



Menu for Alex MARTIN

Kcal : 1799

Protein : 89g

Carbs : 198g

Fat : 72g

Fiber : 34g

This menu has been created with proportions calculated expressly for you. As a reminder, this is not a medical prescription. It's not a personalized dietary assessment, but a simple sample menu with healthy, balanced recipes.

All ingredients must be weighed raw, unless otherwise indicated.

Day 1

1796 kcal



Bagel with tofu and cucumber



Scrambled tofu wrap



Vegan banana matcha protein smoothie



Vegan chickpea flour spinach omelette

Day 2

1796 kcal



Bagel with tofu and cucumber



Scrambled tofu wrap



Vegan banana matcha protein smoothie



Vegan chickpea flour spinach omelette

Day 3

1796 kcal



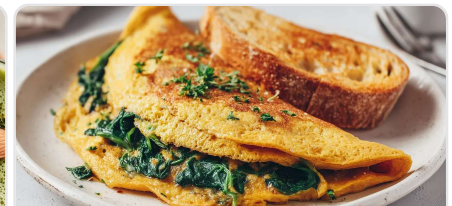
Bagel with tofu and cucumber



Scrambled tofu wrap



Vegan banana matcha protein smoothie



Vegan chickpea flour spinach omelette

Day 4

1792 kcal



Savory pancakes with plant-based ham and...



Vegan zucchini fritters with spinach



Chickpea omelette with hummus and tomatoes



Chili sin carne

Day 5

1792 kcal



Savory pancakes with plant-based ham and...



Vegan zucchini fritters with spinach



Chickpea omelette with hummus and tomatoes



Chili sin carne

Day 6

1809 kcal



Savory crêpes with plant-based ham and hummus



Vegetarian bean sauté



Savory madeleines with vegan ham and vegan emmental



Vegan chunks, tomato, and vegan cheddar sandwich with...

Day 7

1809 kcal



Savory crêpes with plant-based ham and hummus



Vegetarian bean sauté



Savory madeleines with vegan ham and vegan emmental



Vegan chunks, tomato, and vegan cheddar sandwich with...





Day 1

Kcal : 1796

Protein : 89g

Carbs : 202g

Fat : 70g

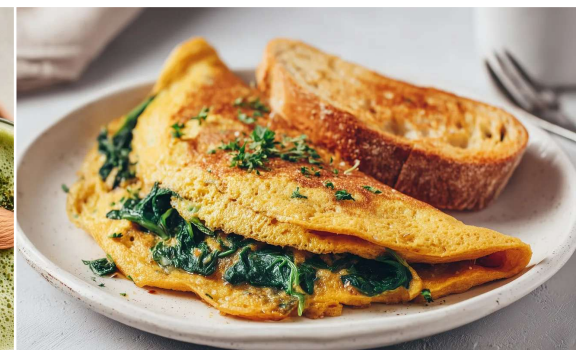
Fiber : 28g

Breakfast: Bagel with Tofu and Cucumber

Lunch: Scrambled Tofu Wrap

Afternoon snack: Vegan Banana Matcha Protein Smoothie

Dinner: Vegan Chickpea Flour Spinach Omelette



Bagel with Tofu and Cucumber

- **Cucumber**
3/4 u (9.3 oz)
- **Smoked tofu**
2 oz
- **Vegan cream cheese**
1 oz
- **Bagel bun of choice**
1 u (3 oz)

- Cut the bagel bun in half and toast if desired.
- Spread the vegan cream cheese evenly on both bagel halves.
- Arrange the cucumber slices and smoked tofu on the vegan cream cheese.
- Cover with the other bagel half if desired, or serve open-faced.

Per serving: 446 kcal P: 20g C: 57g F: 15g Fi: 4g

Prep
5 min

Cook
0 min

Serves
1



Prep
10 min



Cook
8 min



Serves
1

Scrambled Tofu Wrap

- | | | |
|--------------------------------------------------|---------------------------------------------|---------------------------------------------------|
| - Tomato
1.5 u (7.9 oz) | - Ground cumin
1/2 tsp (0 oz) | - Turmeric
1 tsp (0.1 oz) |
| - Vegan cream
2 tbsp (1.1 oz) | - Oil of choice
1 tsp (0.2 fl oz) | - Large tortilla of choice
1 u (2.2 oz) |
| - Dressing of choice
1 tsp (0.2 fl oz) | - Mixed green salad
1.5 oz | - Firm tofu
5.25 oz |

- In a nonstick skillet, sauté the crumbled tofu in oil over medium-low heat for 3-4 minutes.
- Add plant cream to bind, then turmeric, salt, pepper, and cumin, stirring to combine.
- Add the diced tomato, season with salt and pepper, and cook for 2-3 minutes until tomato pieces are cooked.
- Warm the tortilla in the microwave for a few seconds or in a dry nonstick skillet.
- Fill the tortilla with the scrambled tofu mixture and serve with salad tossed in vinaigrette.

