Meal Plan

	Monday
Breakfast	Shakshuka, **1 serving (535 g)**
Lunch	Tofu noodle salad recipe, **1 serving (400 g)**
Dinner	Tempeh Burger, **0.5 serving (130 g)**
Snacks	Banana Strawberry Yoghurt Smoothie, **0.5 serving (236 g)**

	Tuesday
Breakfast	Almond Milk Protein Shake with Coconut Cream, **0.5 serving (219 g)**
Lunch	Spinach curry, **0.5 serving (274 g)**
Dinner	Egg Avocado Tofu Salad, **1 serving (451 g)**
Snacks	Banana Strawberry Yoghurt Smoothie, **1 serving (471 g)**

	Wednesday
Breakfast	Banana Ginger Yoghurt Smoothie, **0.5 serving (228 g)**
Lunch	Tofu with Rice and Curry, **1 serving (439 g)**
Dinner	Tempeh Burger, **0.5 serving (130 g)**
Snacks	Banana Strawberry Yoghurt Smoothie, **0.5 serving (236 g)**

	Thursday
Breakfast	Banana Strawberry Yoghurt Smoothie, **0.5 serving (236 g)**
Lunch	Quick vegetarian pasta, **0.5 serving (186 g)**
Dinner	Tofu with Rice and Curry, **1 serving (439 g)**
Snacks	Boiled Eggs, **1 large (50 g)**

	Friday
Breakfast	Greek Yoghurt with Seeds, Nuts, Strawberries and Maple Syrup, **1 serving (319 g)**
Lunch	Shakshuka, **1 serving (535 g)**
Dinner	Spinach curry, **0.5 serving (274 g)**
Snacks	Greek Yogurt (Low Fat), **1 container (7 oz) (200 g)** Walnuts, **1 cup, in shell, edible yield (7 nuts) (28 g)** Apple, **1 small (2-3/4" dia) (149 g)**

	Saturday
Breakfast	Almond Milk Protein Shake with Coconut Cream, **0.5 serving (219 g)**
Lunch	Baked tofu stir fry, **0.5 serving (231 g)**
Dinner	Bean and Quinoa Salad, **1 serving (341 g)**
Snacks	Greek Yogurt (Low Fat), **1 container (7 oz) (200 g)** Banana, **1 banana (119 g)** Almonds, **1 portion(s) (35 g)**

	Sunday
Breakfast	Greek Yoghurt with Seeds, Nuts, Strawberries and Maple Syrup, **1 serving (319 g)**
Lunch	Tempeh noodle salad recipe, **0.5 serving (192 g)**
Dinner	Tempeh Burger, **1 serving (260 g)**
Snacks	Banana Strawberry Yoghurt Smoothie, **1 serving (471 g)**

Meal Plan Summary

	Breakfast	Lunch	Dinner	Snacks
Mo	Shakshuka, 1 serving (535 g)	Tofu noodle salad recipe, 1 serving (400 g)	Tempeh Burger, 0.5 serving (130 g)	Banana Strawberry Yoghurt Smoothie, 0.5 serving (236 g)
Tu	Almond Milk Protein Shake with Coconut Cream, 0.5 serving (219 g)	Spinach curry, 0.5 serving (274 g)	Egg Avocado Tofu Salad, 1 serving (451 g)	Banana Strawberry Yoghurt Smoothie, 1 serving (471 g)
We	Banana Ginger Yoghurt Smoothie, 0.5 serving (228 g)	Tofu with Rice and Curry, 1 serving (439 g)	Tempeh Burger, 0.5 serving (130 g)	Banana Strawberry Yoghurt Smoothie, 0.5 serving (236 g)
Th	Banana Strawberry Yoghurt Smoothie, 0.5 serving (236 g)	Quick vegetarian pasta, 0.5 serving (186 g)	Tofu with Rice and Curry, 1 serving (439 g)	Boiled Eggs, 1 large (50 g)
Fr	Greek Yoghurt with Seeds, Nuts, Strawberries and Maple Syrup, 1 serving (319 g)	Shakshuka, 1 serving (535 g)	Spinach curry, 0.5 serving (274 g)	Greek Yogurt (Low Fat), 1 container (7 oz) (200 g) Walnuts, 1 cup, in shell, edible yield (7 nuts) (28 g) Apple, 1 small (2-3/4" dia) (149 g)
Sa	Almond Milk Protein Shake with Coconut Cream, 0.5 serving (219 g)	Baked tofu stir fry, 0.5 serving (231 g)	Bean and Quinoa Salad, 1 serving (341 g)	Greek Yogurt (Low Fat), 1 container (7 oz) (200 g) Banana, 1 banana (119 g) Almonds, 1 portion(s) (35 g)
Su	Greek Yoghurt with Seeds, Nuts, Strawberries and Maple Syrup, 1 serving (319 g)	Tempeh noodle salad recipe, 0.5 serving (192 g)	Tempeh Burger, 1 serving (260 g)	Banana Strawberry Yoghurt Smoothie, 1 serving (471 g)

