62.6	204.3
<i>ADD: spinach to full dinner recipe</i>	340gr	39	5		0.7	6.2
<i>Add: watercress to lunch</i>	1 cup	4	0.8		0	0.4
<i>Snack I: Roasted chickpeas</i>		67	4		1.1	11
<i>Snack II: Orange</i>	130gr.	62	1.2		0.2	15.4
NEW DAY TOTALS		1778	51.7		64.6	237.3

ADD watercress or spinach for nutrition.

1 can of chickpeas, 1 tsp ground cumin, 1 tsp garlic powder, 1 tsp oregano, cayenne to taste, 1 tsp olive oil. Preheat oven to 175C. Mix chickpeas w rest of ingredients. Spread on baking sheet, bake for 40-45 minutes or until crispy, stirring occasionally. Serves 6.

DAY II

Aiming for protein need of minimally 0.6gr/kg, to 0.8gr/kg. Calories from protein intake should be (rounded off) 10% of all calories/day.

DAY II						
		Cal	Protein gr.	Fat grams		Carbs grams
BREAKFAST						
<i>Avocado on Toast</i>		315	16.9		14.7	34.9
Soy milk, fortified w B12	1 cup	104	6.3		3.6	12
Totals breakfast		419	23.2		18.3	46.9
LUNCH						
Citrus Kale Salad	½ recipe	519	11		37	44.1
<i>Kale, 3tbsp oil, mandarins, carrot, onion, chilli, cashews, orange juice</i>						
<i>1 tbsp oil less.</i>		-239			-27	
<i>Add 2 tbsp tahini</i>		178	5.1		16.1	6.4
Totals lunch		458	16.1		26.1	50.5
DINNER						
Roasted Ratatouille	1/4 recipe	326	11.3		13.9	44.5
<i>(Full recipe = 2508grams, 1665 cal.)</i>						
<i>Eggplant, courgette, tomatoes, onion, garlic, herbs, 4tbsp oil, 1 can of chickpeas, herbs</i>						
Totals dinner		326	11.3		13.9	44.5
Totals for the day:		1203	50.6		58.3	141.9
<i>Add to dinner recipe: 1 can of lentils</i>	1/4 can	90	7		0.5	19.6
<i>Add to dinner recipe: Tofu, 200gr.</i>	1/2 recipe	104	12		5.5	3.8
<i>Snack 1: 3 Brown Rice Cakes with a large mashed banana:</i>						
<i>-3 Rice cakes</i>		45	0.9		0.3	10.3
<i>- 1 large banana</i>		121	1.5		0.4	31.1
<i>Snack 2: Handful of raisins</i>	43gr	129	1.3		0.2	34
<i>Drinks: Coffee, 1 cup of almond milk</i>		56	1.1		2.5	8.1
NEW DAY TOTALS		1748	74.4		67.7	248.8

Take away 2 tbsp oil, replace with tahini.

Add 200 grams of tofu to dinner recipe

Omit 1 tbsp of olive oil (3 i.s.o. 4)

DAY III

Aiming for protein need of minimally 0.6gr/kg, to 0.8gr/kg. Calories from protein intake should be (rounded off) 10% of all calories/day.		Cal	Protein gr.	Fat grams	Carbs grams
BREAKFAST					
Hearty Breakfast smoothie (Full recipe is 848grams)	½ recipe	498	14.4		23.7 64.9
<i>2/3 cup Oats, mylk, 2 bananas, strawberries, peanut butter, linseed</i>					
Totals breakfast		498	14.4		23.7 64.9
LUNCH					
Hummus & Veggie Sandwich	½ recipe	323	15.4		8.2 49.7
<i>Whole recipe = 4 slices, 646 cal. 2 tbsp hummus per slice, no potato crisps 4 x bread, hummus, tomato, lettuce, cucumber, onion, sprouts,</i>					
Totals lunch		323	15.4		8.2 49.7
DINNER					
Broccoli Curry Udon	1/2 recipe	606	20.7		22.9 86
<i>(Full recipe = 745gr., 1212cal.) 200gr noodles, 200gr broccoli, onion, ginger, garlic, cornflour, spices, soy sauce, 1/2 cup coconut milk, 4 tsp sesame seeds</i>					
Totals dinner		606	20.7		22.9 86
Totals for the day:		1427	50.5		54.8 200.6
<i>Add: Snack 1 - 3 Brown Rice cakes with 3 tbsp Hummus</i>		148	3.6		4.3 24.7
<i>Add: Snack 2 - Banana Lettuce Wrap w 1/2 tbsp almond butter</i>		162.5	3.6		4.9 30.3
NEW DAY TOTALS		1737.5	57.7		64 255.6

Stack 2 large leaves of Cos lettuce, spread almond butter on top, roll banana (sliced or not) in it.

