



# MA60DAY MEAL PLAN

VEGAN • ECTOMORPH

# "FOODS ALLOWED"

## Fruits

Strawberries, Blueberries,  
Raspberries, Pineapple, Grapes,  
Kiwi, Orange, Plum, Melon,  
Watermelon, Apples (Green Or Fuji)  
Grapefruit

## Vegetable

Broccoli, Zucchini, Brussel Sprouts,  
Cauliflower, Asparagus, Mushrooms,  
Green Beans, Bell Peppers, Sweet  
Peas, Carrots, Leafy Greens,  
Butternut Squash, Eggplant, Bok  
Choy,

## Healthy Carbs

Sweet Potato, Cous Cous, Quinoa,  
Sprouted Bread, Oatmeal, Brown/  
Wild/Black Rice, Brown Rice Cakes,  
Sprouted Multi-grain Bread, Multi-  
grain Pasta, Chickpea/Lentil Pasta

## Legumes

Chickpea, Lentils, Peas, Kidney  
Beans, Black Beans, Soy Beans, Pinto  
Beans

## Proteins

Tofu, Tempeh, Seitan

## Dairy & Healthy Fats

Non Dairy Greek Yogurt, (Plain  
Almond/Soy Dairy-Alternative  
Yogurt), Almond/Peanut/Cashew  
Butter, Avocado, Hummus,  
Unsweetened Almond or Coconut  
Milk

## Condiments

All Mustard Variations, Hot Sauce,  
Balsamic Vinegar, Avocado Oil, Soy  
Sauce, (Soy-Alternative Coconut  
Aminos), Olive Oil, Maple Syrup,  
Apple Cider Vinegar

# VEGAN MEAL PLAN AM

## MENU 1

### BREAKFAST

#### Black Bean Tofu Scramble

- 1/2 Block Firm Tofu
- 1/2 Cup Black Beans
- 1 Tbsp Nutritional Yeast
- Juice of 1 Lime
- 2 oz Cilantro

### AM Snack

- 6oz Non Dairy Yogurt
- 1 Cup Mixed Berries

### LUNCH

#### Garbanzo Bean Bowl

- 1 Cup Garbanzo Beans
- 2 Tbsp Organicville BBQ Sauce
- 1 Cup Red & Green Bell Peppers
- 1/2 Cup Broccoli Sprouts
- 1 Cup Wild Rice

### PM Snack

#### Healthy Toast

- 2 Slices Ezekiel Bread
- 2 Tbsp Peanut or Almond Butter
- 1 Tsp Natural Jam
- 1/2 Banana

### DINNER

#### Seitan Bowl

- Vegan Ranch recipe (1 serving)
- 6 oz Seitan
- 3 oz Whole Mushrooms
- 1 Poblano Pepper
- 1 Cup of Cauliflower



# VEGAN MEAL PLAN PM

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### DINNER

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- Vegan Ranch recipe (1 serving)
- 6 oz Seitan
- 3 oz Whole Mushrooms
- 1 Poblano Pepper
- 1 Cup of Cauliflower



# GROCERY LIST

## MENU 1

### PRODUCE

- Banana
- Berries, mixed
- Broccoli Sprouts
- Cauliflower
- Cilantro
- Garlic
- Lime
- Mushrooms, whole
- Onion
- Parsley
- Poblano Peppers
- Red and Green Peppers

### CANNED/BOXED

- Black Beans
- Garbanzo Beans
- Cashews

### GRAINS/PASTA

- Ezekiel Bread
- Wild Rice

### REFRIGERATED

- Salsa
- Seitan
- Tofu, Extra firm
- Unsweetened Almond Milk
- Yogurt, non-dairy

### BAKING GOODS

- Chia Seeds
- Hemp Seeds
- Olive Oil Spray
- Vital Wheat Gluten\*

### CONDIMENTS

- Apple Cider Vinegar
- Coconut Aminos\*
- Natural Jam
- Nutritional Yeast
- Organicville BBQ Sauce
- Peanut or Almond Butter
- Sriracha