Per serving: 501 kcal P: 31g C: 39g F: 25g Fi: 6g



Vegan Banana Matcha Protein Smoothie

- **Banana, medium**
1 u (4.2 oz)
- **Matcha powder**
1 tsp (0.1 oz)
- **Vanilla prot. powder of choice**
1 tbsp (0.3 oz)
- **Plant milk of choice**
10.25 fl oz
- **Almond flakes**
1.5 tbsp (0.5 oz)

- In a blender, combine the milk, whey protein, matcha powder, and banana.
- Blend until smooth.
- Pour the smoothie into a glass and garnish with sliced almonds before serving. Use a frozen banana or add ice cubes for a refreshingly creamy smoothie.

Per serving: 342 kcal P: 14g C: 42g F: 13g Fi: 5g



Prep
3 min



Cook
0 min



Serves
1





Prep
5 min



Cook
8 min



Serves
1

Vegan Chickpea Flour Spinach Omelette

- **Bread of choice**
2 sl (2.3 oz)
- **Vegan cream**
1 tbsp (0.5 oz)
- **Oil of choice**
2 tsp (0.3 fl oz)
- **Fresh spinach**
7 oz
- **Chickpea flour**
2 oz
- **Fresh garlic clove**
1 u (0.1 oz)

- In a bowl, whisk the chickpea flour with plant-based cream to create a smooth batter (adjust with water if needed), then season to taste.
- Heat oil in a nonstick skillet over medium heat and cook the fresh spinach and minced garlic for 2–3 minutes until spinach is completely wilted.
- Pour the chickpea batter over the sautéed spinach and reduce heat to medium-low.
- Let it cook undisturbed for about 5 to 8 minutes until the edges of the omelet start to pull away and the top is no longer liquid.
- Gently flip the omelet with a spatula.
- Cook the second side for 3 to 5 minutes until it is golden brown and firm to the touch.
- Serve immediately with bread of choice (preferably whole wheat), toasted if desired.

Per serving: 508 kcal P: 24g C: 65g F: 17g Fi: 13g





Day 2

Kcal : 1796

Protein : 89g

Carbs : 202g

Fat : 70g

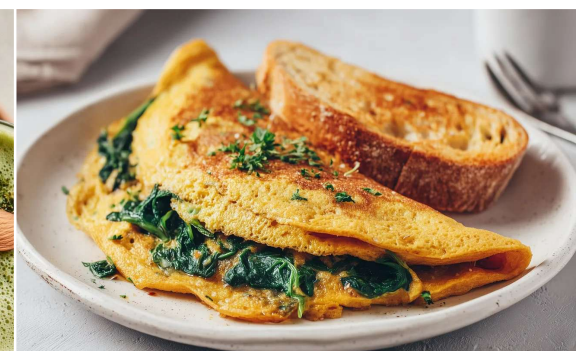
Fiber : 28g

Breakfast: Bagel with Tofu and Cucumber

Lunch: Scrambled Tofu Wrap

Afternoon snack: Vegan Banana Matcha Protein Smoothie

Dinner: Vegan Chickpea Flour Spinach Omelette



Bagel with Tofu and Cucumber

- **Cucumber**
3/4 u (9.3 oz)
- **Smoked tofu**
2 oz
- **Vegan cream cheese**
1 oz
- **Bagel bun of choice**
1 u (3 oz)

- Cut the bagel bun in half and toast if desired.
- Spread the vegan cream cheese evenly on both bagel halves.
- Arrange the cucumber slices and smoked tofu on the vegan cream cheese.
- Cover with the other bagel half if desired, or serve open-faced.

Per serving: 446 kcal P: 20g C: 57g F: 15g Fi: 4g

Prep
5 min

Cook
0 min

Serves
1





Prep
10 min



Cook
8 min



Serves
1

Scrambled Tofu Wrap

- | | | |
|--------------------------------------------------|---------------------------------------------|---------------------------------------------------|
| - Tomato
1.5 u (7.9 oz) | - Ground cumin
1/2 tsp (0 oz) | - Turmeric
1 tsp (0.1 oz) |
| - Vegan cream
2 tbsp (1.1 oz) | - Oil of choice
1 tsp (0.2 fl oz) | - Large tortilla of choice
1 u (2.2 oz) |
| - Dressing of choice
1 tsp (0.2 fl oz) | - Mixed green salad
1.5 oz | - Firm tofu
5.25 oz |

- In a nonstick skillet, sauté the crumbled tofu in oil over medium-low heat for 3-4 minutes.
- Add plant cream to bind, then turmeric, salt, pepper, and cumin, stirring to combine.
- Add the diced tomato, season with salt and pepper, and cook for 2-3 minutes until tomato pieces are cooked.
- Warm the tortilla in the microwave for a few seconds or in a dry nonstick skillet.
- Fill the tortilla with the scrambled tofu mixture and serve with salad tossed in vinaigrette.

