



# MA60DAY MEAL PLAN

VEGAN • MESOMORPH

# "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 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
- 2oz Cilantro
- 1/2 Avocado

### AM Snack

- 6oz Non Dairy Yogurt
- 1/2 Cup Mixed Berries
- 2 Tbsp Chia Seeds
- 1 1/2 Scoop Tru Supplements Protein

### LUNCH

#### Garbanzo Bean Bowl

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

### PM Snack

#### Healthy Toast

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

### DINNER

#### Seitan Bowl

- Vegan Ranch Recipe (1 serving)
- 3oz Seitan
- 4oz Whole Mushrooms
- 1 Poblano Pepper
- 1 Cup of Cauliflower

# VEGAN MEAL PLAN PM



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- Vegan Ranch Recipe (1 serving)
- 3oz Seitan
- 4oz Whole Mushrooms
- 1 Poblano Pepper
- 1 Cup of Cauliflower

# GROCERY LIST

## MENU 1

### PRODUCE

Avocado  
 Berries  
 Broccoli Sprouts  
 Cauliflower  
 Cilantro  
 Garlic  
 Lime  
 Mushrooms, whole  
 Onion  
 Parsley  
 Poblano Pepper  
 Red and Green Peppers

### CANNED/BOXED

Garbanzo Beans  
 Black 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  
 Chipotle Chili Powder  
 Cloves, ground  
 Cumin, ground  
 Dill, dried  
 Oregano, dried  
 Paprika  
 Sea Salt  
 Smoked Paprika  
 Turmeric

**TIP:**

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

# MEAL PREP

## BLACK BEAN TOFU SCRAMBLE

### Ingredients

1 Pack Extra Firm Organic Tofu  
1/2 Tsp 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 Can Black Beans  
Lime Juice  
4oz 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.

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

# 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.

## VEGAN RANCH SAUCE

### Ingredients

1/2 Cup Raw Cashews  
1/2 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

# VEGAN MEAL PLAN AM

## MENU 2



### BREAKFAST

#### Hot Kamut Cinnamon Bowl

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

### AM Snack

#### Protein Shake

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

### LUNCH

#### Ezekiel Bread Hulk Hummus

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

### PM Snack

#### Chia Protein Yogurt

- 6oz Non Dairy Yogurt
- 1 Tsp Chia Seeds
- 1 1/2 Scoop Tru Supplements Protein

### DINNER

#### Mexican Black Bean Cheese Bowl

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



# VEGAN MEAL PLAN PM



## MENU 2

### BREAKFAST

#### Hot Kamut Cinnamon Bowl

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

### AM Snack

#### Chia Protein Yogurt

- 6oz Non Dairy Yogurt
- 1 Tsp Chia Seeds
- 1 1/2 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
- 1/2 Avocado

### PM Snack

#### Protein Shake

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

### DINNER

#### Mexican Black Bean Cheese Bowl

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

# GROCERY LIST

## MENU 2

### PRODUCE

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

### CANNED/BOXED

Black Beans (3.5 cups)  
 Canned Corn (1.75 cups)  
 Cashews (4 cups will make 2 batches of cheese sauce)  
 Garbanzo Beans (1 can)

### GRAINS/PASTA

Garbanzo Beans  
 Kamut  
 Rice

### REFRIGERATED

Salsa  
 Tempeh  
 Unsweetened Almond Milk  
 Yogurt, non-dairy

### BAKING GOODS

Chia Seeds  
 Hemp Seeds

### CONDIMENTS

Peanut or Almond Butter

### HERB/SPICES

Cinnamon  
 Cumin  
 Smoked Paprika

**TIP:**

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 BASED PROTEIN! [GETTRUSUPPS.COM](http://GETTRUSUPPS.COM)

# MEAL PREP

## HOW TO COOK KAMUT

### Ingredients

1 Cup Kamut

2 Cup Unsweetened Almond Milk

1 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 Fresh Cilantro

1/4 Fresh Parsley Leaves

1/4 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

24oz Non Dairy Yogurt

4 Tsp Chia Seeds  
6 Scoops 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

- 1/2 Cup Rolled Oats
- 1/2 Banana
- 1 Cup Unsweetened Almond Milk
- 1 Tsp Cinnamon

### AM Snack

#### Protein Shake

- 1 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
- 1/2 Serving Peanut Sauce

### PM Snack

#### Protein Shake

- 1.5 Scoop Tru Supplements Protein
- 1 Multigrain Rice Cakes
- 1 Tbsp Jam

### DINNER

#### Tempeh Veggie Quinoa Stir Fry

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

### DESSERT

- 2 Pumpkin Protein Cookies



# VEGAN MEAL PLAN PM



## MENU 3

### BREAKFAST

#### Banana Cinnamon Oats

- 1/2 Cup Rolled Oats
- 1/2 Banana
- 1 Cup Unsweetened Almond Milk
- 1 Tsp Cinnamon

### PM Snack

#### Protein Shake

- 1.5 Scoop Tru Supplements Protein
- 1 Multigrain Rice Cakes
- 1 Tbsp Jam

### LUNCH

#### Tofu Peanut Bowl

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

### AM Snack

#### Protein Shake

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

### DINNER

#### Tempeh Veggie Quinoa Stir Fry

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

### DESSERT

- 2 Pumpkin Protein Cookies

# GROCERY LIST

## MENU 3

### PRODUCE

Avocado  
Banana  
Broccoli  
Mushrooms  
Red Pepper

### CANNED/BOXED

Green Peas  
Pumpkin Puree

### GRAINS/PASTA

Quinoa  
Multigrain Rice Cakes  
Rolled Oats  
Spelt Flour  
Wild Rice

### REFRIGERATED

Tempeh Tofu, Extra Firm  
Unsweetened Almond Milk

### BAKING GOODS

Baking Soda  
PB2 Almond  
Vegan Chocolate Chips

### CONDIMENTS

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

### 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 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

2 Cups Steel-Cut Oats or Instant Quick Oats

1 Tsp Cinnamon  
4 Cups Unsweetened Almond Milk

### Directions (Makes 4 Servings)

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

- 1/2 Cup Rolled Oats
- 1/2 Banana
- 1 Cup Unsweetened Almond Milk
- 1 Tsp Cinnamon



# 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 Supplement 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

- 1/4 Cup Spelt, Cooked
- 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
- 1/2 Cup Mixed Berries

### LUNCH

#### Red Lentil Bowl

- 3/4 Cup Red Lentils, Cooked
- 6oz 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
- 1 Avocado

#### Power Salad (See Recipe)



# VEGAN MEAL PLAN PM



## MENU 4

### BREAKFAST

#### Spelt Morning Bowl

- 1/4 Cup Spelt, Cooked
- 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

- 3/4 Cup Red Lentils, Cooked
- 6oz 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
- 1/2 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
- 1 Avocado

#### Power Salad (See Recipe)

# GROCERY LIST

## MENU 4

### PRODUCE

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

### CANNED/BOXED

Garbanzo Beans  
Green Peas  
Red Kidney Beans  
Tomato Sauce

### GRAINS/PASTA

Spelt  
Red Lentils

### REFRIGERATED

Textured Vegetable Protein  
Tofu  
Unsweetened Almond Yogurt

### BAKING GOODS

Walnuts

### 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. 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 BAKE YOUR 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.

# 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 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.