### HERB/SPICES

- |                        |                 |
|------------------------|-----------------|
| Black Pepper           | Oregano, dried  |
| Chipotle Chili Powder* | Paprika         |
| Cloves, ground*        | Sea Salt        |
| Cumin, ground          | Smoked Paprika* |
| Dill, dried            | Turmeric        |

\*Omit if using store-bought seitan

#### TIP:

DON'T FORGET TO PURCHASE YOUR PLANT  
BASED PROTEIN! [GETTRUSUPPS.COM](http://GETTRUSUPPS.COM)

## BLACK BEAN TOFU SCRAMBLE

### Ingredients

1 Pack Extra Firm Organic Tofu  
1/2 Teaspoon Turmeric  
1/2 Teaspoon Ground Cumin  
1/2 Teaspoon Paprika  
2tbs Nutritional Yeast  
2tbs Water  
Pinch Sea Salt

Black Pepper To Taste  
Olive Oil Spray  
Chopped Onion To Taste.  
2 Cloves of Minced Garlic  
1 Tablespoon Very Finely Chopped Parsley  
1 Cup Black Beans  
Lime Juice  
4 Oz Cilantro

### Directions (Makes 2 Servings)

1. Make sure you drain your tofu first. Put it on some paper towels and wait about 30 mins.
2. In a bowl mix together all dry ingredients.
3. Pre heat pan on medium heat then spray some of the olive oil non stick spray. Once hot, add onion and garlic, and sauté for a minute.
4. Break up the tofu with your hands and throw it on the pan and stir. Lower heat to low then add dry mix over the tofu and mix well. Cook for 2 minutes or until tofu is hot then add the parsley and cook for another minute.

## MAKE AT HOME SEITAN

### Ingredients

2 Cups of Vital Wheat Gluten  
3/4 Tsp Salt  
3/4 Tsp Smoked Paprika

1/2 Tsp Chipotle Chili Powder  
1/2 Tsp of Black Pepper  
1/4 Tsp of Ground Cloves  
2 Cups Water  
3 Dashes of Coconut Amino

### Directions (Makes 5 Servings)

1. Pre-heat oven to 350 degrees
2. In a large bowl whisk vital wheat gluten with salt, paprika, chili powder, black pepper, and ground cloves.
3. Add water and coconut amino and work by hand to create a spongy dough. Place dough on a non stick pan and press into a rectangle shape.
4. Bake for 30 minutes.
5. Let cool before storing in refrigerator.

# MEAL PREP

## VEGAN RANCH SAUCE

### Ingredients

1/2 Cup Raw Cashews  
1/2 Tbsp Salsa  
1 Tbs Apple Cider Vinegar

1/4 Water  
1 Garlic Clove  
1/4 Tsp Dried Dill  
1/4 Tsp Dried Oregano  
Add Sriracha To Taste

### Directions (Makes 4 Servings)

1. All ingredients into a high powered blender, add all ingredients.
2. Add water if needed

## GARBANZO BEAN BOWL

### Ingredients

1 Cup Garbanzo Beans  
2 Tbsp Organicville BBQ Sauce  
1 Cup Red & Green Bell Peppers  
1/2 Cup Broccoli Sprouts

1 Cup Cup Wild Rice

### Directions

1. Cook wild rice according to directions.
2. Rinse garbanzo beans, chop red & green bell peppers.
3. In a bowl, mix all ingredients, top with BBQ Sauce.