Macronutrients Analysis

Day	Energy	Protein	Total lipid (fat)	Carbohydrate
Monday	1568.82 kcal	78.78 g	69.2 g	171.56 g
Tuesday	1503.77 kcal	83.7 g	72.21 g	147.14 g
Wednesday	1573.06 kcal	81.8 g	72.96 g	164.58 g
Thursday	1573.57 kcal	81.47 g	72.47 g	163.42 g
Friday	1577.2 kcal	87.29 g	78.17 g	145.75 g
Saturday	1503.9 kcal	76.95 g	63.41 g	168.87 g
Sunday	1595.67 kcal	100.05 g	67.63 g	163.44 g

Recipes

Greek Yoghurt with Seeds, Nuts, Strawberries and Maple Syrup



Greek Yoghurt with Seeds, Nuts, Strawberries and Maple Syrup 1 serving. Ready in 5 min.

Ingredients
Yogurt, greek, plain, whole milk, **1 cup (245 g)**
Pumpkin seeds, **1 portion(s) (10 g)**
Hazelnut, Nut, **0.3 portion (8 g)**
Almonds, **1 portion(s) (15 g)**
Strawberries, **3 small (1" dia) (21 g)**
Raspberries, **5 (10 g)**
Syrups, maple, **0.5 tbsp (10 g)**

Instructions/Preparation
Add berries, nuts, and seeds to the yogurt and sprinkle with small amount of maple syrup.

Extra comments/notes
Can be served with a dash of pure cocoa powder or cinnamon on top.
Choose an unsweetened greek yoghurt made with whole milk.

Almond Milk Protein Shake with Coconut Cream



Almond Milk Protein Shake with Coconut Cream 1 serving. Ready in 5 min.

Ingredients
Whey Protein, **1 scoop (30 g)**
Coconut Cream, **1 tbsp (15 g)**
Beverages, almond milk, unsweetened, shelf stable, **1.5 cup (393 g)**

Instructions/Preparation
Blend all the ingredients together and consume immediately. You can also make protein shakes in bulk and keep them for later in suitable containers/bottles.

Extra comments/notes
There are many different flavors of protein powder, including chocolate, vanilla, fruit, etc. Try a few and choose your favorite.

Banana Ginger Yoghurt Smoothie

Banana Ginger Yoghurt Smoothie 1 serving. Ready in 5 min.

Ingredients
Banana, **1 banana (119 g)**
Plain Yogurt (Whole Milk), **0.5 container (6 oz) (85 g)**
Skimmed (1% Fat) Milk, **1 portion (244 g)**
Ground Ginger, **1 teaspoon (3 g)**
Vanilla Extract, **1 tsp (5 g)**

Instructions/Preparation
Blend all ingredients together until achieving uniform consistency

Banana Strawberry Yoghurt Smoothie

Banana Strawberry Yoghurt Smoothie 1 serving. Ready in 5 min.

Ingredients
Banana, **1 banana (119 g)**
Strawberries, **1 cup, halves (152 g)**
Greek Yogurt (Low Fat), **1 portion (200 g)**

Instructions/Preparation
Blend all ingredients together until achieving uniform consistency

Shakshuka

Shakshuka 2 servings. Ready in 1 min.

