



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1200cal

HOW TO MEAL PREP YOUR WEEK OF MEALS

Make a batch of the Vegan Pancakes to have for breakfast on Days 1, 5 and 7. Freeze the cooked pancakes until ready to eat and reheat in the microwave. Cook a batch of Basic Quinoa to have for lunch on Day 2 and dinner on Day 5. Make the Quinoa & Chia Oatmeal Mix to have on Day 4. Store the dry mix in an airtight container for up to 1 month., 38 g fibre, 59 g fat, 1,586 mg sodium

MONDAY

Breakfast (296 calories)

2 Vegan Pancakes

Ingredients

- 1 1/2 cups white spelt flour you can use all-purpose flour if you wish
- 1 1/2 Tablespoons baking powder
- 1 1/2 cups non-dairy milk I use unsweetened coconut milk
- 3 Tablespoons organic cane sugar
- 3 Tablespoons organic canola oil or coconut oil
- 1/8 teaspoon salt
- vegan buttery spread for pan

Instructions

1. Mix dry ingredients in a large bowl.
2. Add wet ingredients, and let rise for about five minutes.
3. Melt a tablespoon of vegan buttery spread in a large frying pan over medium heat (I have an electric stove and put the burner at about 5).
4. Spoon the batter into the pan, and cook until you see the edges starting to turn golden brown (about 5 minutes or so).

Flip pancakes and continue to cook until done, about 3 more minutes.

Topping

1/4 cup blackberries

1 Tbsp. peanut butter

Mix peanut butter with 1 tsp. warm water (or more, as needed, to thin out the peanut butter). Drizzle over pancakes.

A.M. Snack (150 calories)

3/4 cup edamame pods, seasoned with a pinch of salt

Lunch (245 calories)

1 serving White Bean & Avocado Toast

1 cup sliced cucumber

P.M. Snack (30 calories)

1 small plum



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1200cal

MONDAY CONT..

Dinner (499 calories)

1 serving Falafel Salad with Lemon-Tahini Dressing

Daily Totals: 1,221 calories, 50 g protein, 137 g carbohydrates, 38 g fibre, 59 g fat, 1,586 mg sodium

FALAFEL SALAD WITH LEMON TAHINI DRESSING

- 1 cup chickpeas
- 2 cups packed flat-leaf parsley, divided
- ¼ cup chopped red onion plus ¼ cup thinly sliced, divided
- 2 cloves garlic
- 5 tablespoons extra-virgin olive oil, divided
- 3 tablespoons lemon juice, divided
- 1 tablespoon ground cumin
- 1 teaspoon salt, divided
- 5 tablespoons tahini
- 5 tablespoons warm water
- 6 cups sliced romaine lettuce
- 2 cups sliced cucumbers and/or radishes
- 1 pint grape tomatoes, quartered

• Drain the chickpeas and transfer to a food processor. Add 1 cup parsley, chopped onion, garlic, 1 tablespoon oil, 1 tablespoon lemon juice, cumin and ½ teaspoon salt; process until finely and evenly ground. Shape into 12 patties (1½ inches wide), using a generous 2 tablespoons each.

• Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Reduce heat to medium. Cook the falafel until golden brown, 3 to 5 minutes. Turn, swirl in 1 tablespoon oil and cook until golden on the other side, 3 to 5 minutes more.

Meanwhile, whisk tahini, water and the remaining 2 tablespoons lemon juice, 1 tablespoon oil and ½ teaspoon salt in a large bowl. Transfer ¼ cup to a small bowl. Add romaine and the remaining 1 cup parsley to the large bowl and toss to coat. Top with cucumbers and/or radishes, tomatoes, the sliced onion and the falafel. Drizzle with the reserved ¼ cup dressing

Daily Totals: 1,221 calories, 50 g protein, 137 g carbohydrates, 38 g fibre, 59 g fat, 1,586 mg sodium



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1200cal

TUESDAY

Breakfast (262 calories)

1 serving Peanut Butter & Chia Berry Jam English Muffin

A.M. Snack (100 calories)

1/2 cup edamame pods, seasoned with a pinch of salt

Lunch (360 calories)

4 cups White Bean & Veggie Salad

Dinner (500 calories)

2 cups Black-Bean Quinoa Buddha Bowl

BLACK BEAN QUINOA BUDDHA BOWL

- ¾ cup canned black beans, rinsed
- ⅔ cup cooked quinoa
- ¼ cup hummus
- 1 tablespoon lime juice
- ¼ medium avocado, diced
- 3 tablespoons pico de gallo
- 2 tablespoons chopped fresh cilantro

• Combine beans and quinoa in a bowl. Stir hummus and lime juice together in a small bowl; thin with water to desired consistency. Drizzle the hummus dressing over the beans and quinoa. Top with avocado, pico de gallo and cilantro.

Daily Totals: 1,220 calories, 48 g protein, 153 g carbohydrates, 46 g fibre, 53 g fat, 1,370 mg sodium



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1200cal

WEDNESDAY

Breakfast (266 calories)

1 serving Peanut Butter-Banana Toast

A.M. Snack (114 calories)

2 Tbsp. pumpkin seeds (pepitas)

Lunch (325 calories)

4 cups serving Green Salad with Edamame & Beets

P.M. Snack (62 calories)

2 cups air-popped popcorn

Dinner (446 calories)

1 1/2 cups Roasted Cauliflower & Potato Curry Soup

1/2 small whole-wheat pita, toasted

1/3 cup hummus

ROAST CAULIFLOWER & POTATO CURRY SOUP

- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1½ teaspoons ground cinnamon
- 1½ teaspoons ground turmeric
- 1¼ teaspoons salt
- ¾ teaspoon ground pepper
- ⅛ teaspoon cayenne pepper
- 1 small head cauliflower, cut into small florets (about 6 cups)
- 2 tablespoons extra-virgin olive oil, divided
- 1 large onion, chopped
- 1 cup diced carrot
- 3 large cloves garlic, minced
- 1½ teaspoons grated fresh ginger
- 1 fresh red chile pepper, such as serrano or jalapeño, minced, plus more for garnish
- 1 (14 ounce) can no-salt-added tomato sauce
- 4 cups low-sodium vegetable broth
- 3 cups diced peeled russet potatoes (½-inch)
- 3 cups diced peeled sweet potatoes (½-inch)
- 2 teaspoons lime zest
- 2 tablespoons lime juice
- 1 (14 ounce) can coconut milk

Daily Totals: 1,220 calories, 48 g protein, 153 g carbohydrates, 46 g fibre, 53 g fat, 1,370 mg sodium



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1200cal

WEDNESDAY CONT..