# VEGAN MEAL PLAN AM

## MENU 2

### BREAKFAST

#### Hot Kamut Cinnamon Bowl

- 1/2 Cup Kamut
- 1 Apple, Diced
- 1 Tsp Cinnamon
- 1 Cup Unsweetened Almond Milk

### AM Snack

#### Protein Shake

- 1 Scoop Tru Supplements Protein
- 1 Cup Unsweetened Almond Milk
- 1 Tbsp Peanut or Almond Butter

### LUNCH

#### Ezekiel Bread Hulk Hummus

- 2 Slices Ezekiel Bread
- 1 Handful Mung Bean Sprouts
- 2oz Jalapeños
- 4oz Tempeh
- 1 Serving Hulk Hummus

### PM Snack

#### Chia Protein Yogurt

- 6oz Non Dairy Yogurt
- 1 Tsp Chia Seeds
- 1 Scoop Tru Supplements Protein

### DINNER

#### Mexican Black Bean Cheese Bowl

- 2/3 Cup Canned Corn
- 3 oz Roasted Red Peppers
- Vegan Cheese Sauce (1 Serving, See Recipe)
- 1/2 Cup Black Beans
- 1 Cup Wild Rice





# VEGAN MEAL PLAN PM

## MENU 2

### BREAKFAST

#### Hot Kamut Cinnamon Bowl

- 1/2 Cup Kamut
- 1 Apple, Diced
- 1 Tsp Cinnamon
- 1 Cup Unsweetened Almond Milk

### AM Snack

#### Chia Protein Yogurt

- 6oz Non Dairy Yogurt
- 1 Tsp Chia Seeds
- 1 Scoop Tru Supplements Protein

### LUNCH

#### Ezekiel Bread Hulk Hummus

- 2 Slices Ezekiel Bread
- 1 Handful Mung Bean Sprouts
- 2oz Jalapeños
- 4oz Tempeh
- 1 Serving Hulk Hummus

### PM Snack

#### Protein Shake

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### DINNER

#### Mexican Black Bean Cheese Bowl

- 2/3 Cup Canned Corn
- 3 oz Roasted Red Peppers
- Vegan Cheese Sauce (1 Serving, See Recipe)
- 1/2 Cup Black Beans
- 1 Cup Rice



# GROCERY LIST

## MENU 2

### PRODUCE

Apple  
Avocado  
Cilantro  
Garlic  
Jalapenos  
Lime  
Mung Bean Sprouts  
Parsley  
Roasted Red Peppers  
Scallions  
Spinach

### CANNED/BOXED

Black Beans  
Canned Corn  
Cashews  
Garbanzo Beans

### GRAINS/PASTA

Ezekiel Bread  
Kamut  
Wild Rice

### REFRIGERATED

Salsa  
Tempeh  
Unsweetened Almond Milk  
Yogurt, non-dairy

### BAKING GOODS

Chia Seeds  
Hemp Seeds

### CONDIMENTS

Nut Butter

### HERB/SPICES

Cinnamon  
Cumin  
Smoked Paprika

**TIP:**

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BASED PROTEIN! [GETTRUSUPPS.COM](https://www.gettrusupps.com)

# MEAL PREP

## HOW TO COOK KAMUT

### Ingredients

1 Cup Kamut  
2 Cup Unsweetened Almond Milk

2 Apple, Diced  
2 Tsp Cinnamon

### Directions (Makes 2 Servings)

1. On stove top add kamut to water (cook as you would oatmeal)
2. Add in apple, maple syrup and cinnamon
3. Cook until apple is soft or desired consistency
4. Add in almond milk after

## HULK HUMMUS

### Ingredients

1 Can of Garbanzo Beans  
2 Tbs Lime Juice  
1/2 Cup Water

1 Garlic Clove  
1 Cup Spinach  
1/2 Cup Fresh Cilantro  
1/4 Cup Fresh Parsley Leaves  
1/4 Cup Scallions

### Directions (Makes 8 Servings)

1. In a high powered blender or food processor add ingredients.

# MEAL PREP

## VEGAN CHEESE SAUCE

### Ingredients

2 Cups Cashews  
Non-Dairy Yogurt

1 Cup of Salsa  
Cumin  
Smoked Paprika

### Directions (Makes 6 Servings)

1. Soak cashews in water overnight
2. In a high powered blender or food processor add ingredients.
3. Refrigerate

## CHIA PROTEIN YOGURT

### Ingredients

24 Oz Non Dairy Yogurt

4 Tsp Chia Seeds  
4 Scoop Tru Supplements Protein

### Directions (Makes 4 Servings)

1. Mix plant milk, chia seeds, and cashews in a mason jar.
2. Stir, and put in refrigerator overnight or at least 6 hours.
3. Add Tru Supplements Protein when ready to consume