DAY IV

Aiming for protein need of minimally 0.6gr/kg, to 0.8gr/kg. Calories from protein intake should be (rounded off) 10% of all calories/day.		Cal	Protein gr.	Fat grams	Carbs grams
BREAKFAST					
Fruit Salad with avocado & toasted mixed nuts	½ recipe	249	2.7		0.8 64.8
<i>(Full recipe is 812.5 grams) Banana, apple, pear, orange, kiwi, grapes, lemon juice</i>					
Totals breakfast		249	2.7		0.8 64.8
LUNCH					
Homemade instant noodles	½ recipe	374	6.1		10.9 65.4
<i>(Full recipe weight is 527gr., 748 cal.) Chilli sauce, soy sauce, sugar, 1/2 cup coconut milk, 1/2 cup peas, 1/2 cup carrot, 1/2 mushrooms, 2 bundles bean thread vermicelli, lime, green onion</i>					
Totals lunch		374	6.1		10.9 65.4
DINNER					
3 Bean Chilli	¼ recipe	504	24.1		11.7 81.5
<i>(Full recipe weight is 2300grams, 2016cal.) 2 tsp oil, onion, spices & herbs, celery, chilli, garlic, tomatoes, kidneys beans, black beans, chickpeas, corn</i>					
Totals dinner		504	24.1		11.7 81.5
Totals for the day		1127	32.9		23.4 211.7
<i>Add to breakfast:</i>					
<i>1 tbsp toasted hemp seeds</i>		53	2.5		3.5 2.8
<i>Coconut yoghurt</i>		70gr	1.4		14.1 4.6
<i>Add Snack 1: Edamame beans w a sprinkle of sea salt</i>		85gr.	10.1		4.4 7.6
<i>- carrot juice</i>		1 cup	94	2.2	0.4 21.9
<i>Add snack 2: Granola</i>		0.5 cup	260	6	12.8 32.8
<i>- with almond milk</i>		0.75 cup	42	0.8	1.9 6.1
NEW DAY TOTALS		1830	55.9		60.5 287.5

Add toasted nuts (or hemp) and 1/4 avocado

DAY V

Aiming for protein need of minimally 0.6gr/kg, to 0.8gr/kg. Calories from protein intake should be (rounded off) 10% of all calories/day.		Cal	Protein gr.	Fat grams	Carbs grams
BREAKFAST					
Porridge (w nuts & fruit)	½ recipe	484	11.4		14.8 80.3
<i>(Full recipe =s 415.2gr, 967cal) 1.5 cup oats, 1/2 cup mylk, 1/4 cup maple syrup, 1/4 cup nuts, 1/2 cup fruit, cinnamon</i>					
Totals breakfast		484	11.4		14.8 80.3

LUNCH						
Italian Pasta Salad (assuming whole wheat pasta for more protein)	1/4 recipe	366	5.5			23.2 35.2
(Full recipe weight is 921gr, 1465 cal, serves 4 acc. to JO's website)						
<i>300gr pasta, 250gr tomato, handful olives, herbs, 1/2 cucumber, garlic, vinegar, 6 tbsp olive oil.</i>						
Totals lunch		366	5.5			23.2 35.2

DINNER						
Minimalist Butter Chickpeas	1/2 recipe	674	22.8			10.5 128.5
(Full recipe weight is 1105grams, 1348cal.)						
Onion, spices, 1 can chickpeas, 1 can tomatoes, 3tbsp coconut milk, 1 cup rice, coriander.						
Totals dinner		674	22.8			10.5 128.5
Totals for the day		1524	39.7			48.5 244

Add snack 1: Carrot sticks	large	30	0.7			0.2 6.9
with fat free home made white bean hummus	1 serve	167	9			3.6 25
Add snack 2: pear	medium	101	0.6			0.2 27.1
NEW DAY TOTALS		1822	50			52.5 303

1.5 cup cooked white beans, 1 tbs lemon juice, 2tbs sesame seeds, 2 tbs red wine vinegar, 1/2 tsp Dijon mustard, 2 tbsp water, 1/4 cup chopped fresh basil, 2 tbsp fresh thyme. Blend all but herbs, then add herbs and pulse through. Serves 3.

DAY VI

Aiming for protein need of minimally 0.6gr/kg, to 0.8gr/kg. Calories from protein intake should be (rounded off) 10% of all calories/day.

BREAKFAST						
		Cal	Protein gr.	Fat grams		Carbs grams
Scrambled Tofu	1/2 recipe	545	25.4			39.4 31.9
(Full recipe = 747grams, 1090 cal).						
<i>2 tbsp oil, onion, capsicum, garlic, 1 block tofu, 1/2 carrot, 1/2 avocado each.</i>						
Minus 1 tbsp oil		-110				-13.5
Minus 1/4 avocado		-80				-7.4
Coffee with Almond mylk		56	1.1			2.5 8.1

Take 1 tbsp oil and 1/4 avocado out. Use only 1 tbsp to saute the onion and capsicum, and add some water instead of oil. Original oil content for today, w/o snacks: 785 calories, 85.2 grams).