- Combine coriander, cumin, cinnamon, turmeric, salt, pepper and cayenne in a small bowl. Toss cauliflower with 1 tablespoon oil in a large bowl, sprinkle with 1 tablespoon of the spice mixture and toss again. Spread in a single layer on a rimmed baking sheet. Roast the cauliflower until the edges are browned, 15 to 20 minutes. Set aside.
- Meanwhile, heat the remaining 1 tablespoon oil in a large pot over medium-high heat. Add onion and carrot and cook, stirring often, until starting to brown, 3 to 4 minutes. Reduce heat to medium and continue cooking, stirring often, until the onion is soft, 3 to 4 minutes. Add garlic, ginger, chile and the remaining spice mixture. Cook, stirring, for 1 minute more.
- Stir in tomato sauce, scraping up any browned bits, and simmer for 1 minute. Add broth, potatoes, sweet potatoes, lime zest and juice. Cover and bring to a boil over high heat. Reduce heat to maintain a gentle simmer and cook, partially covered and stirring occasionally, until the vegetables are tender, 35 to 40 minutes.
- Stir in coconut milk and the roasted cauliflower. Return to a simmer to heat through. Serve garnished with cilantro and chiles, if desired.



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1200cal

THURSDAY

Breakfast (296 calories)

1/3 cup Quinoa & Chia Oatmeal Mix cooked with 1 1/4 cups unsweetened soymilk

Meal-Prep Tip: Make the Quinoa & Chia Oatmeal Mix and store in an airtight container for up to 1 month.

A.M. Snack (30 calories)

1 small plum

Lunch (309 calories)

1 1/2 cups Roasted Cauliflower & Potato Curry Soup

1/2 small whole-wheat pita, toasted

P.M. Snack (114 calories)

2 Tbsp. pumpkin seeds (pepitas)

Dinner (472 calories)

1 serving Stuffed Sweet Potato with Hummus Dressing

STUFFED SWEET POTATO WITH HUMMUS DRESSING

- 1 large sweet potato, scrubbed
- 3/4 cup chopped kale
- 1 cup canned black beans, rinsed
- 1/4 cup hummus
- 2 tablespoons water
- Prick sweet potato all over with a fork. Microwave on High until cooked through, 7 to 10 minutes.
- Meanwhile, wash kale and drain, allowing water to cling to the leaves. Place in a medium saucepan; cover and cook over medium-high heat, stirring once or twice, until wilted. Add beans; add a tablespoon or two of water if the pot is dry. Continue cooking, uncovered, stirring occasionally, until the mixture is steaming hot, 1 to 2 minutes.

Split the sweet potato open and top with the kale and bean mixture. Combine hummus and 2 tablespoons water in a small dish. Add additional water as needed to reach desired consistency. Drizzle the hummus dressing over the stuffed sweet potato.

Daily Totals: 1,222 calories, 51 g protein, 177 g carbohydrates, 40 g fibre, 40 g fat, 1,327 mg sodium



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1200cal

FRIDAY

Breakfast (296 calories)

2 Vegan Pancakes

1/4 cup blackberries

1 Tbsp. peanut butter

Mix peanut butter with 1 tsp. warm water (or more, as needed, to thin out the peanut butter). Drizzle over pancakes.

Lunch (325 calories)

1 serving Veggie & Hummus Sandwich

P.M. Snack (100 calories)

1/2 cup edamame pods, seasoned with a pinch of salt

Dinner (487 calories)

1 cup Chickpea Curry

1 cup Basic Quinoa

CHICKPEA CURRY

- 2 tbsp coconut oil
- 1/2 onion diced
- 2 cloves garlic, diced
- 1 small thumb ginger, diced
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp turmeric
- 1 tsp tomato paste
- 1 tsp coconut sugar
- 1 small tin chickpeas, drained
- 1/2 carrot, roughly diced
- 1/2 zucchini, roughly diced
- 1 large tomato, diced
- 100ml water
- Salt and pepper to season

1. Preheat oven to 180C.

2. Add rice and water to a pot and bring to the boil over high heat.

3. Reduce to a simmer and cover with lid.

4. Stir often, checking the grains occasionally until rice is tender.

5. Once cooked, drain, rinse and set aside.

6. Add coconut oil, onion, garlic, ginger and spices into a pot and sauté on a medium heat until fragrant.

7. Add remainder of curry ingredients and stir together.

8. Simmer for 15 minutes, or until carrot and zucchini are cooked.

9. Combine cashew ingredients together in a bowl, making sure cashews are evenly covered with turmeric.

10. Place on a lined baking tray and into the oven for 5 minutes or until cashews are dry.

11. Watch closely to ensure they don't burn.

12. Place rice and curry in a bowl and sprinkle with cashews.

Daily Totals: 1,208 calories, 44 g protein, 149 g carbohydrates, 33 g fibre, 50 g fat, 1,253 mg sodium



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1200cal

SATURDAY

Breakfast (262 calories)

1 serving Peanut Butter & Chia Berry Jam English Muffin

A.M. Snack (17 calories)

1/4 cup hummus

2 medium celery stalks, cut into sticks

Lunch (308 calories)

1 serving Vegan Bistro Lunch Box

2 Tbsp. pumpkin seeds (pepitas)

Dinner (525 calories)

1 serving Thai Spaghetti Squash with Peanut Sauce

1 cup Vegan Thai Cucumber Salad

Daily Totals: 1,211 calories, 51 g protein, 118 g carbohydrates, 32 g fibre, 65 g fat, 2,065 mg sodium

SUNDAY

Breakfast (296 calories)

2 Vegan Pancakes

1/4 cup blackberries

1 Tbsp. peanut butter

Mix peanut butter with 1 tsp. warm water (or more, as needed, to thin out the peanut butter). Drizzle over pancakes.