Ingredients
Olive Oil, **1 portion (15 g)**
Onion, Fresh, **0.5 portion (55 g)**
Garlic, **1 garlic clove (4 g)**
Red Pepper, **1 portion (124 g)**
Tomato Puree, **2 portion (28 g)**
Tomato, Fresh, **4 portion (576 g)**
Chili Powder, **1 portion (2 g)**
Cumin, **1 portion (2 g)**
Paprika, **1 teaspoon (2 g)**
Table salt, **1 portion (0 g)**
Black Pepper, **1 portion (0 g)**
Raw Egg, **6 egg (258 g)**
Parsley, **1 portion (4 g)**

Instructions/Preparation
Slowly heat the oil in the pan and add chopped onions. Saute for a couple of minutes until soft.
Add the garlic and pepper and cook until soft for about 5 minutes.
Add tomatoes and tomato paste and simmer for a couple of minutes until the water is reduced.
Add spices according to preferences.
Crack the eggs over the tomato sauce, making sure they are evenly spaced.
Cover the pan and cook for about 10 minutes until the eggs are done.
Serve with parsley.

Spinach curry

Spinach curry 3 servings. Ready in 20 min.

Ingredients
Mild curry paste, **2 Tbsp (35 g)**
Onion, Fresh, **1 medium (2-1/2" dia) (110 g)**
Spinach, **1 package (10 oz) (284 g)**
Lemon Juice, **3 tablespoons (45 g)**
Basmati rice, **1.75 cup (315 g)**
Chickpeas (Garbanzos), Canned, **3 cup drained, rinsed (456 g)**
Tomato, Canned, **1 can (400 g)**

Instructions/Preparation
1. Heat the curry paste and add onion. Cook until the onion is soft.
2. Add the tomatoes to the pan and cook until the sauce is reduced.
3. Add chickpeas, spinach, lemon juice and cook for one minute.
5. Serve with the rice.

Quick vegetarian pasta

Quick vegetarian pasta 2 servings. Ready in 10 min.

Ingredients
Whole Wheat Pasta, **2 portion (190 g)**
Tomato, Fresh, **1.7 portion (253 g)**
Arugula, **5 portion (100 g)**
Balsamic Vinegar, **3 portion (48 g)**
Mozzarella Cheese (Part Skim), **1 portion (150 g)**

Instructions/Preparation
1. Cook pasta according to the instructions on the package.
2. In the meantime, cut the cherry tomatoes into halves.
3. Cut mozzarella into cubes.
4. Once the pasta is ready, drain it and stir in tomatoes, arugula and mozzarella cubes.
5. Sprinkle with balsamic vinegar.
6. Season with salt and pepper and serve.

Tofu noodle salad recipe

Tofu noodle salad recipe 2 servings. Ready in 1 min.

Ingredients
Soy Sauce, **3 tbsp (54 g)**
Honey, **2 portion (44 g)**
Ginger Root, **0.5 tsp (finely grated) (1 g)**
Rice noodles, dry, **3 portion (171 g)**
Broccoli, **1 portion (151 g)**
Red Pepper, **1 portion (115 g)**
Mushrooms, Fresh, **0.5 portion (35 g)**
Tofu, **1 extra firm, drained (200 g)**
Olive Oil, **1 portion (14 g)**
Sesame Oil, **1 portion (14 g)**

Instructions/Preparation
1. Mix together soy sauce, honey and ginger and set aside for later.
2. Prepare the noodles according to the instructions on the packaging.
3. Heat the pan with olive oil and add broccoli. Fry until just tender for about 5 minutes.
4. Add mushrooms and pepper to the pan and fry for couple of minutes.
5. Move the noodles and vegetables to a serving dish and pour the dressing over it.
6. Cut the tofu into small 1 cm cubes and brush with oil. Fry for 3 minutes until golden.
7. Add the tofu to the noodles and drizzle with sesame oil.

Tempeh noodle salad recipe

Tempeh noodle salad recipe 2 servings. Ready in 1 min.