Per serving: 501 kcal P: 31g C: 39g F: 25g Fi: 6g



Vegan Banana Matcha Protein Smoothie

- **Banana, medium**
1 u (4.2 oz)
- **Matcha powder**
1 tsp (0.1 oz)
- **Vanilla prot. powder of choice**
1 tbsp (0.3 oz)
- **Plant milk of choice**
10.25 fl oz
- **Almond flakes**
1.5 tbsp (0.5 oz)

- In a blender, combine the milk, whey protein, matcha powder, and banana.
- Blend until smooth.
- Pour the smoothie into a glass and garnish with sliced almonds before serving. Use a frozen banana or add ice cubes for a refreshingly creamy smoothie.

Per serving: 342 kcal P: 14g C: 42g F: 13g Fi: 5g



Prep
3 min



Cook
0 min



Serves
1





Prep
5 min



Cook
8 min



Serves
1

Vegan Chickpea Flour Spinach Omelette

- **Bread of choice**
2 sl (2.3 oz)
- **Vegan cream**
1 tbsp (0.5 oz)
- **Oil of choice**
2 tsp (0.3 fl oz)
- **Fresh spinach**
7 oz
- **Chickpea flour**
2 oz
- **Fresh garlic clove**
1 u (0.1 oz)

- In a bowl, whisk the chickpea flour with plant-based cream to create a smooth batter (adjust with water if needed), then season to taste.
- Heat oil in a nonstick skillet over medium heat and cook the fresh spinach and minced garlic for 2–3 minutes until spinach is completely wilted.
- Pour the chickpea batter over the sautéed spinach and reduce heat to medium-low.
- Let it cook undisturbed for about 5 to 8 minutes until the edges of the omelet start to pull away and the top is no longer liquid.
- Gently flip the omelet with a spatula.
- Cook the second side for 3 to 5 minutes until it is golden brown and firm to the touch.
- Serve immediately with bread of choice (preferably whole wheat), toasted if desired.

Per serving: 508 kcal P: 24g C: 65g F: 17g Fi: 13g





Day 3

Kcal : 1796

Protein : 89g

Carbs : 202g

Fat : 70g

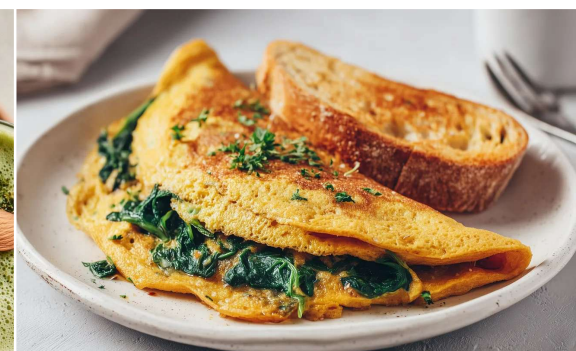
Fiber : 28g

Breakfast: Bagel with Tofu and Cucumber

Lunch: Scrambled Tofu Wrap

Afternoon snack: Vegan Banana Matcha Protein Smoothie

Dinner: Vegan Chickpea Flour Spinach Omelette



Bagel with Tofu and Cucumber

- **Cucumber**
3/4 u (9.3 oz)
- **Smoked tofu**
2 oz
- **Vegan cream cheese**
1 oz
- **Bagel bun of choice**
1 u (3 oz)

- Cut the bagel bun in half and toast if desired.
- Spread the vegan cream cheese evenly on both bagel halves.
- Arrange the cucumber slices and smoked tofu on the vegan cream cheese.
- Cover with the other bagel half if desired, or serve open-faced.