A.M. Snack (62 calories)

1 medium orange

Lunch (325 calories)

4 cups serving Green Salad with Edamame & Beets

P.M. Snack (93 calories)

3 cups air-popped popcorn

Dinner (434 calories)

1 serving Rainbow Veggie Spring Roll Bowl

([recipe next page](#))



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1200cal

SUNDAY

RAINBOW VEGGIE SPRING ROLL BOWL

- Noodle Bowl
- 4 ounces bean thread noodles (see Tip) or thin rice noodles
- 1 tablespoon toasted (dark) sesame oil
- 24 asparagus spears, trimmed
- 2 cups shredded green or napa cabbage
- 2 tablespoons chopped fresh basil
- 2 tablespoons chopped fresh mint
- 2 teaspoons rice vinegar
- 1 cup thinly sliced carrot
- Sliced beets
- 1 cup thinly sliced red bell pepper
- 1 cup thinly yellow bell pepper
- Peanut Sauce
- ½ cup smooth natural peanut butter
- ¼ cup reduced-sodium tamari or soy sauce
- ¼ cup water
- 1 tablespoon rice vinegar
- 1 tablespoon maple syrup
- 1 teaspoon minced garlic
- ¼ teaspoon crushed red pepper (optional)

1. To prepare noodle bowl: Prepare noodles according to package directions. Rinse well with cold water. Toss with sesame oil.

2. Bring 1 inch of water to a boil in a large pot. Place a medium bowl of ice water next to the stove. Cook asparagus in the boiling water for 30 seconds, then transfer to the ice water. Drain well, pat dry and cut into 2-inch pieces.

3. Combine cabbage, basil, mint and rice vinegar in a medium bowl.

4. Divide the noodles among 4 bowls. Top each bowl with ½ cup of the cabbage mixture, some asparagus, carrot, beet and red and yellow bell pepper.



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1400kj

MONDAY

Breakfast (312 calories, 10 g protein)

2 Vegan Pancakes

1/2 cup blackberries

1 Tbsp. peanut butter

Mix peanut butter with 1 tsp. warm water (or more, as needed, to thin out the peanut butter to a sauce-like consistency). Drizzle over pancakes and blackberries.

Make Ahead Note: Save 2 pancakes to have for breakfast on Day 5. Freeze until ready to eat, and reheat in the microwave or oven.

VEGAN PANCAKES

Ingredients

- 1 1/2 cups white spelt flour you can use all-purpose flour if you wish
- 1 1/2 Tablespoons baking powder
- 1 1/2 cups non-dairy milk I use unsweetened coconut milk
- 3 Tablespoons organic cane sugar
- 3 Tablespoons organic canola oil or coconut oil
- 1/8 teaspoon salt
- vegan buttery spread for pan

Instructions

1. Mix dry ingredients in a large bowl.
2. Add wet ingredients, and let rise for about five minutes.
3. Melt a tablespoon of vegan buttery spread in a large frying pan over medium heat (I have an electric stove and put the burner at about 5).
4. Spoon the batter into the pan, and cook until you see the edges starting to turn golden brown (about 5 minutes or so).
5. Flip pancakes and continue to cook until done, about 3 more minutes.

A.M. Snack (180 calories, 14 g protein)

1 cup edamame pods, seasoned with a pinch of salt

10 cherries

Lunch (397 calories, 17 g protein)

Loaded Bean & Veggie Toast

2 slices whole-wheat bread • 1/3 cup white beans, rinsed • 2 Tbsp. hummus

Pinch each salt & pepper • 1/2 cup sliced cucumber 1/4 cup sprouts • 1 Tbsp. unsalted roasted sunflower seeds • Hot sauce (optional)

Toast bread. Mash beans with hummus, salt and pepper. Top each slice of toast with the bean-hummus mixture, cucumber, sprouts and sunflower seeds. Drizzle with hot sauce, if desired.

P.M. Snack (113 calories, 4 g protein)

1 small plum

25 roasted unsalted pistachios, measured in shell

Dinner (499 calories, 16 g protein)

1 serving Falafel Salad with Lemon-Tahini Dressing (recipe next page)



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1400kj

MONDAY

FALAFEL SALAD WITH LEMON TAHINI DRESSING

- 1 cup chickpeas
 - 2 cups packed flat-leaf parsley, divided
 - ¼ cup chopped red onion plus ¼ cup thinly sliced, divided
 - 2 cloves garlic
 - 5 tablespoons extra-virgin olive oil, divided
 - 3 tablespoons lemon juice, divided
 - 1 tablespoon ground cumin
 - 1 teaspoon salt, divided
 - 5 tablespoons tahini
 - 5 tablespoons warm water
 - 6 cups sliced romaine lettuce
 - 2 cups sliced cucumbers and/or radishes
 - 1 pint grape tomatoes, quartered
- Drain the chickpeas and transfer to a food processor. Add 1 cup parsley, chopped onion, garlic, 1 tablespoon oil, 1 tablespoon lemon juice, cumin and ½ teaspoon salt; process until finely and evenly ground. Shape into 12 patties (1½ inches wide), using a generous 2 tablespoons each.
- Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Reduce heat to medium. Cook the falafel until golden brown, 3 to 5 minutes. Turn, swirl in 1 tablespoon oil and cook until golden on the other side, 3 to 5 minutes more.
- Meanwhile, whisk tahini, water and the remaining 2 tablespoons lemon juice, 1 tablespoon oil and ½ teaspoon salt in a large bowl. Transfer ¼ cup to a small bowl. Add romaine and the remaining 1 cup parsley to the large bowl and toss to coat. Top with cucumbers and/or radishes, tomatoes, the sliced onion and the falafel. Drizzle with the reserved ¼ cup dressing.

Daily Total: 1,052 calories, 60 g protein, 185 g carbohydrates, 46 g fibre, 67 g fat, 1,965 mg sodium



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1400kj

TUESDAY

Breakfast (311 calories, 12 g protein)

1 serving Peanut Butter & Chia Berry Jam English Muffin
15 roasted unsalted pistachios, measured in shell

A.M. Snack (202 calories, 7 g protein)

1/4 cup hummus
5 whole-wheat crackers

Lunch (377 calories, 15 g protein)

Edamame-Greek Salad
2 cups mixed greens
3/4 cup shelled edamame
1/2 cup sliced cucumber
1/2 cup cherry tomatoes, halved
2 Tbsp. chopped red onion
5 pitted Kalamata olives, chopped
1 Tbsp. olive oil
1 Tbsp. vinegar
Salt & pepper to taste
Combine greens and vegetables; top salad with oil, vinegar, salt and pepper.

