



MA60DAY MEAL PLAN

VEGETARIAN • 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, Eggs

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

VEGETARIAN MEAL PLAN AM

MENU 1

BREAKFAST

Spinach Egg Scramble

- 4 Egg Whites
- 1/4 Cup Shredded Cheese
- 1 Cup Spinach
- Onion/Bell Pepper/Tomato

AM Snack

Protein Shake

- 1 Scoop Tru Supplements Protein
- 1 Cup Unsweetened Almond Milk
- 1 Tbsp Chia Seeds

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

PM Snack

Nut Butter on Sprouted Toast

- 1 Slice Ezekiel Bread
- 1 Tsp Natural Jam
- 2 Tbsp Peanut or Almond Butter
- 1 Scoop Tru Supplements Protein
- 2 Tbsp Hemp Seeds

DINNER

Seitan Bowl Mix

- 6oz Seitan
- 3oz Whole Mushrooms
- 1 Poblano Pepper
- 1 Cup Cauliflower
- 1 Medium Avocado
- 1/2 Cup Shredded Cheese



VEGETARIAN MEAL PLAN PM

MENU 1

BREAKFAST

Spinach Egg Scramble

- 4 Egg Whites
- 1/4 Cup Shredded Cheese
- 1 Cup Spinach
- Onion/Bell Pepper/Tomato

AM Snack

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- 1 Scoop Tru Supplements Protein
- 2 Tbsp Hemp Seeds

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

PM Snack

Protein Shake

- 1 Scoop Tru Supplements Protein
- 1 Cup Unsweetened Almond Milk
- 1 Tbsp Chia Seeds

DINNER

Seitan Bowl Mix

- 6oz Seitan
- 3oz Whole Mushrooms
- 1 Poblano Pepper
- 1 Cup Cauliflower
- 1 Medium Avocado
- 1/2 Cup Shredded Cheese



GROCERY LIST

MENU 1

PRODUCE

Avocados
 Broccoli Sprouts
 Cauliflower
 Mushroom
 Onions
 Poblano Pepper

Red Bell Peppers
 Green Bell Peppers
 Spinach
 Tomatoes

CANNED/BOXED

Garbanzo Beans

GRAINS/PASTA

Ezekiel Bread
 Wild Rice

REFRIGERATED

Eggs
 Seitan
 (or See "Make at Home Seitan" recipe)
 Shredded Cheese
 Unsweetened Almond Milk

BAKING GOODS

Chia Seeds
 Hemp Seeds
 Olive Oil Spray
 Vital Wheat Gluten*

CONDIMENTS

Coconut Aminos*
 Natural Jam
 Organicville BBQ Sauce
 Peanut or Almond Butter

HERB/SPICES

Sea Salt
 Black Pepper
 Chipotle Chili Powder*
 Ground Cloves*
 Smoked Paprika*

*Omit if purchasing store bought Seitan

TIP:

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

MEAL PREP

SPINACH EGG SCRAMBLE

Ingredients

4 Egg Whites
1/4 Cup Shredded Cheese
1 Cup Spinach

Chopped Bell Pepper, Onion, Tomato
Sea Salt
Black Pepper

Directions

1. Separate egg white from yolks in a small bowl
2. May add bell peppers, onions, tomatoes, and spinach to egg mixture.
3. In a small pan on medium heat, spray the olive oil anti-adherent spray
4. Cook as an omelet or scrambled eggs.
5. May add salt and pepper to taste.

PROTEIN SHAKE

Ingredients

1 Scoop Tru Supplements Protein
1 Cup Unsweetened Almond Milk
1 Tbsp Chia Seeds

Directions

1. Mix ingredients in blender or shaker and enjoy.

MEAL PREP

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

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.

