

# 6 Week Challenge

## VEGAN Meal Plan

# GRAVITY TRAINING ZONE

## INTERMITTENT FASTING PLAN

(All meals to be consumed in a 6 hour period)

### Protein Source (1.5 Palm)

- 1 Cup Black Bean Pasta
- 4oz Seitan
- 4-5 tablespoons Spirulina
- 2 Primal Strips (Vegan Jerky)
- 1.5 Cups Edamame
- 1.5 Scoops Vega Protein Powder
- 6oz Tofu
- 1.5 Cup Or 6oz Tempeh

### Fat (TB)

- 2 TB Peanut Butter
- 2 TB Almond Butter
- 1/4 Cup Seeds (hemp, chia, flax)
- 1/2 of Medium Avocado
- 1/4 Cup Any Nuts

NO OILS

### Carbs (Fist)

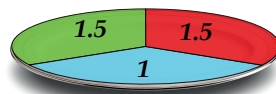
- 1 Cup Brown Rice Pasta
- 1.5 Cups Mashed Sweet Potatoes
- 1 Cup Cooked Brown Rice
- 1 cup of cooked buckwheat
- 1 Cup Cooked White Rice
- 1.5 Cups Mashed Potatoes
- 3 Slices Ezekiel Bread
- 2/3 Cup (Dry) Rolled Oats
- 1 Cup Cooked Quinoa
- 1.5 Cups Any Berries
- 1 Cup Cooked Couscous
- 2 Ezekiel Tortillas
- 1 Cup of Cooked Barley
- 4 Large Zucchini/Squash (spiralize for pasta)

### Veggies (Fist)

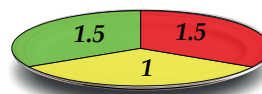
- Any Vegetable Except:
  - Peas
  - Carrots
  - Corn
- Any type of Squash
- Eggplant
- Pumpkin
- Beats

Veggies

### Meal 1



### Meal 2



### Post Workout Shake



### Shake

8 Fl Oz  
Water + 1  
Scoop of  
Protein

IF IT IS NOT ON THIS LIST YOU CANNOT HAVE IT FOR 6 WEEKS

We Recommend [SenzuNutrition.com](http://SenzuNutrition.com) Supplementation

#### Morning:

\_\_\_\_\_ Tabs Raspberry Ketones

\_\_\_\_\_ Tabs Fish Oil

#### Before Workout:

\_\_\_\_\_ Scoops Pre-Workout

#### During Workout:

\_\_\_\_\_ Scoops BCAAs

(Start drinking 15 min prior to lifting, then finish by halfway point)

\_\_\_\_\_ Scoops Glutamine

\_\_\_\_\_ Creatine

#### After Workout:

\_\_\_\_\_ Scoops Vegan Protein Powder

# On the Go Hacks

- Microwavable Pouches of Plain Brown or White Rice.
- Yams and Potatoes Microwave in 8 min.
- Plain Instant Oats.
- Frozen Microwavable Plain Veggies.
- Protein Shake.
- Pb2 Instead of Peanut Butter.

## Grocery List

### Protein Source

- 2 Bags Black Bean Pasta
- 1 Bottle Spirulina
- 1 Package Seitan
- 3 Lbs (48oz) Tempeh
- 3 Lbs (48oz) Tofu
- 14 Primal Strips (Vegan Jerky)
- 2 Lbs Bag of Edamame
- 1 Tub Vega Protein Powder

### Fat

- 1 Jar Peanut Butter
- 1 Jar Almond Butter
- 1 Bag/container of Seeds
- 1 Bag of Avocados
- 1 Container/Bag of Nuts
- 1 Bag White/Brown Rice

### Carbs

- 1 Bag of Sweet Potatoes
- 1 Bag of Potatoes
- 3 Cans of Cooked Legumes
- 1 Container of Oats
- 1 Frozen Bag Berries
- 1 Bag of Quinoa
- 1 Bag of Couscous
- 1 Loaf of Ezekiel Bread

### Veggies

- 3 lbs Any Vegetable
- Except:
- Peas
- Carrots
- Corn
- Any type of Squash
- Eggplant
- Pumpkin
- Beats

## Sample Diet Plan

Breakfast:	Lunch:	Dinner:
Pro: _____	Pro: _____	Pro: _____
Carb: _____	Carb: _____	Carb: _____
Veg: _____	Veg: _____	Veg: _____

### Optional Add-ons for Flavor:

- \_\_\_ Mustard
- \_\_\_ Soy Sauce
- \_\_\_ Any 0 Calorie Sweetener
- \_\_\_ Any dry spices
- \_\_\_ Any dry rubs for meat
- \_\_\_ Lemon juice
- \_\_\_ Red Wine Vinegar
- \_\_\_ Salt/pepper
- \_\_\_ Stevia
- \_\_\_ Any Hot Sauces
- \_\_\_ Horseradish
- \_\_\_ Cinammon
- \_\_\_ 1/2 c. of Veggie Broth
- \_\_\_ Garlic
- \_\_\_ Ginger
- \_\_\_ Fresh Herbs
- \_\_\_ Sugar Free Gum

### Optional Beverage Purchases

- \_\_\_ Water
- \_\_\_ Black Coffee
- \_\_\_ Green Tea
- \_\_\_ Sugar Free Iced Tea
- \_\_\_ *\*HACK\* Use Senzu BCAA for your sweet tooth*
- \_\_\_ *Get Bragg's Nutritional Yeast! It's amazing for vegans*

...**THAT'S IT!**

*As long as it has 0 Calories,  
you can have it.*

## SENZU SUPPLEMENTATION INSTRUCTIONS

1. Have fish oil with breakfast daily.
2. Glutamine, Creatine, and BCAA get mixed together **DURING WORKOUT** (we recommend 16oz of water or more here to stay hydrated).
3. One of your protein shakes **MUST** be immediately **POST WORKOUT** (we recommend only 8oz of water here in order to not dilute the shake).
4. Optimal fat loss will happen if you are able to get up, come to a workout without eating, drink your bcaa mix during workout, have your protein shake immediately after, and THEN get the rest of your meals going.

# How To Adjust Foods For Vegan Meal Plan

## **DO NOT USE ANY OILS**

*Vegetarian Protein sources are already extra high in fat and trace carbs  
Therefore any fat we DO consume, we want to have some protein in as well  
(let's hit two birds with one stone)*

## **CHOOSE YOUR SUBSTITUTIONS WISELY**

*Make sure that PER SERVING your tempeh/tofu has over 15g> protein  
Keep your fats lower - choose a tempeh/tofu that has LESS THAN 12-15g of Fat per serving*

## **COMPENSATE FOR YOUR ADDED FAT**

*\*\*\*If you choose to have tempeh OR tofu as your protein source for a meal then follow these steps...\*\*\**

- 1.) Identify if your tempeh/tofu has MORE THAN 12g of fat per serving. IF IT DOES GO TO STEP #2*
- 2.) Identify if that meal has a carb or fat portion to go with it. IF HAS FAT GO TO STEP #3*
- 3.) If it has a fat, than REMOVE the added fat form that meal!*

## **EXAMPLE**

*Say I choose to have TOFU for my protein source for Meal #3 (Dinner)  
My TOFU says it has 16g FAT per Serving  
My meal is supposed to have an added fat  
So I REMOVE the added fat, since the TOFU has compensated for it*

*My meal now consists of...*

**6oz Tofu**

**1 Cup Mixed Veggies**

## Some 6 Week Challenge Approved Vegan Brand Products