P.M. Snack (102 calories, 1 g protein)

Cinnamon Pears
1 medium pear, sliced
Ground cinnamon to taste
Sprinkle pear slices with cinnamon.

Dinner (520 calories, 21 g protein)

Black Bean-Quinoa Buddha Bowl & Hummus Dressing
3/4 cup black beans, rinsed
3/4 cup cooked quinoa
1/4 medium avocado, diced
3 Tbsp. pico de gallo
2 Tbsp. chopped fresh cilantro
1/4 cup hummus
1 Tbsp. water
1 Tbsp. lime juice
Pinch each salt & pepper
Combine beans, quinoa, avocado, pico de gallo (salsa) and cilantro in a bowl. To make dressing:
Combine hummus with water and lime juice. Thin with more water if necessary. Season with salt and pepper.

Daily Total: 1,513 calories, 56 g protein, 197 g carbohydrates, 52 g fibre, 47 g fat, 2,117 mg sodium



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1400cal

WEDNESDAY

Breakfast (342 calories, 10 g protein)

Peanut Butter-Cinnamon Toast

1 slice whole-wheat bread, toasted

1 1/2 Tbsp. peanut butter

1/2 tsp. chia seeds

Ground cinnamon to taste

Top toast with peanut butter and chia seeds. Sprinkle with cinnamon to taste.

1 medium banana on the side

A.M. Snack (161 calories, 17 g protein)

1 1/4 cups edamame pods, seasoned with a pinch of salt

Lunch (381 calories, 17 g protein)

Quinoa-Chickpea Salad with Roasted Red Pepper-Hummus Dressing

1 1/2 cups mixed greens

3/4 cup cooked quinoa

1/3 cup chickpeas, rinsed

1 Tbsp. sunflower seeds

1 tsp. chopped parsley

2 Tbsp. hummus

2 Tbsp. lemon juice

1 Tbsp. finely chopped roasted red pepper

Salt & pepper to taste

Combine greens, quinoa, chickpeas, sunflower seeds and parsley. To make dressing: Combine hummus, lemon juice and roasted red pepper. Thin with water if necessary. (Alternatively, you can use store-bought roasted red pepper hummus, if desired.) Top salad with the hummus dressing. Season with salt and pepper.

P.M. Snack (188 calories, 4 g protein)

1 medium banana

25 roasted unsalted pistachios, measured in shell

Dinner (434 calories, 12 g protein)

1 serving Rainbow Veggie Spring Roll Bowl (recipe next page)

Daily Total: 1,506 calories, 60 g protein, 193 g carbohydrates, 38 g fibre, 58 g fat, 1,501 mg sodium



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1400cal

WEDNESDAY

- RAINBOW VEGGIE SPRING ROLL BOWL

- Noodle Bowl
- 4 ounces bean thread noodles (see Tip) or thin rice noodles
- 1 tablespoon toasted (dark) sesame oil
- 24 asparagus spears, trimmed
- 2 cups shredded green or napa cabbage
- 2 tablespoons chopped fresh basil
- 2 tablespoons chopped fresh mint
- 2 teaspoons rice vinegar
- 1 cup thinly sliced carrot
- Sliced beets
- 1 cup thinly sliced red bell pepper
- 1 cup thinly sliced yellow bell pepper
- Peanut Sauce
- ½ cup smooth natural peanut butter
- ¼ cup reduced-sodium tamari or soy sauce
- ¼ cup water
- 1 tablespoon rice vinegar
- 1 tablespoon maple syrup
- 1 teaspoon minced garlic
- ¼ teaspoon crushed red pepper (optional)

1. To prepare noodle bowl: Prepare noodles according to package directions. Rinse well with cold water. Toss with sesame oil.

2. Bring 1 inch of water to a boil in a large pot. Place a medium bowl of ice water next to the stove. Cook asparagus in the boiling water for 30 seconds, then transfer to the ice water. Drain well, pat dry and cut into 2-inch pieces.

3. Combine cabbage, basil, mint and rice vinegar in a medium bowl.

Divide the noodles among 4 bowls. Top each bowl with ½ cup of the cabbage mixture, some asparagus, carrot, beet and red and yellow bell pepper.

4. To prepare sauce: Whisk peanut butter, tamari (or soy sauce), water, rice vinegar, honey, garlic and crushed red pepper (if using) in a small bowl until smooth. Drizzle ¼ cup sauce over each bowl.

5. Tips: Bean Thread Noodles: Look for bean thread noodles, sometimes labeled vermicelli, mung bean or cellophane noodles, in the Asian section of large supermarkets or at an Asian market.

Daily Total: 1,506 calories, 60 g protein, 193 g carbohydrates, 38 g fibre, 58 g fat, 1,501 mg sodium



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1400cal

THURSDAY

Breakfast (347 calories, 19 g protein)

1/3 cup Quinoa & Chia Oatmeal Mix
1 1/4 cups unsweetened soymilk
1 Tbsp. pumpkin seeds
Cook cereal mix in soymilk. Top with pumpkin seeds.

A.M. Snack (103 calories, 2 g protein)

20 cherries

Lunch (367 calories, 18 g protein)

Green Salad with Edamame & Beets
2 cups mixed greens
1 cup shelled edamame
1/2 medium beet, shredded
1 Tbsp. chopped fresh cilantro
1 Tbsp. olive oil
1 1/2 Tbsp. vinegar
Salt & pepper to taste
Combine greens, edamame, beet and cilantro. Top with oil, vinegar, salt and pepper.

P.M. Snack (202 calories, 7 g protein)

1/4 cup hummus
5 whole-wheat crackers

Dinner (500 calories, 14 g protein)

1 cup cooked quinoa
1 cup Chickpea Curry
Top quinoa with chickpea curry.

CHICKPEA CURRY

- 2 tbsp coconut oil
- 1/2 onion diced
- 2 cloves garlic, diced
- 1 small thumb ginger, diced
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp turmeric
- 1 tsp tomato paste
- 1 tsp coconut sugar
- 1 small tin chickpeas, drained
- 1/2 carrot, roughly diced
- 1/2 zucchini, roughly diced
- 1 large tomato, diced
- 100ml water
- Salt and pepper to season



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1400cal

THURSDAY

CHICKPEA CURRY CONTINUED..