# VEGAN MEAL PLAN AM

## MENU 3

### BREAKFAST

#### Banana Cinnamon Oats

- 1 Cup Rolled Oats
- 1 Banana
- 1 Cup Unsweetened Almond Milk
- 1 Tsp Cinnamon

### AM Snack

#### Protein Shake

- 1 1/2 Scoop Tru Supplements Protein
- 1 Cup Unsweetened Almond Milk

### LUNCH

#### Tofu Peanut Bowl

- 4oz Extra Firm Tofu
- 1 Cup Wild Rice
- 1 Cup Broccoli
- 2oz Mushrooms
- 4oz Green Peas
- 1/4 Serving Peanut Sauce

### PM Snack

#### Protein Shake

- 2 Multigrain Rice Cakes
- 2 Tbsp Jam

### DINNER

#### Tempeh Veggie Quinoa Stir Fry

- 5oz Tempeh
- 1 Cup Quinoa
- 2oz Mushroom
- 1/4 Cup Braggs Aminos
- 1 Tsp Garlic Powder
- 1 Red Bell Pepper

### DESSERT

- 2 Pumpkin Protein Cookies



# VEGAN MEAL PLAN PM

## MENU 3

### BREAKFAST

#### Banana Cinnamon Oats

- 1 Cup Rolled Oats
- 1 Banana
- 1 Cup Unsweetened Almond Milk
- 1 Tsp Cinnamon

### AM Snack

#### Protein Shake

- 2 Multigrain Rice Cakes
- 2 Tbsp Jam

### LUNCH

#### Tofu Peanut Bowl

- 4oz Extra Firm Tofu
- 1 Cup Wild Rice
- 1 Cup Broccoli
- 2oz Mushrooms
- 4oz Green Peas
- 1/4 Serving Peanut Sauce

### PM Snack

#### Protein Shake

- 1 1/2 Scoop Tru Supplements Protein
- 1 Cup Unsweetened Almond Milk

### DINNER

#### Tempeh Veggie Quinoa Stir Fry

- 5oz Tempeh
- 1 Cup Quinoa
- 2oz Mushroom
- 1/4 Cup Braggs Aminos
- 1 Tsp Garlic Powder
- 1 Red Bell Pepper

### DESSERT

- 2 Pumpkin Protein Cookies



# GROCERY LIST

## MENU 3

### PRODUCE

Avocado  
Banana  
Broccoli  
Mushrooms  
Red Bell Pepper

### CANNED/BOXED

Green Peas  
Pumpkin Puree

### GRAINS/PASTA

Quinoa  
Rice Cakes, multi-grain  
Rolled Oats  
Spelt Flour  
Wild Rice

### REFRIGERATED

Tempeh  
Tofu, Extra Firm  
Unsweetened Almond Milk

### BAKING GOODS

Baking Soda  
B2 Almond  
Vegan Chocolate Chips

### CONDIMENTS

Braggs Aminos	
Brown Rice	Rice Vinegar
Syrup	Smooth Peanut
Jam	Butter
Maple Syrup	Stevia
Peanut or	
Almond Butter	

### HERB/SPICES

Cayenne Pepper  
Cinnamon  
Garlic Powder  
Ginger, ground  
Pumpkin Spice

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# MEAL PREP

## HEALTHY PEANUT SAUCE

### Ingredients

1/2 Cup of Smooth Peanut Butter  
1/4 Cup Low Sodium Soy Sauce or Braggs  
2 Tbs of Water