NUT BUTTER ON SPROUTED TOAST

Ingredients

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

1 Scoop Tru Supplements Protein
2 Tbsp Hemp Seeds

Directions

1. Mix protein powder in with nut butter.
2. Toast Ezekiel Bread.
3. Top toast with all ingredients.

MEAL PREP

SEITAN BOWL MIX

Ingredients

6 oz Seitan	1 Medium Avocado
3 oz Whole Mushrooms	1/2 Cup Shredded Cheese
1 Poblano Pepper	
1 Cup Cauliflower	

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 sliced avocado and shredded cheese.

MAKE AT HOME SEITAN

Ingredients

2 Cups of Vital Wheat Gluten	1/2 Tsp of Black Pepper
3/4 Tsp Salt	1/4 Tsp of Ground Cloves
3/4 Tsp Smoked Paprika	2 Cups Water
1/2 Tsp Chipotle Chili Powder	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.

VEGETARIAN MEAL PLAN AM

MENU 2

BREAKFAST

Feta Egg Wrap

- 4 Egg Whites
- 1 Spinach Tortilla
- Onion, Bell Pepper, Spinach
- 1oz Feta
- 4oz Berries

AM Snack

Protein Shake

- 1 1/2 Scoops Tru Supplements Protein
- 1 Cup Unsweetened Almond Milk
- 2 Tbsp Coconut Shreds

LUNCH

Power Bowl

- 6oz Seitan
- 1/2 Baked Sweet Potato, Medium
- 1 Tsp Parmesan Cheese
- 1 Zucchini, Small

PM Snack

Protein Shake

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

DINNER

Mexican Fiesta Bowl

- 3 oz Roasted Red Pepper
- 1/2 Cup Mexican Shredded Cheese
- 1/4 Cup Wild Rice
- 1/4 Cup Canned Corn
- 1 Medium Avocado
- 2 Cups Spinach



VEGETARIAN MEAL PLAN PM

MENU 2

BREAKFAST

Feta Egg Wrap

- 4 Egg Whites
- 1 Spinach Tortilla
- Onion, Bell Pepper, Spinach
- 1oz Feta
- 4oz Berries

PM Snack

Protein Shake

- 1 1/2 Scoops Tru Supplements Protein
- 2 Tbsp Peanut or Almond Butter

LUNCH

Power Bowl

- 6oz Seitan
- 1/2 Baked Sweet Potato
- 1 Tsp Parmesan Cheese
- 1 Small Zucchini

AM Snack

Protein Shake

- 1 1/2 Scoops Tru Supplements Protein
- 1 Cup Unsweetened Almond Milk
- 2 Tbsp Coconut Shreds

DINNER

Mexican Fiesta Bowl

- 3 oz Roasted Red Pepper
- 1/2 Cup Mexican Shredded Cheese
- 1/4 Cup Wild Rice
- 1/4 Cup Canned Corn
- 1 Medium Avocado
- 2 Cups Spinach



GROCERY LIST

MENU 2

PRODUCE

Avocado
 Red Bell Peppers
 Green Bell Peppers
 Berries
 Onion
 Red Bell Pepper
 Spinach
 Sweet Potato
 Tomato
 Zucchini

CANNED/BOXED

Corn

GRAINS/PASTA

Spinach Tortilla
 Wild Rice

Egg Whites
 Feta Cheese
 Mexican Shredded Cheese
 Parmesan Cheese

REFRIGERATED

Unsweetened Almond Milk
 Seitan

BAKING GOODS

Coconut Shreds
 Olive Oil Anti Adherent Spray
 Olive Oil
 Vital Wheat Gluten*

CONDIMENTS

Coconut Aminos*
 Peanut or Almond Butter

HERB/SPICES

Black Pepper*
 Chipotle Chili Powder*
 Garlic Powder
 Ground Cloves*
 Salt*
 Smoked Paprika*

**Omit if buying pre-made seitan*

TIP:

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

MEAL PREP

FETA EGG WRAP

Ingredients

- 4 Egg Whites
- 1 Spinach Tortilla
- 1 oz Feta
- Bell Pepper, Onion, Tomato, Spinach

Directions

1. Separate egg white from yolks in a small bowl
2. May add bell peppers, onions, tomatoes, and spinach to egg mixture.
3. In a small pan on medium heat, spray the olive oil anti adherent spray
4. Cook as an omelet or scrambled eggs.
5. May add salt and pepper to taste.
6. Place egg scramble in spinach tortilla.