1. Preheat oven to 180C.
2. Add rice and water to a pot and bring to the boil over high heat.
3. Reduce to a simmer and cover with lid.
4. Stir often, checking the grains occasionally until rice is tender.
5. Once cooked, drain, rinse and set aside.
6. Add coconut oil, onion, garlic, ginger and spices into a pot and sauté on a medium heat until fragrant.
7. Add remainder of curry ingredients and stir together.
8. Simmer for 15 minutes, or until carrot and zucchini are cooked.
9. Combine cashew ingredients together in a bowl, making sure cashews are evenly covered with turmeric.
10. Place on a lined baking tray and into the oven for 5 minutes or until cashews are dry.
11. Watch closely to ensure they don't burn.
12. Place rice and curry in a bowl and sprinkle with cashews.

Make Ahead Tip: Save 1 cup of the chickpea curry to have for lunch on Day 5.

Daily Total: 1,520 calories, 60 g protein, 191 g carbohydrates, 41 g fibre, 60 g fat, 1,469 mg sodium



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1400cal

FRIDAY

Breakfast (295 calories, 10 g protein)

2 Vegan Pancakes
1/2 cup blackberries
1 Tbsp. peanut butter
Mix peanut butter with 1 tsp. warm water (or more, as needed, to thin out the peanut butter to a sauce-like consistency). Drizzle over pancakes and blackberries.

A.M. Snack (188 calories, 4 g protein)

1 medium banana
25 roasted unsalted pistachios, measured in shell

Lunch (362 calories, 9 g protein)

1 cup Chickpea Curry
1/2 large whole-wheat pita, toasted

P.M. Snack (129 calories, 12 g protein)

1 cup edamame pods, seasoned with a pinch of salt

Dinner (515 calories, 21 g protein)

Stuffed Sweet Potato with Hummus Dressing
1 large sweet potato
1 tsp. olive oil
3/4 cup chopped kale
1 cup black beans, rinsed
Crushed red pepper, to taste (optional)
Pinch each salt & pepper
1/4 cup hummus
2 Tbsp. water
Microwave or bake sweet potato until soft and cooked through. Cook kale in olive oil until wilted. Add beans to the pan and heat through. Season with crushed red pepper (if desired), salt and pepper to taste. Cut the sweet potato in half and stuff with the kale and beans. To make dressing: Combine hummus and water. Thin with more water if necessary. Drizzle the hummus dressing on top of the stuffed sweet potato.

Daily Total: 1,505 calories, 58 g protein, 210 g carbohydrates, 49 g fibre, 54 g fat, 1,641 mg sodium

SATURDAY

Breakfast (342 calories, 10 g protein)

Peanut Butter-Cinnamon Toast
1 slice whole-wheat bread, toasted * 1 1/2 Tbsp. peanut butter * 1/2 tsp. chia seeds * Ground cinnamon, to taste
Top toast with peanut butter and chia seeds. Sprinkle with cinnamon to taste.
1 medium banana on the side

A.M. Snack (186 calories, 5 g protein)

25 roasted unsalted pistachios, measured in shell
20 cherries

Lunch (382 calories, 21 g protein)

Loaded Bean & Veggie Toast * 2 slices whole-wheat bread * 1/2 cup white beans, rinsed * 1/4 cup hummus * Pinch each salt & pepper * 1/2 cup sliced cucumber * 1/4 cup sprouts * 1 Tbsp. unsalted roasted sunflower seeds * Hot sauce (optional)
Toast bread. Mash beans with hummus, salt and pepper. Top each slice of toast with the bean-hummus mixture, cucumber, sprouts and sunflower seeds. Drizzle with hot sauce, if desired.

A.M. Snack (102 calories, 1 g protein)

Cinnamon Pears
1 medium pear, sliced
Ground cinnamon to taste
Sprinkle pear slices with cinnamon.

Dinner (490 calories, 18 g protein)

Chickpea-Quinoa Buddha Bowl
1 cup cooked quinoa * 1/3 cup chickpeas, rinsed
1/2 cup cucumber slices * 1/2 cup cherry tomatoes, halved * 1/4 medium avocado, diced
3 Tbsp. hummus * 1 tbsp. finely chopped roasted red pepper * 1 Tbsp. lemon juice * 1 Tbsp. water
1 tsp. chopped fresh parsley * Pinch each salt & pepper
Combine quinoa, chickpeas, cucumber, tomatoes and avocado in a bowl. To make dressing: Combine hummus, roasted red pepper, lemon juice and water. Thin with more water if necessary. Season with parsley, salt and pepper. Top the Buddha bowl with the dressing.

Daily Total: 1,502 calories, 55 g protein, 228 g carbohydrates, 48 g fibre, 51 g fat, 1,672 mg sodium



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1400cal

SUNDAY

Breakfast (307 calories, 12 g protein)

1 serving Peanut Butter & Chia Berry Jam English Muffin

1 Tbsp. pumpkin seeds, either chopped and sprinkled on top of the English muffin or eaten on their own.

A.M. Snack (119 calories, 6 g protein)

1/4 cup hummus

1 cup cucumber slices

Lunch (375 calories, 21 g protein)

Green Salad with Edamame & Beets

2 cups mixed greens

1 1/4 cups shelled edamame

1/2 medium beet, shredded

1 Tbsp. chopped fresh cilantro

2 tsp. unsalted roasted sunflower seeds

1 Tbsp. olive oil

1 1/2 Tbsp. vinegar

Salt & pepper to taste

Combine greens, edamame, beet, cilantro and sunflower seeds. Top with oil, vinegar, salt and pepper.

P.M. Snack (263 calories, 7 g protein)

1 medium banana

1 1/2 Tbsp. peanut butter

Dinner (460 calories, 13 g protein)

1 1/2 cups Roasted Cauliflower & Potato Curry Soup

1/2 large whole-wheat pita, toasted

1/3 cup hummus

Serve soup with pita and hummus on the side.

Daily Total: 1,523 calories, 58 g protein, 166 g carbohydrates, 43 g fibre, 79 g fat, 1,883 mg sodium

NOTES



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1800cal

MONDAY

Breakfast (423 calories)

3 Vegan Pancakes

1 Tbsp. peanut butter

1 cup raspberries

Thin peanut butter with 1 teaspoon warm water and drizzle on pancakes. Serve with raspberries.

