



MA60DAY MEAL PLAN

VEGAN • ENDOMORPH

"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

Fat Free 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
- 1 Medium Avocado

AM Snack

Protein Shake

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

LUNCH

Garbanzo Bean Bowl

- 1/2 Cup Garbanzo Beans
- 2 Tbsp Organicville BBQ Sauce
- 1 Cup Red & Bell Green Peppers
- 1/2 Cup Broccoli Sprouts
- 1/4 Cup Wild Rice
- 2 Tbsp Hemp Seeds

PM Snack

Healthy Toast

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

DINNER

Seitan Bowl

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

VEGAN MEAL PLAN PM

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
- 1 Medium Avocado

AM Snack

Healthy Toast

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

LUNCH

Garbanzo Bean Bowl

- 1/2 Cup Garbanzo Beans
- 2 Tbsp Organicville BBQ Sauce
- 1 Cup Red & Green Bell Peppers
- 1/2 Cup Broccoli Sprouts
- 1/4 Cup Wild Rice
- 2 Tbsp Hemp Seeds

PM Snack

Protein Shake

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

DINNER

Seitan Bowl

- Vegan Ranch recipe (1 serving)
- 6 oz Seitan
- 3 oz Whole Mushrooms
- 1 Poblano pepper
- 1 Cup of Cauliflower
- 2 Tsp Chia Seeds



GROCERY LIST

MENU 1

PRODUCE

Avocado
 Broccoli Sprouts
 Cauliflower
 Cilantro
 Garlic
 Lime
 Mushrooms
 Onion
 Parsley
 Poblano Pepper
 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

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

TIP:

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

MEAL PREP

BLACK BEAN TOFU SCRAMBLE

Ingredients

1 Pack Extra Firm Organic Tofu
1/2 Tsp Turmeric
1/2 Tsp Ground Cumin
1/2 Tsp Paprika
2 Tbs Nutritional Yeast
2 Tbs 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
4oz Cilantro
Lime Juice

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.

MEAL PREP

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.

SEITAN BOWL MIX

Ingredients

6 oz Seitan
3 oz Whole Mushrooms
1 Poblano Pepper
1 Cup Cauliflower

2 Tsp Chia Seeds

Directions

1. Chop mushrooms, pepper and cauliflower.
2. In pan on medium-high heat, sauté vegetables in water or olive oil spray.
3. Once vegetables are cooked add in seitan for 3-4 minutes, stirring.
4. Transfer to bowl.
5. Top bowl with Vegan Ranch.

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

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

1/4 Cup Wild Rice
2 Tbs Hemp Seeds

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
- 1/2 Apple, Diced
- 1 Tsp Cinnamon
- 2 Tbsp Peanut or Almond Butter
- 1 Cup Unsweetened Almond Milk

AM Snack

Protein Shake

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

LUNCH

Ezekiel Bread Hulk Hummus

- 2 Slices Ezekiel Bread
- 1 Handful Mung Bean Sprouts
- 2oz Jalapeños
- 6oz Tempeh
- 1 Serving Hulk Hummus

PM Snack

Chia Pudding

- 1 Cup Unsweetened Coconut Milk
- 1 Tsp Chia Seeds
- 1.5 Scoop Tru Supplements Protein

DINNER

Mexican Black Bean Cheese Bowl

- 1 Medium Avocado
- 1/2 Cup Canned Corn
- 3 oz Roasted Red Peppers
- Vegan Cheese Sauce (1 Serving, See Recipe)
- 1/4 Cup Black Beans
- 1/4 Cup Wild Rice



VEGAN MEAL PLAN PM

MENU 2



BREAKFAST

Hot Kamut Cinnamon Bowl

- 1/2 Cup Kamut
- 1/2 Apple, Diced
- 1 Tsp Cinnamon
- 2 Tbsp Peanut or Almond Butter
- 1 Cup Unsweetened Almond Milk

AM Snack

Chia Pudding

- 1 Cup Unsweetened Coconut Milk
- 1 Tsp Chia Seeds
- 1.5 Scoop Tru Supplements Protein

LUNCH

Ezekiel Bread Hulk Hummus

- 2 Slices Ezekiel Bread
- 1 Handful Mung Bean Sprouts
- 2oz Jalapeños
- 6oz Tempeh
- 1 Serving Hulk Hummus

PM Snack

Protein Shake

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

DINNER

Mexican Black Bean Cheese Bowl

- 1 Medium Avocado
- 1/2 Cup Canned Corn
- 3 oz Roasted Red Peppers
- 1 Serving Vegan Cheese Sauce
- 1/4 Cup Black Beans
- 1/4 Cup Wild Rice