Per serving: 446 kcal P: 20g C: 57g F: 15g Fi: 4g

Prep
5 min

Cook
0 min

Serves
1





Prep
10 min



Cook
8 min



Serves
1

Scrambled Tofu Wrap

- | | | |
|--------------------------------------------------|---------------------------------------------|---------------------------------------------------|
| - Tomato
1.5 u (7.9 oz) | - Ground cumin
1/2 tsp (0 oz) | - Turmeric
1 tsp (0.1 oz) |
| - Vegan cream
2 tbsp (1.1 oz) | - Oil of choice
1 tsp (0.2 fl oz) | - Large tortilla of choice
1 u (2.2 oz) |
| - Dressing of choice
1 tsp (0.2 fl oz) | - Mixed green salad
1.5 oz | - Firm tofu
5.25 oz |

- In a nonstick skillet, sauté the crumbled tofu in oil over medium-low heat for 3-4 minutes.
- Add plant cream to bind, then turmeric, salt, pepper, and cumin, stirring to combine.
- Add the diced tomato, season with salt and pepper, and cook for 2-3 minutes until tomato pieces are cooked.
- Warm the tortilla in the microwave for a few seconds or in a dry nonstick skillet.
- Fill the tortilla with the scrambled tofu mixture and serve with salad tossed in vinaigrette.

Per serving: 501 kcal P: 31g C: 39g F: 25g Fi: 6g



Vegan Banana Matcha Protein Smoothie

- **Banana, medium**
1 u (4.2 oz)
- **Matcha powder**
1 tsp (0.1 oz)
- **Vanilla prot. powder of choice**
1 tbsp (0.3 oz)
- **Plant milk of choice**
10.25 fl oz
- **Almond flakes**
1.5 tbsp (0.5 oz)

- In a blender, combine the milk, whey protein, matcha powder, and banana.
- Blend until smooth.
- Pour the smoothie into a glass and garnish with sliced almonds before serving. Use a frozen banana or add ice cubes for a refreshingly creamy smoothie.

Per serving: 342 kcal P: 14g C: 42g F: 13g Fi: 5g



Prep
3 min



Cook
0 min



Serves
1





Prep
5 min



Cook
8 min



Serves
1

Vegan Chickpea Flour Spinach Omelette

- **Bread of choice**
2 sl (2.3 oz)
- **Vegan cream**
1 tbsp (0.5 oz)
- **Oil of choice**
2 tsp (0.3 fl oz)
- **Fresh spinach**
7 oz
- **Chickpea flour**
2 oz
- **Fresh garlic clove**
1 u (0.1 oz)

- In a bowl, whisk the chickpea flour with plant-based cream to create a smooth batter (adjust with water if needed), then season to taste.
- Heat oil in a nonstick skillet over medium heat and cook the fresh spinach and minced garlic for 2–3 minutes until spinach is completely wilted.
- Pour the chickpea batter over the sautéed spinach and reduce heat to medium-low.
- Let it cook undisturbed for about 5 to 8 minutes until the edges of the omelet start to pull away and the top is no longer liquid.
- Gently flip the omelet with a spatula.
- Cook the second side for 3 to 5 minutes until it is golden brown and firm to the touch.
- Serve immediately with bread of choice (preferably whole wheat), toasted if desired.

Per serving: 508 kcal P: 24g C: 65g F: 17g Fi: 13g





Day 4

Kcal : 1792 Protein : 90g Carbs : 184g Fat : 77g Fiber : 37g

Breakfast: Savory Pancakes with Plant-Based Ham and Plant-Based Emmental

Lunch: Vegan Zucchini Fritters with Spinach

Afternoon snack: Chickpea Omelette with Hummus and Tomatoes

Dinner: Chili Sin Carne



Savory Pancakes with Plant-Based Ham and Plant-Based Emmental

- **Silken tofu**
5 tbsp (2.6 oz)
- **Plant milk of choice**
5.5 fl oz
- **Vegan shred. emmental**
1.5 oz
- **Flour of choice**
2.25 oz
- **Vegan ham, sl.**
2 oz

- In a large bowl, add the sifted flour of choice.
- Gradually pour in the plant milk of choice, then add the silken tofu, stirring until you get a smooth and slightly thick batter.
- Adjust the texture with water if needed.
- Fold in the vegan shredded emmental and the vegan ham cut into pieces, add pepper if desired.
- Heat a lightly oiled non-stick skillet over medium heat.
- Spoon small ladlefuls of batter into the skillet and cook 1 to 2 minutes on each side until golden brown.