VEGAN PANCAKES

Ingredients

- 1 1/2 cups white spelt flour you can use all-purpose flour if you wish
- 1 1/2 Tablespoons baking powder
- 1 1/2 cups non-dairy milk I use unsweetened coconut milk
- 3 Tablespoons organic cane sugar
- 3 Tablespoons organic canola oil or coconut oil
- 1/8 teaspoon salt
- vegan buttery spread for pan

Instructions

1. Mix dry ingredients in a large bowl.
2. Add wet ingredients, and let rise for about five minutes.
3. Melt a tablespoon of vegan buttery spread in a large frying pan over medium heat (I have an electric stove and put the burner at about 5).
4. Spoon the batter into the pan, and cook until you see the edges starting to turn golden brown (about 5 minutes or so).
5. Flip pancakes and continue to cook until done, about 3 more minutes.

A.M. Snack (249 calories)

1 medium apple

3 Tbsp. almonds

Lunch (454 calories)

2 1/2 cups Roasted Veggie Brown Rice Buddha Bowl

P.M. Snack (167 calories)

1/4 cup plain hummus

2 medium celery stalks, cut into sticks

2 medium carrots, cut into sticks

Dinner (528 calories)

2 cups Spaghetti Squash with Tomato Basil Sauce

1 cup no-sodium canned white beans, rinsed

Stir beans into an individual portion (2 cups) of the spaghetti squash and sauce.

Meal-Prep Tip: Save 2 cups of the Spaghetti Squash with Tomato Basil Sauce to have for lunch on Day 2.

Daily Totals: 1,821 calories, 233 g carbohydrates, 54 g fibre, 71 g protein, 75 g fat, 1,602 mg sodium.



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1800cal

TUESDAY

Breakfast (381 calories)

1/3 cup Quinoa & Chia Oatmeal, cooked with 1¼ cups unsweetened soymilk
1 cup blueberries

A.M. Snack (245 calories)

1 medium banana
1 Tbsp. peanut butter

Lunch (463 calories)

2 cups leftover Spaghetti Squash with Tomato Basil Sauce
3/4 cup no-sodium-added canned white beans, rinsed
Stir beans into an individual portion (2 cups) of the spaghetti squash and sauce.

P.M. Snack (141 calories)

1 1/2 cups steamed edamame in pods, seasoned with coarse salt

Dinner (565 calories)

3 cups mixed greens
½ cup chopped cucumber
1 small tomato, diced
3 Tbsp. Tahini Sauce with Lemon & Garlic
2 Tbsp. pumpkin seeds (pepitas)
1 Falafel Burger (just the patty)
Toss together greens, cucumber, tomato, sauce and pumpkin seeds. Top with the falafel patty.

Meal-Prep Tip: Refrigerate 1 falafel patty for dinner on Day 4.

Daily Totals: 1,794 calories, 233 g carbohydrates, 53 g fibre, 73 g protein, 70 g fat, 1,588 mg sodium.



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1800cal

WEDNESDAY

Breakfast (445 calories)

1 medium apple
10 almonds
1 serving Green Smoothie
3 Tbsp. plant-based protein powder (try Bob's Red Mill pea protein powder)
Place smoothie ingredients and protein powder in a blender and puree until creamy.

A.M. Snack (167 calories)

1/4 cup plain hummus
2 medium celery stalks, cut into sticks
2 medium carrots, cut into sticks

Lunch (455 calories)

1 serving Edamame & Veggie Rice Bowl
1 medium orange

P.M. Snack (141 calories)

1 1/2 cup steamed edamame in pods, seasoned with a pinch of coarse salt

Dinner (595 calories)

2 1/2 cups Vegetarian Black Bean Soup
3 cups mixed greens
1/2 cup chopped cucumber
2 Tbsp. Citrus Vinaigrette
1 Tbsp. pumpkin seeds (pepitas)
Toss greens and cucumber with vinaigrette. Top with pumpkin seeds. Serve alongside the soup.

Meal-Prep Tip: Save 2 1/2 cups of the Vegetarian Black Bean Soup to have for lunch on Day 7.

Daily Totals: 1,803 calories, 249 g carbohydrates, 64 g fibre, 77 g protein, 66 g fat, 1,808 mg sodium..

THURSDAY

Breakfast (423 calories)

3 Vegan Pancakes
1 Tbsp. peanut butter
1 cup raspberries
Thin peanut butter with 1 teaspoon warm water, then drizzle on pancakes. Serve with raspberries.

A.M. Snack (240 calories)

3 Tbsp. pumpkin seeds (pepitas)
1 medium banana

Lunch (452 calories)

4 cups Citrus Lime Tofu Salad (recipe on next page)
1 medium orange
P.M. Snack (95 calories)
1 medium apple

Dinner (565 calories)

3 cups mixed greens
1/2 cup chopped cucumber
1 small tomato, diced
3 Tbsp. Tahini Sauce with Lemon & Garlic
2 Tbsp. pumpkin seeds (pepitas)
1 Fafafel Burger (just the patty)
Toss together greens, cucumber, tomato, sauce and pumpkin seeds. Top with the falafel patty.

Daily Totals: 1,775 calories, 209 g carbohydrates, 49 g fibre, 71 g protein, 87 g fat, 1,644 mg sodium.



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1800cal

THURSDAY

CITRUS LIME TOFU SALAD

- 2 cups mixed greens
- 1 cup roasted vegetables, chopped if desired (see associated recipes)
- 1 cup roasted tofu (see associated recipes)
- 1 tablespoon pumpkin seeds
- 2 tablespoons Citrus-Lime Vinaigrette (see associated recipes)

Arrange greens, veggies, tofu and pumpkin seeds in a 4-cup sealable container or bowl. Drizzle vinaigrette over the salad just before serving.

To make ahead: Refrigerate salad and dressing separately for up to 5 days.



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1800cal

FRIDAY

Breakfast (367 calories)

- 1 serving Peanut Butter & Chia Berry Jam English Muffin
- 1 medium banana

A.M. Snack (256 calories)

- 1 medium pear
- 2 Tbsp. almonds

Lunch (432 calories)

- 4 cups Roasted Veggie Mason Jar Salad
- 1/2 cup raspberries

P.M. Snack (141 calories)

- 1 1/2 cups steamed edamame in pods, seasoned with a pinch of coarse salt

Dinner (603 calories)

- 1 1/2 cups Vegan Mushroom Stroganoff
- 1 1/2 cup steamed broccoli, tossed in 2 tsp. each olive oil and fresh lemon juice, and seasoned with salt and pepper.