POWER BOWL (HOMEMADE 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

POWER BOWL SWEET POTATO PREP

Directions

1. Pre heat oven to 400 degrees
2. Wash and cut ends of sweet potatoes
3. Place on top of baking sheet skin on for 35-40 mins
4. Let cool and peel skin off with fingers
5. May cook 3-4 sweet potatoes at a time and save in fridge for up to 4 days

HOW TO ROAST VEGETABLES

Ingredients

1 Tbs Olive Oil or Coat Vegetables Lightly
With Olive Oil Spray
1 Teaspoon Smoked Paprika

1 Teaspoon Garlic Powder or Fresh Minced
Garlic
Dash of Sea Salt To Taste
Pepper

Directions

1. Preheat oven to 325 degrees.
2. Wash vegetable
3. Trim the stems and slice the vegetables if needed.
4. Add in all ingredients and toss thoroughly.
5. Pour onto a baking sheet.
6. Roast in preheated oven for 30 mins, shaking pan and vegetables every 7-8 mins for even browning.

MEAL PREP

MEXICAN FIESTA BOWL

Ingredients

- 3 oz Roasted Red Pepper
- 1/2 Cup Mexican Shredded Cheese
- 1/4 Cup Wild Rice
- 1/4 Cup Canned Corn
- 1 Medium Avocado
- 2 Cups Spinach

Directions

1. Cook rice according to instructions.
2. Put 2 cups of spinach in bowl, top with all ingredients.

VEGETARIAN MEAL PLAN AM

MENU 3

BREAKFAST

Breakfast Wrap

- 4 Egg Whites
- 1 Spinach Tortilla
- 1/4 Cup Shredded Cheese
- 2 Cups Spinach
- 3oz Mushrooms
- 1/2 Cup Grape Tomatoes
- 2 Cups Spinach

AM Snack

Protein Shake

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

LUNCH

Tofu Peanut Bowl

- 10oz Extra Firm Tofu
- 1 Cup Broccoli
- 2oz Mushrooms
- 1/4 Cup Wild Rice
- 2oz Green Peas

PM Snack

Protein Shake

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

DINNER

Tempeh Veggie Stir Fry

- 5oz Tempeh
- 2oz Mushroom
- 1/2 Avocado
- 1/4 Cup Braggs Aminos
- 1 Tsp Garlic Powder



VEGETARIAN MEAL PLAN PM

MENU 3

BREAKFAST

Breakfast Wrap

- 4 Egg Whites
- 1 Spinach Tortilla
- 1/4 Cup Shredded Cheese
- 2 Cups Spinach
- 3oz Mushrooms
- 1/2 Cup Grape Tomatoes

AM Snack

Protein Shake

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

LUNCH

Tofu Peanut Bowl

- 10oz Extra Firm Tofu
- 1 Cup Broccoli
- 2oz Mushrooms
- 1/4 Wild Rice
- 2oz Green Peas

PM Snack

Protein Shake

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

DINNER

Tempeh Veggie Stir Fry

- 5oz Tempeh
- 2oz Mushroom
- 1/2 Avocado
- 1/4 Cup Braggs Aminos
- 1 Tsp Garlic Powder
- 1 Cup Riced Cauliflower



GROCERY LIST

MENU 3

PRODUCE

Avocado
Bell Peppers
Broccoli
Grape Tomatoes
Mushrooms
Onions
Spinach
Tomatoes
Cauliflower, Riced