Per serving: 499 kcal P: 24g C: 65g F: 16g Fi: 4g

Prep
10 min

Cook
5 min

Serves
1



Prep
15 min



Cook
10 min



Serves
1

Vegan Zucchini Fritters with Spinach

- **Zucchini**
5.25 oz
- **Fresh spinach**
1 oz
- **Olive oil**
1.25 tbsp (0.6 fl oz)
- **Vegan cream cheese**
1.5 oz
- **Almond flour**
1 oz
- **Silken tofu**
1 tbsp (0.5 oz)
- **Green onion**
1 u (0.7 oz)
- **Fresh dill**
1 tbsp (0 oz)
- **Baking powder**
1/2 tsp (0.1 oz)
- **Fresh garlic clove**
1 u (0.1 oz)

- Grate the zucchini and squeeze it in a clean kitchen towel or cheesecloth to remove excess water.
- In a mixing bowl, combine the zucchini, spinach, vegan cream cheese, fresh herbs, silken tofu, green onion, and garlic. Mix well.
- Add the almond flour and baking powder. Mix until the batter is smooth and well combined.
- Heat the olive oil in a nonstick skillet over medium heat. Drop portions of batter and flatten them slightly with a spatula.
- Cook for 3 to 4 minutes on each side until the fritters are golden brown and cooked through.
- Transfer to a plate lined with paper towels to absorb excess oil. Serve warm.

Per serving: 499 kcal P: 10g C: 13g F: 45g Fi: 6g




Chickpea Omelette with Hummus and Tomatoes

- **Cherry tomatoes**
5 u (3.2 oz)
- **Fresh parsley**
1/2 tsp (0 oz)
- **Garlic powder**
1/2 tsp (0 oz)
- **Oil of choice**
1/2 tsp (0.1 fl oz)
- **Water**
3.5 fl oz
- **Chickpea flour**
2 oz
- **Hummus**
1 tbsp (0.6 oz)


- In a bowl, mix the chickpea flour with the garlic powder. Add the water and oil to the dry ingredients.
- Whisk until you get a smooth batter, adjusting the water quantity if needed.
- Heat a nonstick skillet over medium heat.
- Pour the batter into the skillet and spread it to form an omelette. Reduce the heat.
- Cook until the edges are firm, then flip and cook the other side until set.
- Top with hummus, cherry tomatoes, and fresh parsley before serving.

Per serving: 293 kcal P: 15g C: 36g F: 10g Fi: 8g




Prep
5 min


Cook
8 min


Serves
1



Prep
10 min



Cook
25 min



Serves
1

Chili Sin Carne

- **Red beans, can.**
2 oz
- **Rice**
1.5 oz
- **Corn, can.**
2 oz
- **Tomato paste**
2 tbsp (1.1 oz)
- **Textured vegetable protein (TVP)**
2 oz
- **Paprika**
1 tsp (0.1 oz)
- **Fresh cilantro**
1 tsp (0 oz)
- **Crushed tomatoes**
5.25 oz

- Cook the rice in a saucepan with water until tender, about 15 to 20 minutes.
- Meanwhile, cook the rehydrated textured vegetable protein (TVP) in a non-stick skillet over medium heat until golden, about 5 to 7 minutes.
- Add the crushed tomatoes, tomato paste, paprika, corn, and red beans to the TVP.
- Cook for 10 to 15 minutes, stirring occasionally. Season with salt and pepper.
- Serve the chili over the cooked rice, garnished with chopped fresh cilantro.

Per serving: 499 kcal P: 41g C: 70g F: 6g Fi: 20g





Day 5

Kcal : 1792 Protein : 90g Carbs : 184g Fat : 77g Fiber : 37g

Breakfast: Savory Pancakes with Plant-Based Ham and Plant-Based Emmental

Lunch: Vegan Zucchini Fritters with Spinach

Afternoon snack: Chickpea Omelette with Hummus and Tomatoes

Dinner: Chili Sin Carne



Savory Pancakes with Plant-Based Ham and Plant-Based Emmental

- **Silken tofu**
5 tbsp (2.6 oz)

- **Vegan shred. emmental**
1.5 oz

- **Vegan ham, sl.**
2 oz

- **Plant milk of choice**
5.5 fl oz

- **Flour of choice**
2.25 oz

- In a large bowl, add the sifted flour of choice.
- Gradually pour in the plant milk of choice, then add the silken tofu, stirring until you get a smooth and slightly thick batter.
- Adjust the texture with water if needed.
- Fold in the vegan shredded emmental and the vegan ham cut into pieces, add pepper if desired.
- Heat a lightly oiled non-stick skillet over medium heat.
- Spoon small ladlefuls of batter into the skillet and cook 1 to 2 minutes on each side until golden brown.