VEGAN MUSHROOM STROGANOFF

Ingredients

For the vegan mushroom stroganoff:

- 250 g pasta of choice (9 oz), (check to make sure it's vegan, use gluten-free if preferred)
- 1 cup vegetable broth (plus more if needed)
- 1 cup non-dairy milk, (such as soy or almond)
- 1/4 cup all-purpose flour (use gluten-free if preferred)
- 1 teaspoon dried thyme leaves
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons vegan butter (sub olive oil if preferred)
- 1 yellow onion, chopped
- 4 cloves garlic, minced
- 454 g brown or white button mushrooms (16 oz) , sliced (about 6 cups sliced)

Instructions

1. Bring a large pot of water to a boil and cook the pasta according to package directions.
2. In a large measuring cup or medium bowl whisk together the vegetable broth, non-dairy milk, flour, dried thyme, salt, and pepper. Set aside.
3. Melt the vegan butter in a large skillet or pot. When hot add the onion and garlic and sauté for about 5 minutes until the onion turns translucent and begins to brown. Reduce the heat to medium and add the mushrooms. Continue to cook for about 5 minutes until the mushrooms have softened and begin to release their juices.
4. Pour in the broth and non-dairy milk mixture and continue to cook, stirring as needed for about 3 to 5 minutes until the sauce thickens. If the sauce gets too thick, add more vegetable broth or water if needed to thin. If the sauce is too thin, simply cook a little longer until you reach desired consistency.
5. Add in the cooked pasta and toss well to combine. Divide among plates and serve, garnishing with parsley and Parmesan to taste.

Meal-Prep Tip: Save 1 1/2 cups of the Vegan Mushroom Stroganoff to have for dinner on Day 7.

Daily Totals: 1,799 calories, 208 g carbohydrates, 52 g fibre, 76 g protein, 87 g fat, 1,327 mg sodium.



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1800cal

SATURDAY

Breakfast (381 calories)

1/3 cup Quinoa & Chia Oatmeal, cooked with 1¼ cups unsweetened soymilk
1 cup blueberries

A.M. Snack (167 calories)

1/4 cup plain hummus
2 medium celery stalks, cut into sticks
2 medium carrots, cut into sticks

Lunch (462 calories)

4 cups Roasted Veggie Mason Jar Salad
1 medium orange

P.M. Snack (135 calories)

1/2 cup raspberries
2 Tbsp. almonds

Dinner (658 calories)

2 1/2 cups Roasted Veggie Brown Rice Buddha Bowl (recipe on next page)
1 serving Broiled Mango, to enjoy after dinner



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1800cal

SATURDAY

ROAST VEGGIE BROWN RICE BUDDHA BOWL

Ingredients

Veggies and Grains

- 1 head cauliflower (cut into bite size pieces)
- 1 head broccoli (cut into bite size pieces)
- 3 medium carrots (cut into coins)
- 1 cup brown rice (I nearly always use quick-cook brown rice)
- 2 cups cooked chickpeas (or 1 can, rinsed and drained)
- 2 tbsp sesame seeds
- 2 tsp extra virgin olive oil
- salt/pepper

Creamy Sweet Tahini Dressing

- 1/4 cup tahini
- 3 tbsp balsamic vinegar
- 2 tbsp pure maple syrup
- 1 garlic clove (minced)
- 3 tbsp nutritional yeast
- 1/4 cup water (plus more as needed to thin)
- salt/pepper to taste

Instructions

1. Preheat oven to 400 degrees F.
2. Cook the rice according to package directions.
3. Spread cauliflower and broccoli on one baking sheet. Spread chickpeas and carrots on another baking sheet. Drizzle 1 tsp oil over each baking sheet and give veggies a toss. Sprinkle with salt and pepper.
4. Roast for 20-30 minutes, turning the pans and giving them a shake every ten minutes. Cauliflower and broccoli takes about 30 minutes, carrots and chickpeas take about 20, so start the broccoli/cauliflower first and put the chickpeas/carrots in after the first 10 minutes. (Every oven is different, so keep an eye on everything to make sure you don't burn them.)
5. Combine all dressing ingredients in a small bowl or cup and whisk until smooth. Add more water, as needed, to thin. Set aside.
6. When veggies and chickpeas are done, make your bowls! A little rice, broccoli, cauliflower, carrots, chickpeas, sesame seeds and dressing in each individual bowl.



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1800kj

SUNDAY

Breakfast (435 calories)

1 cup blueberries

10 almonds

1 serving Green Smoothie

3 Tbsp. plant-based protein powder (try Bob's Red Mill pea protein powder)

Place smoothie ingredients and protein powder in a blender and puree until creamy.

A.M. Snack (200 calories)

1 medium apple, sliced

1 Tbsp. peanut butter

Lunch (446 calories)

2 1/2 cups leftover Vegetarian Black Bean Soup (recipe next page)

VEGETARIAN BLACKBEAN SOUP

1 tbsp olive oil

1 large onion

1 stalk celery

2 carrots

4 cloves garlic

Chilli powder

1 tbsp cumin

Pinch black pepper

4 cups vege broth

4 can black beans

1 can corn kernels

1 can crushed tomatoes

1. Saute onion, celery, carrots and garlic. Season with chili powder, cumin, and black powder. Stir in broth, 2 cans of beans and corn. Bring to the boil

2. In a blender process 2 cans of beans and tomatoes until smooth Stir into boiling soup mix, reduce heat and simmer for 15 mins

1 medium orange

P.M. Snack (94 calories)

1 cup steamed edamame in pods, seasoned with a pinch of coarse salt

Dinner (603 calories)

1 1/2 cups Vegan Mushroom Stroganoff

1 1/2 cup steamed broccoli, tossed in 2 tsp. each olive oil and fresh lemon juice, and seasoned with salt and pepper.

Daily Totals: 1,777 calories, 263 g carbohydrates, 57 g fibre, 73 g protein, 56 g fat, 1,555 mg sodium.



