



# MA60DAY MEAL PLAN

VEGETARIAN • 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, Hempeh,  
Healthy Fats

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

## 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
- 3oz Mushrooms
- 1/2 Cup Grape Tomatoes, Chopped

### AM Snack

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

### LUNCH

#### Garbanzo Bean Bowl

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

### PM Snack

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

### DINNER

#### Seitan Bowl Mix

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



# VEGETARIAN MEAL PLAN PM

## MENU 1

### BREAKFAST

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- 1 Cup Mixed Berries
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- 2 Tbsp Hemp Seeds

### DINNER

#### Seitan Bowl Mix

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



# GROCERY LIST

## MENU 1

### PRODUCE

Avocado, Bell Peppers, Berries, Mixed Broccoli Sprouts, Cauliflower, Mushroom, Onions (optional), Poblano Pepper, Red and Green Bell Peppers, Spinach, Grape Tomatoes

### CANNED/BOXED

Garbanzo Beans, Red Kidney Beans

### GRAINS/PASTA

Ezekiel Bread, Wild Rice

### REFRIGERATED

Egg Whites, Seitan (if not homemade), Shredded Cheese (1 3/4 cups), Non Fat Yogurt

### BAKING GOODS

Hem Seeds, Olive Oil Anti Adherent Spray, Vital Wheat Gluten

### CONDIMENTS

Coconut Aminos, Natural Jam, Organic BBQ Sauce, Peanut or Almond Butter

### HERB/SPICES

Black Pepper, Chipotle Chile Powder, Ground Cloves, Salt, Smoked Paprika

#### TIP:

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

# MEAL PREP

## HOW TO COOK YOUR EGGS

### Ingredients

Egg Whites

### Directions

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

## 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.

# VEGETARIAN MEAL PLAN AM

## MENU 2

### BREAKFAST

#### Feta Egg Wrap

- 4 Egg Whites
- 1 Spinach Tortilla
- 6oz Berries
- 1oz Feta

### 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
- 1/2 Cup Shredded Cheese



# VEGETARIAN MEAL PLAN PM

## MENU 2

### BREAKFAST

#### Feta Egg Wrap

- 4 Egg Whites
- 1 Spinach Tortilla
- 6oz Berries
- 1oz Feta

### PM 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

### 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

### 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
- 1/2 Cup Shredded Cheese





# GROCERY LIST

## MENU 2

### PRODUCE

Avocado, Bell Peppers (optional), Berries, Cilantro, Garlic, Jalapeños, Lime, Mung Bean Sprouts, Onions (optional), Parsley, Red Pepper, Scallions, Spinach, Tomatoes (optional)

### CANNED/BOXED

Black Beans, Canned Corn, Garbanzo Beans, Pumpkin Puree, Cashews

### GRAINS/PASTA

Ezekiel Bread, Rice, Spelt Flour, Spinach Tortilla

### REFRIGERATED

Egg Whites, Feta Cheese, Salsa, Shredded Cheese, Tempeh, Unsweetened Almond Milk, Yogurt

### BAKING GOODS

Chia Seeds, Hemp Seeds, Olive Oil Anti Adherent Spray, Vital Wheat Gluten

### CONDIMENTS

Peanut or Almond Butter

### HERB/SPICES

Black Pepper, Cumin, Garlic Powder, Salt, Smoked Paprika

#### TIP:

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

# MEAL PREP

## HOW TO COOK YOUR EGGS

### Ingredients

Eggs

### Directions

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

## 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.

# VEGETARIAN MEAL PLAN AM

## MENU 3

### BREAKFAST

#### Breakfast Wrap

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

### 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
- 1/4 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



# VEGETARIAN MEAL PLAN PM

## MENU 3

### BREAKFAST

#### Breakfast Wrap

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

### AM 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

### PM 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, Bell Peppers (optional), Broccoli, Mushrooms, Onions, Red Pepper, Spinach, Grape Tomatoes

### CANNED/BOXED

Green Peas, Pumpkin Puree

### GRAINS/PASTA

Quinoa, Multigrain Rice Cakes, Spelt Flour, Spinach Tortilla, Wild Rice

### REFRIGERATED

Egg Whites, Tempeh, Extra Firm Tofu, Shredded Cheese, Unsweetened Almond Milk

### BAKING GOODS

Baking Soda, PB2 Almond Powder, Vegan Chocolate Chips

### CONDIMENTS

Braggs Aminos, Brown Rice Syrup, All Natural Jam, Maple Syrup, Rice Vinegar, Smooth Peanut Butter

### HERB/SPICES

Cayenne Pepper, Garlic Powder, Ginger, 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 COOK YOUR EGGS

### Ingredients

Eggs

### Directions

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

# 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 Protein Powder  
1 Tbs of Pumpkin Spice

1/2 Cup PB2 Almond  
1/4 Tsp of Baking Soda  
1/4 Tbsp 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.

# VEGETARIAN 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 Per Directions on Package
- 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
- 1/2 Avocado
- 1/4 Cup Shredded Cheese

#### Power Salad (See Recipe)





# VEGETARIAN 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 Per Directions on Package
- 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
- 1/4 Cup Shredded Cheese

#### Power Salad (See Recipe)



# GROCERY LIST

## MENU 4

### PRODUCE

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

### CANNED/BOXED

Garbanzo Beans, Green Peas, Red Kidney Beans, Tomato Sauce

### GRAINS/PASTA

Red Lentils, Spelt

### REFRIGERATED

Shredded Cheese, Textured Vegetable Protein, Tofu, Unsweetened Almond Yogurt

### BAKING GOODS

Cacao Nibs, Chopped Walnuts, Unsweetened Coconut Flakes

### CONDIMENTS

Maple Syrup

### HERB/SPICES

Cayenne, Chile Powder, Cinnamon Powder, Cumin, Smoked Paprika

#### TIP:

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# MEAL PREP

## 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. 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.
3. Add 1/4 cup shredded cheese on top!

## 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