Per serving: 499 kcal P: 24g C: 65g F: 16g Fi: 4g

Prep
10 min

Cook
5 min

Serves
1





Prep
15 min



Cook
10 min



Serves
1

Vegan Zucchini Fritters with Spinach

- **Zucchini**
5.25 oz
- **Fresh spinach**
1 oz
- **Olive oil**
1.25 tbsp (0.6 fl oz)
- **Vegan cream cheese**
1.5 oz
- **Almond flour**
1 oz
- **Silken tofu**
1 tbsp (0.5 oz)
- **Green onion**
1 u (0.7 oz)
- **Fresh dill**
1 tbsp (0 oz)
- **Baking powder**
1/2 tsp (0.1 oz)
- **Fresh garlic clove**
1 u (0.1 oz)

- Grate the zucchini and squeeze it in a clean kitchen towel or cheesecloth to remove excess water.
- In a mixing bowl, combine the zucchini, spinach, vegan cream cheese, fresh herbs, silken tofu, green onion, and garlic. Mix well.
- Add the almond flour and baking powder. Mix until the batter is smooth and well combined.
- Heat the olive oil in a nonstick skillet over medium heat. Drop portions of batter and flatten them slightly with a spatula.
- Cook for 3 to 4 minutes on each side until the fritters are golden brown and cooked through.
- Transfer to a plate lined with paper towels to absorb excess oil. Serve warm.

Per serving: 499 kcal P: 10g C: 13g F: 45g Fi: 6g



Chickpea Omelette with Hummus and Tomatoes

- **Cherry tomatoes**
5 u (3.2 oz)
- **Fresh parsley**
1/2 tsp (0 oz)
- **Garlic powder**
1/2 tsp (0 oz)
- **Oil of choice**
1/2 tsp (0.1 fl oz)
- **Water**
3.5 fl oz
- **Chickpea flour**
2 oz
- **Hummus**
1 tbsp (0.6 oz)

- In a bowl, mix the chickpea flour with the garlic powder. Add the water and oil to the dry ingredients.
- Whisk until you get a smooth batter, adjusting the water quantity if needed.
- Heat a nonstick skillet over medium heat.
- Pour the batter into the skillet and spread it to form an omelette. Reduce the heat.
- Cook until the edges are firm, then flip and cook the other side until set.
- Top with hummus, cherry tomatoes, and fresh parsley before serving.

Per serving: 293 kcal P: 15g C: 36g F: 10g Fi: 8g



Prep
5 min

Cook
8 min

Serves
1



Prep
10 min



Cook
25 min



Serves
1

Chili Sin Carne

- **Red beans, can.**
2 oz
- **Rice**
1.5 oz
- **Corn, can.**
2 oz
- **Tomato paste**
2 tbsp (1.1 oz)
- **Textured vegetable protein (TVP)**
2 oz
- **Paprika**
1 tsp (0.1 oz)
- **Fresh cilantro**
1 tsp (0 oz)
- **Crushed tomatoes**
5.25 oz

- Cook the rice in a saucepan with water until tender, about 15 to 20 minutes.
- Meanwhile, cook the rehydrated textured vegetable protein (TVP) in a non-stick skillet over medium heat until golden, about 5 to 7 minutes.
- Add the crushed tomatoes, tomato paste, paprika, corn, and red beans to the TVP.
- Cook for 10 to 15 minutes, stirring occasionally. Season with salt and pepper.
- Serve the chili over the cooked rice, garnished with chopped fresh cilantro.

Per serving: 499 kcal P: 41g C: 70g F: 6g Fi: 20g





Day 6

Kcal : 1809

Protein : 88g

Carbs : 205g

Fat : 71g

Fiber : 40g

Breakfast: Savory Crêpes with Plant-Based Ham and Hummus

Lunch: Vegetarian Bean Sauté

Afternoon snack: Savory Madeleines with Vegan Ham and Vegan Emmental

Dinner: Vegan Chunks, Tomato, and Vegan Cheddar Sandwich with Cucumber Sticks



Savory Crêpes with Plant-Based Ham and Hummus

- **Flaxseeds**
1 tbsp (0.3 oz)
- **Water**
3 c
- **Hummus**
2 tbsp (1.3 oz)
- **Oil of choice**
1 tsp (0.2 fl oz)
- **Vegan ham, sl.**
2.75 oz
- **Oat flour**
2 oz
- **Plant milk of choice**
4 fl oz

- Mix the flax seeds in the water, then microwave for a few seconds to make a flax egg.
- In a bowl, mix the oat flour, flax egg, and plant-based milk until you get a smooth batter. Adjust the texture with a little water if needed and add a pinch of salt.
- Heat a nonstick skillet over medium heat. Pour 1/4 cup of batter, spread evenly, and cook until the edges lift up.
- Flip the crêpe and cook for another 1 to 2 minutes.
- Spread the hummus on the crêpe, add the plant-based deli slice, and fold.

