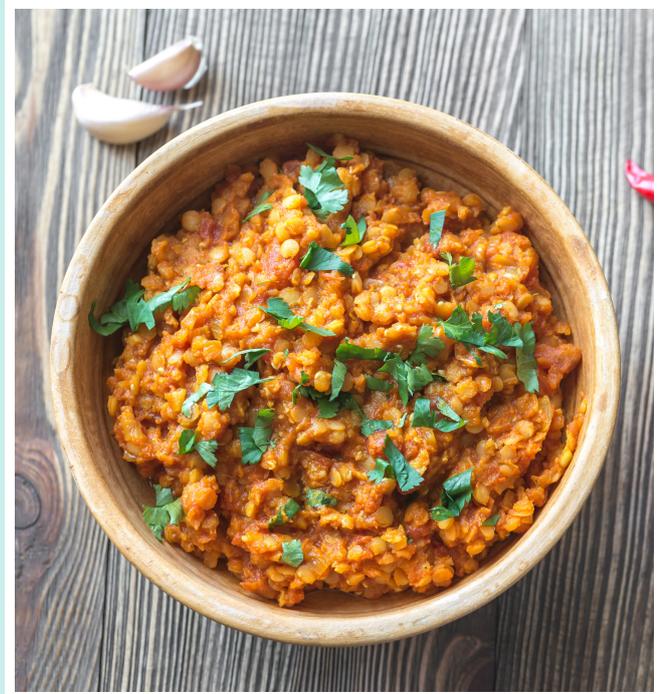
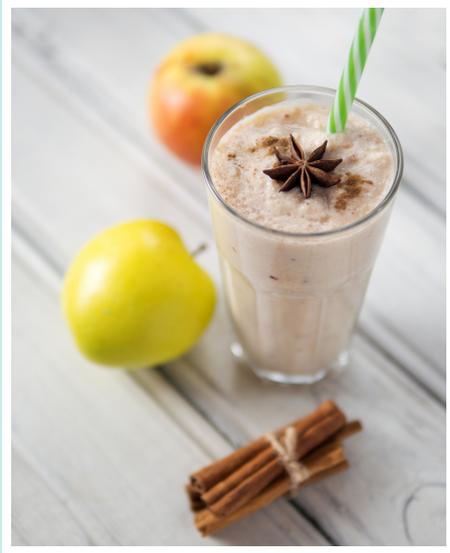


1700 Calorie Day of Eating

130g Protein | 179g Carb | 56g Fat



See recipes for exact amounts + don't forget to fill up on cruciferous veggies if you're hungry!

		Protein	Carbs	Fat
Meal 1	Apple Pie Smoothie	29g	29g	14g
Meal 2 <small>(snack - can have any time)</small>	Roasted Chickpeas	9g	18g	3g
Meal 3	Peanut Butter Tempeh, Quinoa & veggies	29g	51g	18g
Meal 4 <small>(post-workout)</small>	Tomato & Lentil Soup	22g	46g	5g
Meal 5 <small>(pre-bedtime)</small>	Chocolate tofu pudding & 20 pistachios	21g	15g	16g
Pistachios are high in melatonin and have been shown to help promote sound sleep :)				
Meal 6* <small>Optional workout shake</small>	20g soy protein isolate 20g powdered carb such as vitargo or dextrose (can also sub 750ml coconut water or 450ml orange juice - see recommended food list for other options) 5g creatine	20g	20g	0g
Totals		130g	179g	56g

*If you're doing an intense workout, or it's been more than 2 hours since your last meal, then add in the workout shake. If you don't use it, just sub for real food :)

SERVES 1



Ingredients

- 150ml soya milk
- 30g Oats
- 5g ground linseed/flaxseed
- 25g vanilla protein powder
- 1 tsp Ceylon cinnamon
- 10g walnuts, chopped
- 1 small apple, diced

Nutritional Values:

Calories: 415
 Protein: 31g
 Carbs: 38g
 Fat: 15g

Directions

- Add everything to a blender and puree until smooth

MAKES 2 SERVINGS



Ingredients

- 240g of cooked chickpeas, drained & rinsed
- Salt, paprika, curry powder, garlic powder, turmeric, or other spices to flavour
- Spray oil to lightly cover

Nutritional Values:

(per serving).

Calories: 175

Protein: 8g

Carbs: 26g

Fat: 3g

Directions

- Preheat the oven to 210c/425°F and line a large baking sheet with parchment paper
- Spread the chickpeas on a kitchen towel and pat them dry & remove any loose skins.
- Transfer the dried chickpeas to the baking sheet, give them a couple of sprays of oil and generous pinches of salt & whatever seasonings you're using.
- Roast the chickpeas for 20 to 30 minutes, or until golden brown and crisp. Ovens can vary, if your chickpeas are not crispy enough, keep going until they are.
- Store roasted chickpeas in a loosely covered container at room temperature. They are best used within two days.