Ingredients
Soy Sauce, **3 tbsp (54 g)**
Honey, **2 tablespoons (44 g)**
Ginger Root, **0.5 tsp (finely grated) (1 g)**
Rice noodles, dry, **6 oz (171 g)**
Broccoli, **1 stalk (151 g)**
Red Pepper, **1 red bell pepper (115 g)**
Mushrooms, Fresh, **0.5 cup, pieces or slices (35 g)**
Olive Oil, **1 servings (14 g)**
Sesame Oil, **1 tablespoon (14 g)**
Tempeh, **1 cup (166 g)**

Instructions/Preparation
1. Mix together soy sauce, honey and ginger and set aside for later.
2. Prepare the noodles according to the instructions on the packaging.
3. Heat the pan with olive oil and add broccoli. Fry until just tender for about 5 minutes.
4. Add mushrooms and pepper to the pan and fry for couple of minutes.
5. Move the noodles and vegetables to a serving dish and pour the dressing over it.
6. Cut the tempeh into small 1 cm cubes and brush with oil. Fry for 3 minutes until golden.
7. Add the tempeh to the noodles and drizzle with sesame oil.

Baked tofu stir fry

Baked tofu stir fry 2 servings. Ready in 30 min.

Ingredients
Tofu, **1 portion (200 g)**
Sesame Oil, **1 tsp (5 g)**
Garlic, **1 garlic clove (4 g)**
Ground Ginger, **0.5 teaspoon (2 g)**
Vegetable Stock (Broth), **0.25 cup (59 g)**
Honey, **2 portion (40 g)**
Red pepper flakes, **0.25 tsp (1 g)**
Broccoli, **2 portion (184 g)**
Onion, Fresh, **1 portion (70 g)**
Red Pepper, **1 portion (124 g)**
Mushrooms, Fresh, **1 cups (97 g)**
Brown Rice, Raw, **2 portion(s) (126 g)**
Olive Oil, **1 portion (13 g)**

Instructions/Preparation
Rice:
Prepare according to the instruction on the pack

Tofu:
Heat oven to 400F (200C). Dry the tofu with paper towel and cut into 1.5 cm cubes. Toss the tofu with sesame oil and place on the baking sheet. Bake for about 20 minutes, turning the tofu over after about 10 minutes.

Glaze:
Combine the broth, garlic, honey, ginger and pepper flakes in a small glass. Set the glaze aside for later use.

Vegetables:
Heat a pan with the olive oil and add onion. Cook until soft for about 3 minutes. Add broccoli, pepper and mushrooms and fry until the broccoli is tender.
Pour the glaze over the vegetables and add tofu. Stir well and fry for additional minute.
Serve with rice.

Egg Avocado Tofu Salad

Egg Avocado Tofu Salad 1 serving. Ready in 25 min.

Ingredients
Tofu, **4 portion (112 g)**
Red Pepper, **1 portion (28 g)**
Onion, Fresh, **1 portion (28 g)**
Honey, **1 portion (7 g)**
Soy Sauce, **1 portion (6 g)**
Raw Egg, **2 egg (86 g)**
Avocado, **0.5 avocado (79 g)**
Romaine Lettuce, **1 NLEA serving (85 g)**
Olive Oil, **1 portion (15 g)**
Balsamic Vinegar, **1 portion (5 g)**

Instructions/Preparation
1. Boil the eggs in a saucepan with water for 12–15 minutes, depending on desired consistency.
2. Heat the oil in a non-stick pan.
3. Chop the onion into small pieces and add to the pan. Cook at medium heat for 3 minutes, stirring frequently.
4. Chop the pepper into pieces and add to the pan. Continue stirring for 2 more minutes.
5. Cut the tofu into small blocks and add to the pan. Raise the heat and cook for 5–6 minutes, until the tofu acquires a brownish color.
6. Add the honey and soy sauce and mix well. Cook for another minute and then set the food aside.
7. Add the lettuce leaves to a large plate or bowl.
8. Chop the avocado into cubes and add to the bowl.
9. Cut the boiled eggs into pieces and add to the bowl.
10. Add the tofu and veggies to the bowl.
11. Drizzle with a bit of balsamic vinegar.

Tofu with Rice and Curry

Tofu with Rice and Curry 1 serving. Ready in 35 min.

