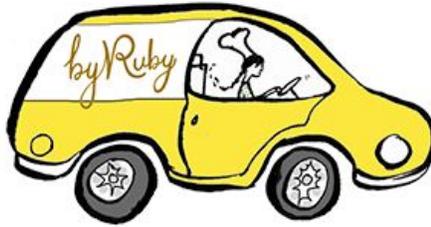




Let byRuby help you through the 8 week challenge with our calorie controlled, nutritionally sound VEGAN meal plan

How it works....



1

We cook your meals with best quality ingredients & freeze immediately after cooking, locking in all goodness & nutrients

2

We deliver your week's meals to an address of your choosing. We can leave the box in a safe place if you are out

3

You cook our meals direct from frozen, safe in the knowledge that they are portion & calorie controlled so you can make the most of the challenge

What you can expect each week

3 interesting & delicious meals per day for 5 days of the week throughout the challenge

Our meals are calorie controlled & are nutritionally designed to fit each stage of the challenge

We provide calorie counted snack recipes to run alongside the menu plan



PHASE 1 - DETOX - SPRING TRAINING

WEEKS 1-2

The aim with phase 1 is to stimulate the metabolism & remove toxins. Following the below plan alongside F45's workouts will reduce fluid retention and increase calcium & magnesium stores within the body in preparation for phases 2 & 3 of the challenge

	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1 1331 kcal	Greens & pineapple smoothie With 230ml Oat milk & 23g protein 348 kcal	Thai sweet potato soup 214.13 kcal	Keralan vegetable curry 243 kcal	3 x 25g Almond energy balls (Please use recipe provided)- 348 kcal 2 x bananas - 178 Kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1841 kcal)</i>				
DAY 2 1302 kcal	Acai & berries smoothie + 230ml Oat/Nut milk + 23g protein 344 kcal	Roasted tomato & lentil soup 221 kcal	Lime & chilli aubergine wholefood bowl with edamame 523.42 kcal	2 x Cashew, coconut & Cranberry protein balls (please use recipe provided) 214 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1799kcal)</i>				
DAY 3 1346.43 kcal	Greens & pineapple smoothie + 200ml water 93 kcal	Smokey Spanish farro & wild rice bowl with artichokes 762.48 kcal	Miso veggie ramen 276.95 kcal	2 x Cashew, coconut & Cranberry protein balls (please use recipe provided) 214 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1856.43kcal)</i>				
DAY 4 1326.22 kcal	Mango & avocado smoothie + 200ml water 102 kcal	Courgette & mung bean soup 189.38 kcal	Vegetable & chickpea tagine with farro 802.84 kcal	2 x 25g Almond energy balls (Please use recipe provided)- 232 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1891kcal)</i>				
DAY 5 1368.57 kcal	Mango & avocado smoothie + 230ml Oat/Nut milk + 23g protein, 357 kcal	Rainbow Thai curry 329.64 kcal	Warm lentil salad with balsamic cherry toms, fennel & spinach 360.93 kcal	3 x Cashew, coconut & Cranberry protein balls (please use recipe provided) 321 kca
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1878.57 kcal)</i>				



PHASE 2 - REGULAR SESSIONS

WEEKS 3 & 4

The aim with Phase 2 is to support muscle hypertrophy & repair. Following the below plan alongside F45's workouts will assist in healthy fat loss & build the immune system so that you can work and nurture your body to the best of its ability

	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1 1381 kcal	Cacao & Hazelnut smoothie with 230ml Oat/nut milk + 23g protein, 502 kcal	Miso veggie ramen 276.95 kcal	Lentil Moussaka 359.83 kcal	3 x 25g Almond energy balls (<i>please use recipes provided</i>) - 348 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1891 kcal)</i>				
DAY 2 1348 kcal	Acai & berries smoothie + 230ml Oat/Nut milk + 23g protein 344 kcal	Butternut squash & okra dhal 307.27 kcal	Vegan bean polpette with ratatouille & Farro 386.91 kcal	3 x 25g Almond energy balls (<i>please use recipes provided</i>) - 348 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1896 kcal)</i>				
DAY 3 1374 kcal	Mango & avocado smoothie + 230ml Oat milk + 23g protein 357 kcal	Thai sweet potato soup 214.13 kcal	Vegetable & chickpea tagine with farro 802.84 kcal	
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1884 kcal)</i>				
DAY 4 1314 kcal	Greens & pineapple smoothie With 230ml Oat milk & 23g protein 348 kcal	5 a day Teriyaki noodles 445.06 kcal	Beetroot, kale & quinoa wholefood bowl with griddled tofu, pesto & seeds 431.92 kcal	1 x banana 89 kcal
<i>Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1824 kcal)</i>				
DAY 5 1348kcal	Acai & berries smoothie + 230ml Oat/Nut milk + 23g protein 344 kcal	Black bean chilli 310 kcal	Roasted portobello mushroom,salsa verde, super greens & quinoa 345.78 kcal	3 x 25g Almond energy balls - 348



Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1858 kcal)

PHASE 2 - REGULAR SESSIONS

WEEKS 5 & 6

The aim with Phase 2 is to support muscle hypertrophy & repair. Following the below plan alongside F45's workouts will assist in healthy fat loss & build the immune system so that you can work and nurture your body to the best of its ability

	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1 1349 kcal	Cacao & Hazelnut smoothie with 230ml Oat/nut milk + 23g protein, 502 kcal	Courgette & mung bean soup 189.38 kcal	Black bean chilli 310 kcal	3 x 25g Almond energy balls (<i>please use recipes provided</i>) - 348 kcal
Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1859 kcal)				
DAY 2 1322 kcal	Acai & berries smoothie + 230ml Oat/Nut milk + 23g protein 344 kcal	Thai rainbow curry 329.64 kcal	BBQ Jackfruit 328 kcal	2 x 25g Almond energy balls (<i>please use recipes provided</i>) - 232 kcal 1 x banana 89 kcal
Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1832 kcal)				
DAY 3 1369 kcal	Mango & avocado smoothie + 230ml Oat milk + 23g protein 357 kcal	Keralan vegetable curry 243 kcal	Lentil Moussaka 359.83 kcal	3 x Cashew, coconut & Cranberry protein balls (<i>please use recipe provided</i>) 321 kcal & 1 x banana - 89 kcal
Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1879 kcal)				
DAY 4 1376 kcal	Greens & pineapple smoothie With 230ml Oat milk & 23g protein 348 kcal	5 a day Teriyaki noodles 445.06 kcal	Vegan risotto 351.13 kcal	2 x 25g Almond energy balls (<i>please use recipes provided</i>) - 232 kcal
Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1886 kcal)				
DAY 5 1356 kcal	Acai & berries smoothie + 230ml Oat/Nut milk + 23g protein 344 kcal	Thai sweet potato soup 214.13 kcal	Warm lentil salad with balsamic cherry toms, fennel & spinach 360.93 kcal	3 x 25g Almond energy balls - 348 kcal & 1 banana - 89 kcal



Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink - 510 kcal (total 1854 kcal)

PHASE 3 - WORLD SERIES

WEEKS 7-8

The aim with Phase 3 is to strip remaining body fat. Following the below high protein plan alongside F45's workouts will assist muscle recovery & suppress appetite

	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1 1288.87 kcal	Greens & pineapple smoothie With 230ml Oat milk & 23g protein 348 kcal	Miso veggie ramen 276.95 kcal	Beetroot, kale & quinoa wholefood bowl with griddled tofu, pesto & seeds 431.92 kcal	2 x 25g Almond energy balls (please use recipe provided) - 348 kcal
Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1892 kcal)				
DAY 2 1321.48 kcal	Mango & avocado smoothie + 200ml water 102 kcal	Keralan curry 243 kcal	Smokey Spanish farro & wild rice bowl with artichokes 762.48 kcal	2 x Cashew, coconut & Cranberry protein balls (please use recipe provided) 214 kcal
Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1831 kcal)				
DAY 3 1330 kcal	Acai & berries smoothie + 230ml Oat/Nut milk + 23g protein 344 kcal	Tomato & lentil soup 220.97 kcal	Vegan bean polpette with ratatouille & farro 386.91 kcal	3 x 25g Almond energy balls (please use recipe provided) - 348 kcal
Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1809 kcal)				
DAY 4 1307 kcal	Mango & avocado smoothie with 200ml water 102 kcal	Courgette & mung bean soup 189.38 kcal	Vegetable & chickpea tagine with farro 802.84 kcal	2 x Cashew, coconut & Cranberry protein balls (please use recipe provided) 214 kcal
Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink -510 kcal (total 1817kcal)				
DAY 5 1305 kcal	Greens & pineapple smoothie With 230ml Oat/Nut milk + 23g protein 348 kcal	Roasted portobello mushroom,salsa verde, super greens & quinoa 345.78 kcal	Lime & chilli aubergine wholefood bowl with edamame 523.42 kcal	1 x banana 89 kcal
Men add 2 Protein drinks - 2 x 23g protein with 230ml Oat/Nut milk in each drink - 510 kcal (total 1815 kcal)				

by Ruby