

# 6 Week Challenge

## VEGETARIAN Meal Plan

# GRAVITY

## TRAINING ZONE

### Protein Source (1.5 Palm)

- 1.25 Cup Egg Whites
- 4oz Seitan
- 4-5 tablespoons Spirulina
- 6 Egg Whites
- 1.5 Cup 0% Cottage Cheese
- 1.5 Cup 0% Greek Yogurt
- 1.5 Scoops Protein Powder
- 6oz Tofu
- 6 oz of Any Fish
- 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
- 4 Coffee Creamers (4 TB)
- 2 TB Grassfed Butter
- 1/4 Cup Any Nuts
- 1.5 oz Gruyeres or Swiss Cheese
- 6 Tbsp of Parmesan Cheese
- 2 oz of Goat Cheese

NO OILS

### Carbs (Fist)

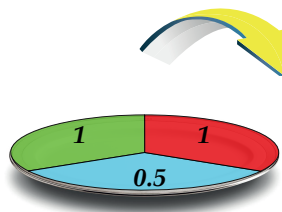
- 1 Cup Black Bean Pasta
- 1 Cup Brown Rice Pasta
- 1.5 Cups Mashed Sweet Potatoes
- 1 Cup Any Bean/Legumes
- 1 Cup Cooked Brown Rice
- 1 cup of cooked buckwheat
- 1 Cup Cooked White Rice
- 1.5 Cups Mashed Potatoes
- 3 Slices Ezekiel Bread
- 2/3 Cup (Dry) Rolled Oats
- 1 Cup Cooked Quinoa
- 1.5 Cups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

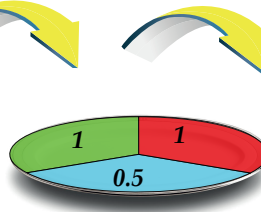
### Breakfast



Shake 1

8 Fl Oz  
Water + 1  
Scoop of  
Protein

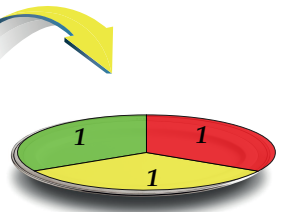
### Lunch



Shake 2

8 Fl Oz  
Water + 1  
Scoop of  
Protein

### Dinner



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

#### Breakfast:

Pro: \_\_\_\_\_

Carb: \_\_\_\_\_

Veg: \_\_\_\_\_

#### Lunch:

Pro: \_\_\_\_\_

Carb: \_\_\_\_\_

Veg: \_\_\_\_\_

#### Dinner:

Pro: \_\_\_\_\_

Carb: \_\_\_\_\_

Veg: \_\_\_\_\_

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 Natural Whey

## Grocery List

### Protein Source

- 3 lbs Any Fish
- 1 Bottle Spirulina
- 1 Package Seitan
- 1 24oz Carton of Egg Whites
- 1 Carton of Eggs
- 1 24oz 0% Cottage Cheese
- 1 24oz 0% Greek Yogurt
- 1 Tub Protein Powder
- 3 Lbs (48oz) Tempeh
- 3 Lbs (48oz) Tofu

### Fat

- 1 Jar Peanut Butter
- 1 Jar Almond Butter
- 1 Bag/container of Seeds
- 1 Bag of Avocados
- 1 Container/Bag of Nuts
- 1 Pack of Coffee Creamer
- 1 Bag White/Brown Rice
- 1 block of Gruyeres or Swiss Cheese
- 1 Jar of Parmesan Cheese
- 1 Container of Goat Cheese

### Carbs

- 2 Bag Black Bean Pasta
- 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.
- Hard Boiled Eggs.
- Frozen Microwavable Plain Veggies.
- 1 Fluid Ounce of Liquid Egg Whites.
- Protein Shake.
- Tuna/Salmon in a Pouch or Can.
- 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 vegetarians*

***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 Vegetarian 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 from 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 Vegetarian Brand Products