Per serving: 496 kcal P: 28g C: 43g F: 24g Fi: 12g



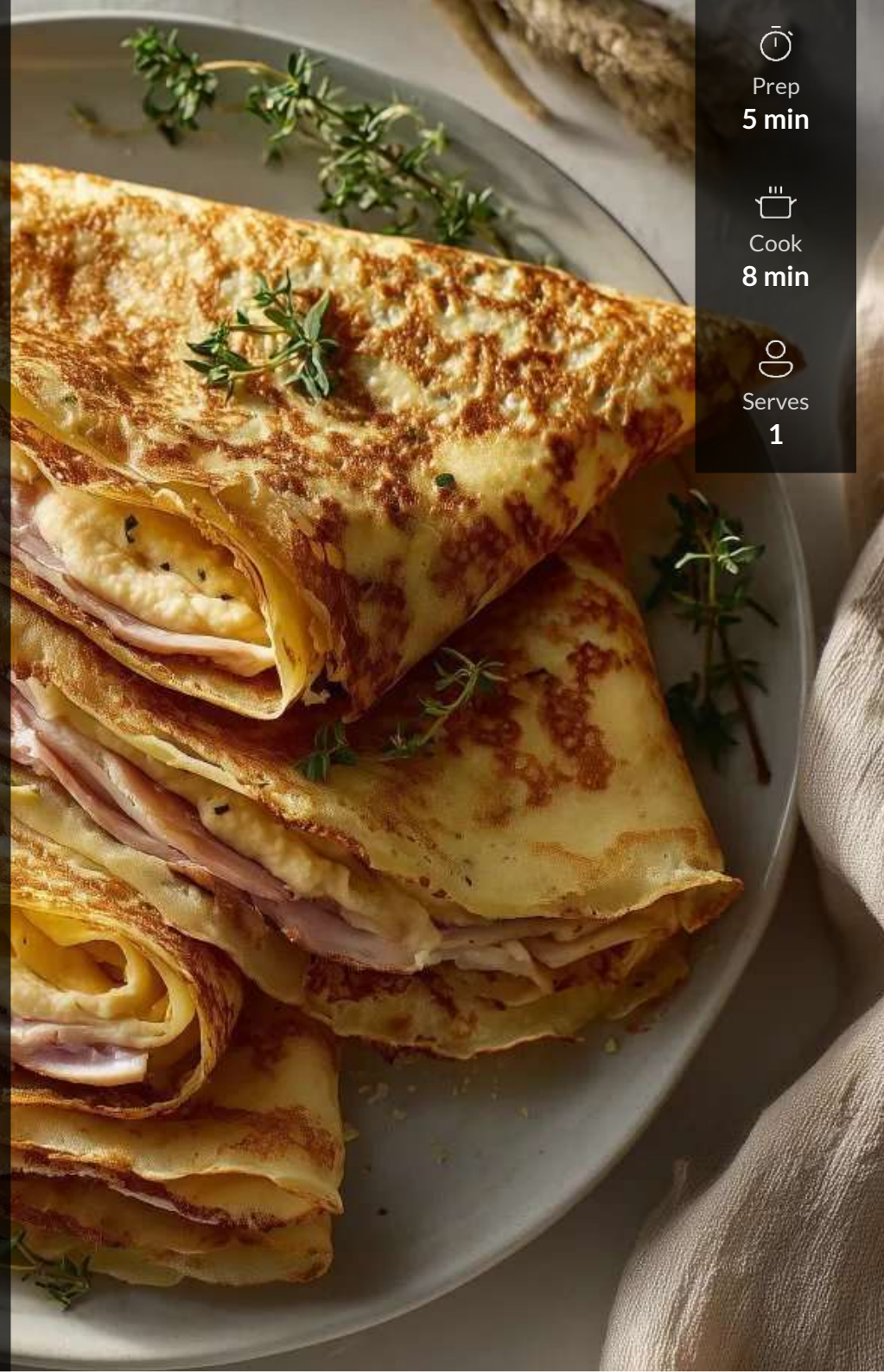
Prep
5 min



Cook
8 min



Serves
1





Prep
10 min



Cook
5 min



Serves
1

Vegetarian Bean Sauté

- **Red beans, can.**
7 oz
- **Bread of choice**
1 sl (1.1 oz)
- **Tomato sauce**
3 tbsp (1.7 oz)
- **Garlic powder**
1/4 tsp (0 oz)
- **Oil of choice**
3 tsp (0.5 fl oz)
- **Bell pepper**
1 u (6.3 oz)
- **Corn, can.**
1 oz

- Heat the oil in a large nonstick skillet over medium heat.
- Add the diced bell peppers and cook until tender.
- Add the red beans, corn, garlic powder, and tomato sauce. Mix well and cook until heated through, about 5 minutes.
- Serve over whole wheat bread.