MAKES 6 SERVINGS



Ingredients

- 1 large red onion, diced
- 1 heaped tablespoon of tomato puree
- 1 can of light coconut milk
- 2 cloves of garlic, minced
- 4 large carrots, diced
- 500g uncooked red lentils
- 1 container (400g) chopped tomatoes
- 1 tbsp light soy sauce or tamari
- 500ml veggie stock
- juice of 1 lemon
- salt & pepper to taste
- 1 tsp of smoked paprika
- 1 tsp of cayenne pepper or red chilli flakes
- handful of spinach

Nutritional Values

(per serving):

Calories: 371

Protein: 25g

Carbs: 52g

Fat: 6g



Directions

- In a large pan, sautee the onion & carrots with the soy sauce for 2-3 minutes
- Next, add the garlic and continue cooking for 1 more minute
- Add the tomato puree, lentils & spices, and stir well, then pour in the veggie stock & chopped tomatoes and stir to combine it all well
- Cover and simmer on low for around 20 minutes, or until the carrots are tender
- Add in the coconut milk and simmer for a further 5 minutes
- Taste, and add extra seasonings as needed
- Add in the lemon juice, stir and remove from the heat

This can then be split into six portions and frozen for later. When you heat it back up, add in a couple of handfuls of spinach for an extra nutrient boost.

Peanut Butter Tempeh, Quinoa & Veggies

SERVES 1



Ingredients

- 100g Tempeh, cut into bite-sized pieces
- 40g, quinoa, uncooked
- 1.5 cups of veggies

Spicy Peanut Sauce

- 10g peanut butter
- 1 tbsp light soy sauce
- 1 tsp maple syrup
- 1 tsp chilli sauce
- 1 tsp rice or apple cider vinegar
- 1 tsp ginger (fresh or paste), minced
- 1 clove of garlic (or garlic puree), minced
- 4 tbsp of water, to create a sauce
- 1 tsp of cornstarch or arrowroot powder

Nutritional Values

(per serving):

Calories: 405

Protein: 27g

Carbs: 30g

Fat: 18g

Peanut Butter Tempeh, Quinoa & Veggies

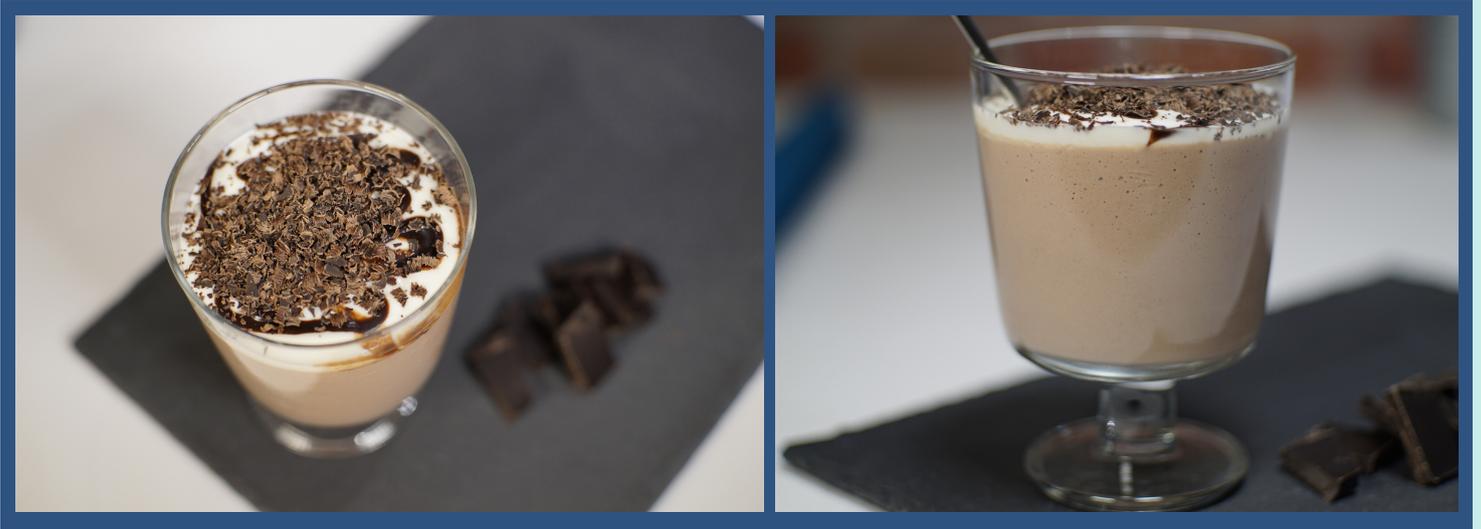


Directions

- Combine all the ingredients for the peanut sauce (except for the cornstarch) to a bowl and mix well.
- Add the tempeh to the sauce and marinate in the fridge for at least 30 minutes, up to overnight. Tempeh is fantastic at absorbing flavours, so the longer the better!
- Cook the quinoa according to the packet instructions
- In a large pan or wok, add the tempeh & all of the marinade and start to sauté for a few minutes
- Add the veggies and sauté for 5 more minutes
- If the sauce has dried out, add a couple of tablespoons of veggie stock to the wok
- Just before you're ready to serve, mix the cornstarch or arrowroot with 2 tbsp of cold water to form a paste and add to the wok with the other ingredients. Stir to combine & remove from the heat. Serve over the quinoa.

This recipe can easily be bulk cooked in advance and frozen. Thaw it in the fridge the day before, and heat in in a pan.

SERVES 1



Ingredients

Chocolate Protein Chia Pudding

- 150 g Silken Tofu
- 150 ml Unsweetened Soy Milk (can use sweetened too)
- 5g cacao powder
- 1 tbsp Maple Syrup (or use any other sweetener of choice)
- 15g chia seeds
- pinch salt

Nutritional Values:

Calories: 250
Protein: 19g
Carbs: 15g
Fat: 13g

Directions

- Add all the ingredients to a container
- Using a stick blender, puree until a smooth consistency is reached
- Refrigerate for at least an hour