GROCERY LIST

MENU 2

PRODUCE

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

CANNED/BOXED

Black Beans
 Canned Corn
 Cashews
 Garbanzo Beans

GRAINS/PASTA

Ezekiel Bread
 Kamut
 Wild Rice

REFRIGERATED

Tempeh
 Unsweetened Almond Milk
 Unsweetened Coconut Milk
 Yogurt, non-dairy

BAKING GOODS

Chia Seeds

CONDIMENTS

Peanut or Almond Butter

HERB/SPICES

Cinnamon
 Cumin
 Smoked Paprika

TIP:

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

MEAL PREP

KAMUT CINNAMON BOWL

Ingredients

1 Cup Kamut
2 Cup Unsweetened Almond Milk

1 Apple, Diced
2 Tsp Cinnamon
2 Tbsp Nut Butter

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 PUDDING

Ingredients

1 Cup Unsweetened Coconut Milk

1 Tsp Chia Seeds
1/4 Cup Cashews

Directions (Makes 8 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

- 3/4 Cups Rolled Oats
- 1 Tbsp Coconut Shreds
- 1/2 Banana
- 1 Cup Unsweetened Almond Milk
- 1 Tsp Cinnamon
- 1 Tbsp Peanut or Almond Butter

AM Snack

Protein Shake

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

LUNCH

Tofu Rice Bowl

- 10oz Extra Firm Tofu
- 1 Cup Broccoli
- 2oz Mushrooms
- 1/4 Cup Wild Rice
- 2oz Green Peas
- Sriracha or 0 Calorie Sauce

PM Snack

Protein Shake

- 1 Scoop Tru Supplements Protein
- 2 Tsp Cinnamon
- 1 Cup Unsweetened Almond Milk
- 2 Tbsp Almond Flakes
- 2 Tbsp Unsweetened Coconut Flakes

DINNER

Tempeh Veggie Stir Fry

- 7oz Tempeh
- 2oz Mushroom
- 1/2 Avocado
- 1/4 Cup Braggs Aminos
- 1 Tsp Garlic Powder
- 1 Cup Cauliflower Rice



VEGAN MEAL PLAN PM

MENU 3

BREAKFAST

Banana Cinnamon Oats

- 3/4 Rolled Oats
- 1 Tbsp Coconut Shreds
- 1/2 Banana
- 1 Cup Unsweetened Almond Milk
- 1 Tsp Cinnamon
- 1 Tbsp Peanut or Almond Butter

AM Snack

Protein Shake

- 1 Scoop Tru Supplements Protein
- 2 Tsp Cinnamon
- 1 Cup Unsweetened Almond Milk
- 2 Tbsp Almond Flakes
- 2 Tbsp Unsweetened Coconut Flakes

LUNCH

Tofu Rice Bowl

- 10oz Extra Firm Tofu
- 1 Cup Broccoli
- 2oz Mushrooms
- 1/4 Cup Wild Rice
- 2oz Green Peas
- Sriracha or 0 Calorie Sauce

PM Snack

Protein Shake

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

DINNER

Tempeh Veggie Stir Fry

- 7oz Tempeh
- 2oz Mushroom
- 1/2 Avocado
- 1/4 Cup Braggs Aminos
- 1 Tsp Garlic Powder
- 1 Cup Cauliflower Rice



GROCERY LIST

MENU 3

PRODUCE

Avocado
Banana
Broccoli
Mushrooms

CANNED/BOXED

Green Peas

GRAINS/PASTA

Rolled Oats
Wild Rice

REFRIGERATED

Tempeh
Tofu, extra firm
Unsweetened Almond Milk

BAKING GOODS

Almond Flakes
Unsweetened Coconut Flakes

CONDIMENTS

Braggs Aminos
Brown Rice Syrup
Peanut or Almond Butter
Rice Vinegar
Smooth Peanut Butter
Sriracha

HERB/SPICES

Cayenne Pepper
Cinnamon
Garlic Powder
Ginger, Ground

TIP:

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

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

3/4 Cup Rolled Oats
1 Tbsp Coconut Shreds
1/2 Banana

1 Tsp Cinnamon
1 Cup Unsweetened Almond Milk
1 Tbsp Nut Butter

Directions

1. Add oats, cinnamon, unsweetened almond milk in pot.
2. Cook in very low heat to develop flavors.
3. Top with remaining ingredients, and mix.