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1800kj

SUNDAY

VEGETARIAN BLACKBEAN SOUP

- 1 tbsp olive oil
- 1 large onion
- 1 stalk celery
- 2 carrots
- 4 cloves garlic
- Chilli powder
- 1 tbsp cumin
- Pinch black pepper
- 4 cups vege broth
- 4 can black beans
- 1 can corn kernals
- 1 can crushed tomatoes

1. Saute onion, celery, carrots and garlic. Season with chili powder, cumin, and black powder. Stir in broth, 2 cans of beans and corn. Bring to the boil
2. In a blender process 2 cans of beans and tomatoes until smooth Stir into boiling soup mix, reduce heat and simmer for 15 mins

Daily Totals: 1,777 calories, 263 g carbohydrates, 57 g fibre, 73 g protein, 56 g fat, 1,555 mg sodium.



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1200cal

THURSDAY

Breakfast (296 calories)

1/3 cup Quinoa & Chia Oatmeal Mix
cooked with 1 1/4 cups unsweetened
soymilk

**Meal-Prep Tip: Make the Quinoa & Chia
Oatmeal Mix and store in an airtight
container for up to 1 month.**

A.M. Snack (30 calories)

1 small plum

Lunch (309 calories)

1 1/2 cups Roasted Cauliflower & Potato
Curry Soup
1/2 small whole-wheat pita, toasted

P.M. Snack (114 calories)

2 Tbsp. pumpkin seeds (pepitas)

Dinner (472 calories)

1 serving Stuffed Sweet Potato with
Hummus Dressing

Daily Totals: 1,222 calories, 51 g protein,
177 g carbohydrates, 40 g fibre, 40 g fat,
1,327 mg sodium

FRIDAY

Breakfast (296 calories)

2 Vegan Pancakes
1/4 cup blackberries
1 Tbsp. peanut butter
Mix peanut butter with 1 tsp. warm water
(or more, as needed, to thin out the
peanut butter). Drizzle over pancakes.

Lunch (325 calories)

1 serving Veggie & Hummus Sandwich

P.M. Snack (100 calories)

1/2 cup edamame pods, seasoned with a
pinch of salt

Dinner (487 calories)

1 cup Chickpea Curry
1 cup Basic Quinoa

Daily Totals: 1,208 calories, 44 g protein,
149 g carbohydrates, 33 g fibre, 50 g fat,
1,253 mg sodium

SATURDAY

Breakfast (262 calories)

1 serving Peanut Butter & Chia Berry Jam
English Muffin

A.M. Snack (17 calories)

1/4 cup hummus
2 medium celery stalks, cut into sticks

Lunch (308 calories)

1 serving Vegan Bistro Lunch Box
2 Tbsp. pumpkin seeds (pepitas)

Dinner (525 calories)

1 serving Thai Spaghetti Squash with
Peanut Sauce
1 cup Vegan Thai Cucumber Salad

Daily Totals: 1,211 calories, 51 g protein,
118 g carbohydrates, 32 g fibre, 65 g fat,
2,065 mg sodium

SUNDAY

Breakfast (296 calories)

2 Vegan Pancakes
1/4 cup blackberries
1 Tbsp. peanut butter
Mix peanut butter with 1 tsp. warm water
(or more, as needed, to thin out the
peanut butter). Drizzle over pancakes.

A.M. Snack (62 calories)

1 medium orange

Lunch (325 calories)

4 cups serving Green Salad with
Edamame & Beets

P.M. Snack (93 calories)

3 cups air-popped popcorn

Dinner (434 calories)

1 serving Rainbow Veggie Spring Roll
Bowl

Daily Totals: 1,209 calories, 45 g protein,
144 g carbohydrates, 32 g fibre, 51 g fat,
1,732 mg sodium



6 WEEK WEIGHT LOSS CHALLENGE

Vegan Menu 1200cal

HOW TO MEAL PREP YOUR WEEK OF MEALS:

Make a batch of the Vegan Pancakes to have for breakfast on Days 1, 5 and 7. Freeze the cooked pancakes until ready to eat and reheat in the microwave.

Cook a batch of Basic Quinoa to have for lunch on Day 2 and dinner on Day 5.

Make the Quinoa & Chia Oatmeal Mix to have on Day 4. Store the dry mix in an airtight container for up to 1 month., 38 g fibre, 59 g fat, 1,586 mg sodium

MONDAY

Breakfast (296 calories)

2 Vegan Pancakes
1/4 cup blackberries
1 Tbsp. peanut butter
Mix peanut butter with 1 tsp. warm water (or more, as needed, to thin out the peanut butter). Drizzle over pancakes.

A.M. Snack (150 calories)

3/4 cup edamame pods, seasoned with a pinch of salt

Lunch (245 calories)

1 serving White Bean & Avocado Toast
1 cup sliced cucumber

P.M. Snack (30 calories)

1 small plum

Dinner (499 calories)

1 serving Falafel Salad with Lemon-Tahini Dressing

Daily Totals: 1,221 calories, 50 g protein, 137 g carbohydrates, 38 g fibre, 59 g fat, 1,586 mg sodium

TUESDAY

Breakfast (262 calories)

1 serving Peanut Butter & Chia Berry Jam English Muffin

A.M. Snack (100 calories)

1/2 cup edamame pods, seasoned with a pinch of salt

Lunch (360 calories)

4 cups White Bean & Veggie Salad

Dinner (500 calories)

2 cups Black-Bean Quinoa Buddha Bowl

Daily Totals: 1,220 calories, 48 g protein, 153 g carbohydrates, 46 g fibre, 53 g fat, 1,370 mg sodium

WEDNESDAY

Breakfast (266 calories)

1 serving Peanut Butter-Banana Toast

A.M. Snack (114 calories)

2 Tbsp. pumpkin seeds (pepitas)

Lunch (325 calories)

4 cups serving Green Salad with Edamame & Beets

P.M. Snack (62 calories)

2 cups air-popped popcorn

Dinner (446 calories)

1 1/2 cups Roasted Cauliflower & Potato Curry Soup

1/2 small whole-wheat pita, toasted

1/3 cup hummus

Meal-Prep Tip: Save 1 serving Roasted Cauliflower & Potato Curry Soup for lunch on Day 4.

Daily Totals: 1,213 calories, 49 g protein, 132 g carbohydrates, 34 g fibre, 57 g fat, 1,760 mg sodium