

VEGAN Meal Plan

Reverse Dieting

GRAVITY TRAINING ZONE

Protein Source (1.5 Palm)

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

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)

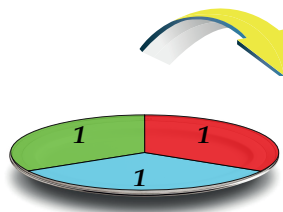
- 1 Cup Brown Rice Pasta
- 1.5 Cups Mashed Sweet Potatoes
- 1 Cup Any Bean/Legumes
- 1 Cup Cooked Brown Rice
- 1 cup of cooked buckwheat
- 1 Cup Cooked White Rice
- 1.5 Cups Mashed Potatoes
- 3 Slices Ezekiel Bread
- 2/3 Cup (Dry) Rolled Oats
- 1 Cup Cooked Quinoa
- 1.5 Cups Any Berries
- 1 Cup Cooked 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

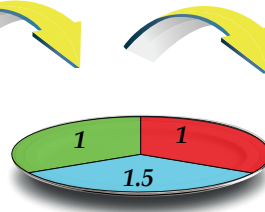
Breakfast



Shake 1

8 Fl Oz
Water + 1
Scoop of
Protein

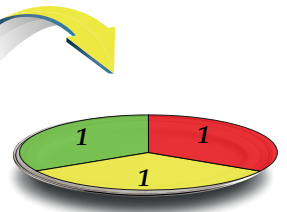
Post Workout Meal (1-2 Hours After Protein Shake)



Shake 2

8 Fl Oz
Water + 1
Scoop of
Protein

Dinner



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

**Exception: You may replace 1 meal per week with any cheat meal of your choice weeks 1-3. You may replace 2 meals per week with a cheat meal weeks 4-6.

We Recommend 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

Grocery List

Protein Source

- 2 Bag Black Bean Pasta
- 1 Bottle Spirulina
- 1 Package Seitan
- 3 Lbs (48oz) Tempeh
- 3 Lbs (48oz) Tofu
- 14 Primal Strips (Vegan Jerky)
- 2LB 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 Beans (Any)
- 3 Cans of Cooked Legumes
- 1 Container of Oats
- 1 Box of Brown Rice Pasta
- 1 Frozen Bag Berries
- 1 Bag of Quinoa
- 1 Bag of Couscous
- 1 Loaf of Ezekiel Bread
- 1 bag of Ezekiel Tortillas
- 1 bag of Buckwheat
- 1 bag of Barley
- 14 Zucchini

Veggies

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

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.

Optional Add-ons for Flavor: Optional Beverage Purchases

...THAT'S IT!

- ___ 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

- ___ 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*

*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.
5. If you are not training before breakfast, the meal prior to workout should be finished 2 HOURS beforehand.

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