Ingredients
Tofu, **1 portion (200 g)**
White Rice, Dry, **1 portion (50 g)**
Spices, curry powder, **1 portion (6 g)**
Carrot, **1 carrot (64 g)**
Onion, Fresh, **1 portion (70 g)**
Olive Oil, **1 portion (15 g)**
Flour, **0.25 cup unsifted, dipped (34 g)**

Instructions/Preparation
1. Boil the rice in a saucepan for 12–15 minutes (or as otherwise indicated on the packaging).
2. Heat a non-stick pan with the olive oil.
3. Chop the onions and carrots and add to the pan. Cook at medium heat for 4 minutes.
4. Cut the tofu into pieces and add to the pan. Mix well and cook for another 2 minutes.
5. Mix the curry powder, flour, and water in a glass. Then, add to the pan. You can adjust the level of water to your liking.
6. Cover the pan with a lid and cook at low heat for 15 minutes. Water should evaporate and you should aim at having a creamy texture.
7. Serve the tofu and curry over the rice.

Tempeh Burger

Tempeh Burger 1 serving. Ready in 15 min.

Ingredients
Tempeh, **1 thick slice (125 g)**
Burger Bread, **2 slice (64 g)**
Red Leaf Lettuce, **4 portion (12 g)**
Onion, Fresh, **1 portion (9 g)**
Tomato, Fresh, **2 portion (30 g)**
Mustard, **1 tsp or 1 packet (5 g)**
Cucumber, **2 slice (10 g)**
Olive Oil, **1 portion (5 g)**

Instructions/Preparation
1. Heat the oil in the pan.
2. Pan-fry the tempeh slice on both sides until it acquires a crunchy surface. Do not flip the tempeh too often as you risk breaking it apart.
3. Toast the burger bread slightly in the pan or in a toaster.
4. Stack the onion, tomato, cucumber, lettuce, tempeh, and mustard (optional) in between the two pieces of bread. Enjoy your vegetable burger!

Bean and Quinoa Salad

Bean and Quinoa Salad 1 serving. Ready in 25 min.

Ingredients
Black Beans, Canned, **1 portion (62 g)**
Quinoa, Dry, **5 portion (55 g)**
Onion, Fresh, **1 portion (28 g)**
Red Pepper, **3 tablespoon (27 g)**
Balsamic Vinegar, **1 portion (16 g)**
Olive Oil, **1 portion (15 g)**
Chickpeas (Garbanzos), Canned, **0.5 cup drained, rinsed (76 g)**
Kidney Beans, Canned, **1 can (62 g)**

Instructions/Preparation
1. Boil water in a saucepan. Aim at twice the volume of water than the volume of quinoa you have.
2. Boil the quinoa at medium heat for 15 minutes (or as otherwise indicated on the packaging).
3. Wash and clean the black beans, chickpeas, and kidney beans from the cans.
4. Mix all beans together in a bowl.
5. Chop the onion and red pepper very finely, and mix together in the bowl.
6. Add the quinoa to the bowl once ready, and mix thoroughly to combine the different ingredients.
7. Drizzle with olive oil and vinegar and mix well.

Extra comments/notes
You can prepare this recipe in bulk and keep it in the fridge for a few days.

Shopping List

Fats and Oils

- Olive Oil, **5 portion (75 g)**
- Olive Oil, **0.75 portion (11 g)**
- Sesame Oil, **0.75 portion (11 g)**
- Sesame Oil, **0.25 tsp (1 g)**
- Olive Oil, **0.25 portion (3 g)**
- Olive Oil, **2 portion (10 g)**

Vegetables and Vegetable Products

- Onion, Fresh, **0.83 portion (92 g)**
- Garlic, **1.25 garlic clove (5 g)**
- Red Pepper, **1.25 portion (155 g)**
- Tomato Puree, **2 portion (28 g)**
- Tomato, Fresh, **4 portion (576 g)**
- Parsley, **1 portion (4 g)**
- Ginger Root, **0.38 tsp (finely grated) (1 g)**
- Broccoli, **0.75 portion (113 g)**
- Red Pepper, **0.75 portion (86 g)**
- Mushrooms, Fresh, **0.38 portion (26 g)**
- Spinach, **0.33 package (10 oz) (95 g)**
- Tomato, Canned, **0.33 can (133 g)**
- Carrot, **2 carrot (128 g)**
- Onion, Fresh, **2.25 portion (157 g)**
- Tomato, Fresh, **0.43 portion (63 g)**
- Arugula, **1.25 portion (25 g)**
- Broccoli, **0.5 portion (46 g)**
- Mushrooms, Fresh, **0.25 cups (24 g)**
- Red Leaf Lettuce, **8 portion (24 g)**
- Onion, Fresh, **2 portion (18 g)**
- Tomato, Fresh, **4 portion (60 g)**
- Cucumber, **4 slice (20 g)**
- Red Pepper, **1 portion (28 g)**
- Onion, Fresh, **2 portion (56 g)**
- Romaine Lettuce, **1 NLEA serving (85 g)**
- Red Pepper, **3 tablespoon (27 g)**