2 Tbs of Rice Vinegar  
1/4 Cup Brown Rice Syrup  
1/4 Teaspoon Ground Ginger  
1/4 Tsp Cayenne Pepper

### Directions (Makes 4 Servings)

1. Combine all ingredients in a bowl and whisk until mixed

## HOW TO PREPARE OATMEAL

### Ingredients

4 Cups Rolled Oats

4 Tsp Cinnamon  
4 Cups Unsweetened Almond Milk

### Directions

1. Add oats, cinnamon, and water or unsweetened almond milk
2. Cook in very low heat to develop flavors
3. Sweeten to taste with stevia



# MEAL PREP

## HOW TO BAKE YOUR TOFU

### Ingredients

16 Oz Firm or Extra Firm Organic Tofu

### Directions (Makes 4 Servings)

1. Pre heat oven to 450
2. Open tofu and drain by placing on towel and pressing a large pot on top. Let sit with pot on top for 30 minutes.
3. Cut tofu into slices or cubes.
4. Place parchment paper on baking sheet and lay tofu on top.
5. Bake for 35 - 45 minutes or until tender
6. Season with dried spices.

## PUMPKIN PROTEIN COOKIES

### Ingredients

1 1/2 Cups of Spelt Flour  
 1 Can of Pumpkin Puree  
 2 Scoops of Tru Supplements Pumpkin Pie Spice Protein Powder

1 Tbs of Pumpkin Spice  
 1/2 Cup PB2 Almond  
 1/4 Tsp of Baking Soda  
 1/4 Maple Syrup  
 1/4 Cup Vegan Chocolate Chips

### Directions (Makes 16 Servings)

1. Preheat the oven to 350 degrees.
2. In a large bowl, mix all the dry ingredients then add the wet ingredients. Mix well until desired consistency. Form into cookies using a tablespoon.
3. You can also pour into a muffin tin. Bake for 15 to 20 minutes.

# VEGAN MEAL PLAN AM

## MENU 4

### BREAKFAST

#### Spelt Morning Bowl

- 1/2 Cup Spelt, Cooked
- 1 Banana
- 1 Tsp Cinnamon Powder
- 1 Tsp Cacau Nibs
- 1 Tbsp Unsweetened Coconut Flakes

### AM Snack

#### Protein Yogurt

- 1 Cup Unsweetened Almond Yogurt
- 1/3 Cup Chopped Walnuts
- 1 Cup Mixed Berries

### LUNCH

#### Red Lentil Bowl

- 1 Cup Red Lentils, Cooked
- 3oz Baked Tofu
- 4oz Broccoli, Chopped
- 2oz Mushrooms
- 4oz Green Peas
- Handful Alfalfa Sprouts

### PM Snack

- 1 Cup Edamame, Steamed or Boiled

### DINNER

#### High Protein Chili (See Recipe)

- 1/2 Cup Red Kidney Beans
- 1/2 Cup Garbanzo Beans
- 1 Cup Textured Vegetable Protein

#### Power Salad (See Recipe)



# VEGAN MEAL PLAN PM

## MENU 4

### BREAKFAST

#### Spelt Morning Bowl

- 1/2 Cup Spelt, Cooked
- 1 Banana
- 1 Tsp Cinnamon Powder
- 1 Tsp Cacau Nibs
- 1 Tbsp Unsweetened Coconut Flakes

### AM Snack

- 1 Cup Edamame, Steamed or Boiled

### LUNCH

#### Red Lentil Bowl

- 1 Cup Red Lentils, Cooked
- 3oz Baked Tofu
- 4oz Broccoli, Chopped
- 2oz Mushrooms
- 4oz Green Peas
- Handful Alfalfa Sprouts

### PM Snack

#### Protein Yogurt

- 1 Cup Unsweetened Almond Yogurt
- 1/3 Cup Chopped Walnuts
- 1 Cup Mixed Berries

### DINNER

#### High Protein Chili (See Recipe)

- 1/2 Cup Red Kidney Beans
- 1/2 Cup Garbanzo Beans
- 1 Cup Textured Vegetable Protein

