

Sunday

Meal Prep

Today you can prepare the following items to save time later in the week:

Make the **Vegan No-Bake Protein Bars** and freeze

Make the **Quick and Healthy Cereal Cookies with Banana and Carrot** and freeze

Make the **paty for the Spicy Mexican Burger** and freeze

Meals

Meal 1



Spinach and Sweet Potato Tofu Skramble
Make 2.25 servings
Eat 2.25 servings
Total Time: 25 mins

Meal 2



Red Cabbage, Kidney Bean and Pomegranate Salad with Peanut Butter Dressing
Make 4 servings
Eat 2.75 servings
Total Time: 15 mins

Meal 3



Vegan No-Bake Protein Bars
Make 4 servings
Eat 3 servings
Total Time: 20 mins

Meal 4



Spicy Mexican Burger
Make 4 servings
Eat 2 servings
Total Time: 30 mins

Daily Totals

3198 carbs, 520g fat, 154g protein, 183g

Monday

Meal Prep

Defrost the **Quick and Healthy Cereal Cookies with Banana and Carrot** (3.5 servings)

Meals

Meal 1



Chicken Protein Shake
Make 1 servings
Eat 1 servings
Total Time: 5 mins

Meal 2



Spicy Mexican Burger
Eat 2 servings (from leftovers)

Meal 3



Quick and Healthy Cereal Cookies with Banana and Carrot
Make 5.5 servings
Eat 3.5 servings
Total Time: 25 mins

Meal 4



Loaded Butternut Squash with Black Beans and Kale
Make 5 servings
Eat 3 servings
Total Time: 30 mins

Daily Totals

3570 carbs, 585g fat, 137g protein, 168g

Tuesday

Meal Prep

Defrost the **Vegan No-Bake Protein Bars** (4 servings)

Meals

Meal 1



Fruity Pomegranate Keto Breakfast
Make 1.75 servings
Eat 1.75 servings
Total Time: 15 mins

Meal 2



Loaded Butternut Squash with Black Beans and Kale
Eat 2 servings (from leftovers)

Meal 3



Vegan No-Bake Protein Bars
Eat 4 servings (from leftovers)

Meal 4



Tofu, Zucchini and Red Pepper Spelt Noodle
Make 3.5 servings
Eat 1.6 servings
Total Time: 20 mins

Daily Totals

2904 carbs, 553g fat, 102g protein, 159g

Wednesday

Meal Prep

Today you can prepare the following items to save time later in the week:

Make the **Ovenright Oats with Plum and Sunflower Seeds** and refrigerate

Meals

Meal 1



Chicken Protein Shake
Make 1 servings
Eat 1 servings
Total Time: 5 mins

Meal 2



Tofu, Zucchini and Red Pepper Spelt Noodle
Eat 2 servings (from leftovers)

Meal 3



Vegan No-Bake Protein Bars
Eat 4 servings (from leftovers)

Meal 4



Kale Salad with Cranberries
Make 4 servings
Eat 2.25 servings
Total Time: 15 mins

Daily Totals

3693 carbs, 441g fat, 164g protein, 193g

Thursday

Meal Prep

Defrost the **Vegan No-Bake Protein Bars** (3 servings)

Meals

Meal 1



Ovenright Oats with Plum and Sunflower Seeds
Make 3.5 servings
Eat 3.5 servings
Total Time: 10 mins

Meal 2



Kale Salad with Cranberries
Eat 1.75 servings (from leftovers)

Meal 3



Vegan No-Bake Protein Bars
Eat 3 servings (from leftovers)

Meal 4



Vegan Oatmeal Soup
Make 2.25 servings
Eat 1.25 servings
Total Time: 30 mins

Daily Totals

3062 carbs, 336g fat, 134g protein, 194g

Friday

Meal Prep

Defrost the **Quick and Healthy Cereal Cookies with Banana and Carrot** (2 servings)

Meals

Meal 1



Chicken Protein Shake
Make 1 servings
Eat 1 servings
Total Time: 5 mins

Meal 2



Vegan Oatmeal Soup
Eat 1.5 servings (from leftovers)

Meal 3



Quick and Healthy Cereal Cookies with Banana and Carrot
Eat 2 servings (from leftovers)

Meal 4



Mild Tinkabato and Spinach Nager Green Curry
Make 3.75 servings
Eat 1.75 servings
Total Time: 30 mins

Daily Totals

3366 carbs, 471g fat, 111g protein, 204g

Saturday

Meal Prep

Meal 1



Chicken Protein Shake
Make 1.5 servings
Eat 1.5 servings
Total Time: 5 mins

Meal 2



Mild Tinkabato and Spinach Nager Green Curry
Eat 2 servings (from leftovers)

Meal 3



Yogurt with Apple, Oats and Pumpkin Seeds
Make 2 servings
Eat 2 servings
Total Time: 5 mins

Meal 4



High Protein Flatbread with Vegetables
Make 3.25 servings
Eat 3.25 servings
Total Time: 30 mins

Daily Totals

4003 carbs, 557g fat, 199g protein, 177g