Spices and Herbs

- Chili Powder, **1 portion (2 g)**
- Cumin, **1 portion (2 g)**
- Paprika, **1 teaspoon (2 g)**
- Table salt, **1 portion (0 g)**
- Black Pepper, **1 portion (0 g)**
- Ground Ginger, **0.62 teaspoon (2 g)**
- Vanilla Extract, **0.5 tsp (3 g)**
- Spices, curry powder, **2 portion (12 g)**
- Balsamic Vinegar, **1.75 portion (28 g)**
- Mustard, **2 tsp or 1 packet (10 g)**
- Balsamic Vinegar, **1 portion (5 g)**

Dairy and Egg Products

- Raw Egg, **8 egg (344 g)**
- Plain Yogurt (Whole Milk), **0.25 container (6 oz) (43 g)**
- Skimmed (1% Fat) Milk, **0.5 portion (122 g)**
- Greek Yogurt (Low Fat), **5.5 portion (1100 g)**
- Yogurt, greek, plain, whole milk, **2 cup (489 g)**
- Mozzarella Cheese (Part Skim), **0.25 portion (38 g)**
- Boiled Eggs, **1 large (50 g)**

Beverages

- Whey Protein, **1 scoop (30 g)**
- Beverages, almond milk, unsweetened, shelf stable, **1.5 cup (393 g)**

Nut and Seed Products

- Coconut Cream, **1 tbsp (15 g)**
- Pumpkin seeds, **2 portion(s) (20 g)**
- Hazelnut, Nut, **0.6 portion (17 g)**
- Almonds, **2 portion(s) (30 g)**
- Walnuts, **1 cup, in shell, edible yield (7 nuts) (28 g)**
- Almonds, **1 portion(s) (35 g)**

Fruits and Fruit Juices

- Banana, **5 banana (595 g)**
- Strawberries, **3.5 cup, halves (532 g)**
- Strawberries, **5.99 small (1" dia) (42 g)**
- Raspberries, **9.99 (20 g)**
- Lemon Juice, **1 tablespoons (15 g)**
- Avocado, **0.5 avocado (79 g)**
- Apple, **1 small (2-3/4" dia) (149 g)**

Sweets

- Syrups, maple, **1 tbsp (20 g)**
- Honey, **1.5 portion (33 g)**
- Honey, **0.5 portion (10 g)**
- Honey, **1 portion (7 g)**

Legumes and Legume Products

- Soy Sauce, **2.25 tbsp (41 g)**
- Tofu, **2.75 extra firm, drained (550 g)**
- Chickpeas (Garbanzos), Canned, **1.5 cup drained, rinsed (228 g)**
- Tempeh, **0.25 cup (42 g)**
- Tempeh, **2 thick slice (250 g)**
- Tofu, **4 portion (112 g)**
- Soy Sauce, **1 portion (6 g)**
- Black Beans, Canned, **1 portion (62 g)**
- Kidney Beans, Canned, **1 can (62 g)**

Cereal Grains and Pasta

- Rice noodles, dry, **2.25 portion (128 g)**

- White Rice, Dry, **2 portion (100 g)**
- Flour, **0.5 cup unsifted, dipped (68 g)**
- Whole Wheat Pasta, **0.5 portion (48 g)**
- Brown Rice, Raw, **0.5 portion(s) (31 g)**
- Quinoa, Dry, **5 portion (55 g)**

Branded Food Products Database

- Mild curry paste, **0.67 Tbsp (12 g)**
- Basmati rice, **0.58 cup (105 g)**

Soups, Sauces, and Gravies

- Vegetable Stock (Broth), **0.06 cup (15 g)**

Branded Food Products

- Red pepper flakes, **0.06 tsp (0 g)**

Baked Products

- Burger Bread, **4 slice (128 g)**

Other