#### Power Salad (See Recipe)



# GROCERY LIST

## MENU 4

### PRODUCE

Alfalfa Sprouts	
Arugula	
Avocado	
Banana	
Bell Peppers	
Berries, mixed	
Broccoli	
Carrots, shredded	
Cucumbers	
Edamame	
Garlic	
	Kale
	Mixed Greens
	Mushrooms
	Onion
	Radicchio
	Spinach
	Tomatoes

### CANNED/BOXED

Garbanzo Beans  
Green Peas  
Red Kidney Beans  
Tomato Sauce

### GRAINS/PASTA

Spelt  
Red Lentils

### REFRIGERATED

Textured Vegetable Protein  
16 Oz Tofu  
Unsweetened Almond Yogurt

### BAKING GOODS

Walnuts, Chopped

### CONDIMENTS

Cacao Nibs  
Maple Syrup  
Unsweetened Coconut Flakes

### HERB/SPICES

Cayenne  
Cinnamon  
Chili Powder  
Cumin  
Smoked Paprika

**TIP:**

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# MEAL PREP

## HIGH PROTEIN CHILI

### Ingredients

2 Cups Red Kidney Beans	1 White Onion
2 Cups Garbanzo Beans	4 Tbs of Chili Powder
4 Cups Textured Vegetable Protein	1 Tsp of Cumin
1 Can of Tomato Sauce	1/2 Tsp of Smoked Paprika
4 Cloves of Garlic	1/8 Tsp of Cayenne
	1 Tbs of Maple Syrup
	3 Cups of Water

### Directions (Makes 4 Servings)

1. In a large pot on stove top add 1 cup of water to onion, sauté for 5 minutes then add garlic. Once the onion and garlic is cooked add dry ingredients chili powder, cumin, smoked paprika and cayenne. Stir until garlic and onion are coated. Add in 3 cups water, 1 can of tomato sauce, kidney and garbanzo beans, maple syrup. All on medium heat. Add the tvp and let cook for 10 minutes.
2. Add one cup of the water and onion to a large pan over medium-low heat. Add garlic after 2 minutes and cook for about 6 more minutes until onion is very tender, and the broth has evaporated.
3. Put the onion and garlic into a blender. Add the rest of the ingredients and blend on high until very creamy and smooth. Add more broth to reach desired consistency, and more salt and pepper if desired.

## HOW TO COOK YOUR LENTILS

### Directions

1. Rinse your lentils with fresh water before boiling to remove any dust or debris.
2. Cook on a stovetop, using 3 cups of liquid (water, stock, etc) to 1 cup of dry lentils. Be sure to use a large enough saucepan as the lentils will double or triple in size.
3. Bring to a boil, cover tightly, reduce heat and simmer until they are tender.
4. For whole lentils, cook time is typically 15-20 minutes.

# MEAL PREP

## POWER SALAD

### Ingredients

Kale  
Spinach  
Arugula  
Mixed Greens  
Cucumbers

Tomatoes  
Shredded Carrots  
Bell Peppers  
Radicchio  
Mushrooms  
Broccoli

### Directions (Makes 1 Salad)

1. Add as many leafy greens as you want
2. I recommend making your salad as colorful and green as possible but if there is any vegetable you hate you can replace it by adding more of your favorite vegetables.
3. Lightly steam your broccoli or mushrooms if desired
4. Add all vegetables together and choose your dressing

## HOW TO BAKE YOUR TOFU

### Ingredients

16 Oz Firm or Extra Firm Organic Tofu

### Directions (Makes 4 Servings)

1. Pre heat oven to 450
2. Open tofu and drain by placing on towel and pressing a large pot on top. Let sit with pot on top for 30 minutes.
3. Cut tofu into slices or cubes.
4. Place parchment paper on baking sheet and lay tofu on top.
5. Bake for 35 - 45 minutes or until tender
6. Season with dried spices.