LUNCH						
Lentil & Apple Salad	1/2 recipe	637	27.2			31.5 69.3
(Full recipe weight is 885grams, 1274 cal)						
<i>Orange juice, 2tbsp oil, mustard, 1 tsp maple syrup, garlic, 100gr rocket, 1 can lentils, 1 apple, 1/2 cup almonds</i>						
Minus 1 tbsp oil (replace with broth or non-dairy milk)		-120				-13.5

Lower fat option.

DINNER						
Macaroni & "Cheese" Bake	1/6 recipe	386.2	9.5			14.3 58.4
(Full recipe weight is 748 grams, 2317 cal.)						
<i>250gr macaroni, 1 cup potatoes, 1/4 cup carrots, onion, 1/3 'butter', 1/4 cup cashews, spices, lemon juice, bread crumbs.</i>						
Total		1314.2	63.2			53.3 167.7
Add snack 1: 2 mandarins	medium	93	1.4			0.5 23.5
+ 20 grapes		68	0.7			0.2 17.7
Add snack 2: Wholemeal Pita stuffed with mashed banana & raisins	small	73	2.7			0.5 15.6
- stuffed with mashed banana	medium	105	1.3			0.4 27
- and raisins	28grams	85	0.9			0.1 22.4
NEW DAY TOTALS		1738.2	70.2			55 273.9

Add a salad of greens w cucumber, onion, raisins and toasted hazelnuts with a low fat dressing.

Suggestions for extra calories/snacks today: fruit.

DAY VII

Aiming for protein need of minimally 0.6gr/kg, to 0.8gr/kg. Calories from protein intake should be (rounded off) 10% of all calories/day.

BREAKFAST						
		Cal	Protein gr.	Fat grams		Carbs grams
Hearty pancakes	1/2 recipe	545	25.4			39.4 31.9
(Full recipe is 580gr, 1320 cal)						
<i>1/2 c Flour, 1/2 c wholemeal flour, 1/2 c oats, sugar, 1.25 cup mylk, 1/4 cup oil.</i>						

Stupid amount of oil in this recipe. Easier to replace it than to tweak, as I don't know how this one works out and not interested in making it :-D

<i>Chickpea pancakes (serves 2), gluten free</i>					
1 cup of chickpea flour	0.5 recipe	178	10.3		
1 cup of water	0.5 recipe			3.1	26.6
1 tsp cinnamon, tiny pinch of salt	0.5 recipe	10	0.2	0	3.1
1 tbsp brown sugar (dark brown if you have it)	0.5 recipe	26	0	0	6.7
coconut oil for cooking, 2 tbsp max.	0.5 recipe	122	0	13.5	0
jam or fresh fruit of your choice, example: banana, 1 each	medium	105	1.3	0.4	27
Total for breakfast		441	11.8	17	63.4
LUNCH					
Quick Sprout Salad (serves 2, Gluten free)					
(Full recipe weight is 556.5 grams, 1030 cal) + 4 slices of bread	1/2 recipe	515	16.6	32.2	46.6
<i>1 container sprouts, 1 avocado, large handful brazil nuts or almonds, lemon juice, 1 tbsp oil, 2 slices bread each</i>					
EDIT recipe:					
<i>Sprouts, one container</i>		42	4.8	1.2	4.8
<i>Almonds</i>	30gr	174	6.3	15	6.5
<i>Lemon juice</i>	of 1 lemon	11	0.2	0.1	3.3
<i>Olive oil</i>	0.5	59	0	6.75	0
<i>Toast, any bread</i>	2 slices	181	9	2.5	30.8
NEW Total for lunch		467	20.3	25.55	45.4
DINNER					
Tempeh & Potato Tacos					
(Full recipe weight is 596 grams, 859 cal.)	½ recipe	430	18.2	20.6	48.9
<i>1 tbsp oil, 150gr potatoes, onion, garlic, 1/2 capsicum, 1/2 packet of tempeh, spices, 4 tortillas, 1 avo, lettuce</i>					
Totals dinner		430	18.2	20.6	48.9
Day totals		1338	50.3	63.15	157.7
<i>Add snack 1: 1 persimmon, half frozen</i>					
	168gr	118	1	0.3	31.2
<i>& 1 orange</i>					
	131gr	62	1.2	0.2	15.4
<i>Add snack 2: Coconut chocolate milk</i>					
	1 cup	114	1.3	11	6
	- Cacao, 2 tbsp	40	2	1	6
	- stevia to taste	0	0	0	0
NEW DAY TOTALS		1672	55.8	75.65	216.3

Mix flour, water, cinnamon, sugar, salt until there are no lumps. Heat a little bit of oil in pan, add batter. When it releases from the bottom easily, flip over. Cook till golden on each side. Serve with fruit or jam on top.

Too much fat (38.4 grams) suggest to omit the avo (there's avo in dinner too) and add in chopped apple.

Add to recipe: crush and toast the nuts. Finely chop or coarsely grate apple.

Freeze persimmon for about 2 hours, cut top off and scoop out.