CANNED/BOXED

Green Peas

GRAINS/PASTA

Spinach Tortilla
Wild Rice

REFRIGERATED

Egg whites
Extra Firm Tofu
Shredded Cheese
Tempeh
Unsweetened Almond Milk

BAKING GOODS

CONDIMENTS

Smooth Peanut Butter
1/Low Sodium Soy Sauce or Bragg's Aminos

HERB/SPICES

Rice Vinegar
Brown Rice Syrup
Ground Ginger
Cayenne Pepper

TIP:

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MEAL PREP

BREAKFAST WRAP

Ingredients

- 4 Egg Whites
- 1 Spinach Tortilla
- 1/4 Cup Shredded Cheese
- 2 Cups Spinach
- 3oz Mushrooms
- 1/2 Cup Grape Tomatoes

Directions

1. Separate egg white from yolks in a small bowl
2. Add mushrooms, tomatoes, and spinach to egg mixture.
3. In a small pan on medium heat, spray the olive oil anti adherent spray
4. Cook as an omelet or scrambled eggs.
5. Add cheese once almost fully cooked.
6. May add salt and pepper to taste.
7. Place egg scramble in spinach tortilla.

HOW TO COOK YOUR TEMPEH

Ingredients

Tempeh
Liquid Aminos/Low-Sodium Soy Sauce

Directions

1. Preheat your oven to 375° F. Place the tempeh cubes on a parchment-lined baking sheet. Spoon or baste Bragg's Aminos or Low Sodium Soy Sauce on top.
2. Bake for 10 minutes. Use tongs to carefully flip each cube, and then return to the oven for another 10 minutes.

MEAL PREP

HOW TO BAKE YOUR TOFU

Directions

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.

PEANUT SAUCE

Ingredients

1/2 Cup of Smooth Peanut Butter
1/4 Low Sodium Soy Sauce or Bragg's Aminos
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

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

VEGETARIAN MEAL PLAN AM

MENU 4

BREAKFAST

Oatmeal Sun Butter Bowl

- 1/4 Cup Oatmeal
- 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 0% Greek 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)

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



VEGETARIAN MEAL PLAN PM

MENU 4

BREAKFAST

Oatmeal Sun Butter Bowl

- 1/4 Cup Oatmeal
- 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 Cups 0% Greek Yogurt
- 1/3 Cup Chopped Walnuts

DINNER

High Protein Chili (See Recipe)

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



GROCERY LIST

MENU 4

PRODUCE

Alfalfa Sprouts
 Bananas
 Broccoli
 Edamame
 Garlic
 Mushrooms
 White Onion

CANNED/BOXED

Garbanzo Beans
 Green Peas
 Red Kidney Beans
 Tomato Sauce

GRAINS/PASTA

Oatmeal
 Red Lentils

REFRIGERATED

0% Greek Yogurt
 Shredded Cheese
 Textured Vegetable Protein
 Tofu
 Unsweetened Almond Milk

BAKING GOODS

Cacao Nibs
 Chia Seeds
 Hemp Seeds
 Walnuts, Chopped
 Unsweetened Coconut Flakes
 Unsweetened Almond Milk

CONDIMENTS

Balsamic Vinegar
 Dijon Mustard
 Maple Syrup
 Nutritional Yeast
 Sun Butter

HERB/SPICES

Cayenne
 Chili Powder
 Cinnamon Powder
 Cumin
 Smoked Paprika

TIP:

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

MEAL PREP

HOW TO COOK YOUR OATMEAL

Directions

1. In a small pot add 1 cup of unsweetened almond milk, and 1/2 cup of water.
2. Add the 1/2 cup of steel cut / instant oats
3. Cook in very low heat until oatmeal is cooked with your desired consistency if using steel cut oats.
4. May add more water or unsweetened almond milk to get desired consistency.
5. Add in remaining ingredients and mix.

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

HIGH PROTEIN CHILI

Ingredients

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

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 MAKE BALSAMIC DRESSING

Ingredients

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

Directions

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