MEAL PREP

HOW TO BAKE YOUR TOFU

Ingredients

16 Oz Firm or Extra Firm Organic Tofu

Directions (Makes 5 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.

VEGAN MEAL PLAN AM

MENU 4

BREAKFAST

Spelt Sun Butter Bowl

- 1/4 Cup Spelt, Cooked
- 1/2 Banana
- 1 Tbsp Sun Butter
- 1 Tbsp Chia Seeds
- 1 Tbsp Hemp Seeds
- 1 Tsp Cinnamon Powder
- 1 Tsp Cacau Nibs
- 1 Tbsp Unsweetened Coconut Flakes

AM Snack

Protein Yogurt

- 1 Scoop Tru Supplements Protein
- 1 Cup Unsweetened Almond Yogurt
- 1/3 Cup Chopped Walnuts

LUNCH

Red Lentil Bowl

- 1/2 Cup Red Lentils, Cooked
- 6oz Baked Tofu
- 4oz Broccoli, Chopped
- 2oz Mushrooms
- 2oz Green Peas
- 2 Tbsp Balsamic Vinaigrette Dressing
- Handful Alfalfa Sprouts

PM Snack

- 1 Cup Edamame, Steamed or Boiled
- 1 Scoop Tru Supplement Protein, in Water

DINNER

High Protein Chili (See Recipe)

- 1/4 Cup Red Kidney Beans
- 1/4 Cup Garbanzo Beans
- 1/2 Cup Textured Vegetable Protein



VEGAN MEAL PLAN PM

MENU 4

BREAKFAST

Spelt Sun Butter Bowl

- 1/4 Cup Spelt, Cooked
- 1/2 Banana
- 1 Tbsp Sun Butter
- 1 Tbsp Chia Seeds
- 1 Tbsp Hemp Seeds
- 1 Tsp Cinnamon Powder
- 1 Tsp Cacau Nibs
- 1 Tbsp Unsweetened Coconut Flakes

AM Snack

- 1 Cup Edamame, Steamed or Boiled
- 1 Scoop Tru Supplement Protein, in Water

LUNCH

Red Lentil Bowl

- 1/2 Cup Red Lentils, Cooked
- 6oz Baked Tofu
- 4oz Broccoli, Chopped
- 2oz Mushrooms
- 2oz Green Peas
- 2 Tbsp Balsamic Vinaigrette Dressing
- Handful Alfalfa Sprouts

PM Snack

Protein Yogurt

- 1 Scoop Tru Supplements Protein
- 1 Cup Unsweetened Almond Yogurt
- 1/3 Cup Chopped Walnuts

DINNER

High Protein Chili (See Recipe)

- 1/4 Cup Red Kidney Beans
- 1/4 Cup Garbanzo Beans
- 1/2 Cup Textured Vegetable Protein



GROCERY LIST

MENU 4

PRODUCE

Alfalfa Sprouts
 Banana
 Broccoli
 Edamame
 Garlic
 Mushrooms
 Onion

CANNED/BOXED

Garbanzo Beans
 Green Peas
 Red Kidney Beans
 Tomato Sauce

GRAINS/PASTA

Spelt
 Red Lentils

REFRIGERATED

Textured Vegetable Protein
 Tofu
 Unsweetened Almond Milk

BAKING GOODS

Walnuts, Chopped

CONDIMENTS

Balsamic Vinegar
 Cacao Nibs
 Chia Seeds
 Dijon Mustard
 Hemp Seeds
 Maple Syrup
 Nutritional Yeast
 Sun Butter
 Unsweetened Coconut Flakes

HERB/SPICES

Cayenne
 Cinnamon
 Chili Powder
 Cumin
 Smoked Paprika

TIP:

DON'T FORGET TO PURCHASE YOUR PLANT
 BASED PROTEIN! GETTRUSUPPS.COM

MEAL PREP

MAKE AT HOME BALSAMIC VINAIGRETTE DRESSING

Ingredients

2 Tbs Balsamic Vinegar	1 Tsp of Nutritional Yeast
1 Tsp Dijon Mustard	1/4 Tsp Dried Herbs

Directions (Makes 4 Servings)

1. Combine all ingredients with 2 tsp water in a container, whisk or shake well..

HIGH PROTEIN CHILI

Ingredients

1 Can Red Kidney Beans	1 White Onion
1 Can Garbanzo Beans	4 Tbs of Chili Powder
1/2 Bag 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.

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 based off of meal recipe.

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.