

Live like you mean it!

PLANT BASED PROTEIN



Legumes:

- Lentils (1 cup cooked): 18g
- Chickpeas (1 cup cooked): 15g
- Black beans (1 cup cooked): 15g
- Kidney beans (1 cup cooked): 15g
- Soybeans (1 cup cooked): 29g

Nuts and seeds:

- Almonds (30gr): 6g
- Chia seeds (30gr): 5g
- Hemp seeds (30gr): 10g
- Pumpkin seeds (30gr): 7g
- Sunflower seeds (30gr): 6g

Whole grains:

- Quinoa (1 cup cooked): 8g
- Brown rice (1 cup cooked): 5g
- Buckwheat bread (1 slice): 3g
- Ezekiel bread (1 slide): 5g



Soy products:

- Tofu (1 cup): 9g
- Tempeh (1 cup): 15g
- Edamame (1 cup cooked): 17g

Vegetables:

- Broccoli (1 cup cooked): 4g
- Spinach (1 cup cooked): 5g
- Kale (1 cup cooked): 4g
- Oyster Mushrooms (1 cup): 2.8 gr
- Button Mushrooms (1 cup): 2.2gr
- Cremini Mushrooms (1 cup): 2.2 gr
- Morel Mushrooms (1 cup): 2.1gr
- Portabella Mushrooms (1 cup): 1.8gr
- Maitake Mushrooms (1 cup): 1.4gr



Plant-based protein powders:

- Pea protein powder (1 scoop): 20g
- Hemp protein powder (1 scoop): 15g
- Brown rice protein powder (1 scoop): 12g



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7 days of PLANT BASED FOOD IDEAS

This meal plan includes a variety of plant-based protein sources like legumes, tofu, tempeh, and seitan, as well as omega-3 rich foods like chia seeds, walnuts, and algae oil. Antioxidant-rich foods like berries, leafy greens, and bell peppers are also included, along with high-fibre foods like grains, legumes, and vegetables. Probiotic-rich foods like kimchi and kefir support gut health.



1

Breakfast: Overnight oats with almond milk, chia seeds + berries

Lunch: Quinoa salad with chickpeas, avocado + mixed greens

Dinner: Lentil soup with diced carrot & kale + buckwheat bread

2

Breakfast: Acai smoothie bowl with banana & almond milk + granola + nut butter

Lunch: Grilled tofu with roasted vegetables + brown rice

Dinner: Stuffed bell peppers with quinoa, black beans & vegetables

3

Breakfast: Whole grain waffles + almond butter + berries

Lunch: Chickpea & avocado salad + mixed greens + whole grain crackers

Dinner: Grilled portobello mushrooms + roasted sweet potatoes + steamed broccoli

4

Breakfast: Chia seed pudding with coconut milk + mixed berries

Lunch: Quinoa pasta with tomato & roasted veg ragu

Dinner: Stuffed zucchini boats with quinoa, black beans & vegetables

5

Breakfast: Buckwheat pancakes + fresh fruit + maple syrup

Lunch: Wrap with grilled tofu & mixed greens

Dinner: Lentil curry with brown rice & naan bread

6

Breakfast: Granola with almond milk + fresh fruit

Lunch: Chickpea and quinoa salad with mixed greens + crumbed crackers

Dinner: Grilled tempeh with roasted Brussels sprouts & sweet potatoes

7

Breakfast: Smoothie with added plant based protein powder

Lunch: Sushi rolls with cucumber, avocado & pickled ginger

Dinner: Minestrone + crunchy sourdough