Per serving: 499 kcal P: 20g C: 63g F: 18g Fi: 19g



Savory Madeleines with Vegan Ham and Vegan Emmental

- **Arom. herbs of choice**
1 tsp (0 oz)
- **Vegan shred. emmental**
1/4 oz
- **Plant milk of choice**
1/2 fl oz
- **Oil of choice**
1 tsp (0.2 fl oz)
- **Margarine**
1/4 oz
- **Flour of choice**
1.75 oz
- **Silken tofu**
1 tbsp (0.5 oz)
- **Vegan ham, sl.**
1 oz
- **Baking powder**
1/4 oz

- Preheat the oven to 425°F (220°C) and butter the madeleine molds.
- Cut the plant-based ham into small cubes.
- In a bowl, mix the flour and baking powder. Add the tofu, olive oil, and plant-based milk, then whisk vigorously until you get a smooth batter.
- Fold in the plant-based ham, shredded plant-based emmental, pepper, and herbes de Provence.
- Fill the prepared molds three-quarters full with the batter.
- Bake for 4 minutes at 425°F (220°C), then lower to 350°F (180°C) and continue baking for another 4 to 6 minutes until golden brown.

Per serving: 330 kcal P: 12g C: 41g F: 13g Fi: 3g



Prep
10 min



Cook
10 min



Serves
1





Prep
5 min



Cook
8 min



Serves
1

Vegan Chunks, Tomato, and Vegan Cheddar Sandwich with Cucumber Sticks

- **Baguette**

2 oz

- **Cucumber**

1/2 u (6.2 oz)

- **Tomato**

1/2 u (2.6 oz)

- **Vegan chunks**

3.5 oz

- **Vegan cheddar**

3/4 oz

- **Vegan cream cheese**

3/4 oz

- Cook the vegan chunks in a non-stick skillet to your desired doneness. Season with salt and pepper.
- Slice the baguette in half lengthwise and spread the vegan cream cheese on both sides.
- Slice the tomatoes into rounds and arrange them on the bottom half of the baguette. Top with the vegan cheddar.
- Place the vegan chunks over the tomatoes and close the sandwich.
- Cut the cucumber into sticks and serve alongside the sandwich.

Per serving: 485 kcal P: 28g C: 58g F: 16g Fi: 7g





Day 7

Kcal : 1809 Protein : 88g Carbs : 205g Fat : 71g Fiber : 40g

Breakfast: Savory Crêpes with Plant-Based Ham and Hummus

Lunch: Vegetarian Bean Sauté

Afternoon snack: Savory Madeleines with Vegan Ham and Vegan Emmental

Dinner: Vegan Chunks, Tomato, and Vegan Cheddar Sandwich with Cucumber Sticks



Savory Crêpes with Plant-Based Ham and Hummus

- **Flaxseeds**
1 tbsp (0.3 oz)
- **Water**
3 c
- **Hummus**
2 tbsp (1.3 oz)
- **Oil of choice**
1 tsp (0.2 fl oz)
- **Vegan ham, sl.**
2.75 oz
- **Oat flour**
2 oz
- **Plant milk of choice**
4 fl oz

- Mix the flax seeds in the water, then microwave for a few seconds to make a flax egg.
- In a bowl, mix the oat flour, flax egg, and plant-based milk until you get a smooth batter. Adjust the texture with a little water if needed and add a pinch of salt.
- Heat a nonstick skillet over medium heat. Pour 1/4 cup of batter, spread evenly, and cook until the edges lift up.
- Flip the crêpe and cook for another 1 to 2 minutes.
- Spread the hummus on the crêpe, add the plant-based deli slice, and fold.

Per serving: 496 kcal P: 28g C: 43g F: 24g Fi: 12g



Prep
5 min



Cook
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Serves
1





Prep
10 min



Cook
5 min



Serves
1

Vegetarian Bean Sauté

- **Red beans, can.**
7 oz
- **Bread of choice**
1 sl (1.1 oz)
- **Tomato sauce**
3 tbsp (1.7 oz)
- **Garlic powder**
1/4 tsp (0 oz)
- **Oil of choice**
3 tsp (0.5 fl oz)
- **Bell pepper**
1 u (6.3 oz)
- **Corn, can.**
1 oz

- Heat the oil in a large nonstick skillet over medium heat.
- Add the diced bell peppers and cook until tender.
- Add the red beans, corn, garlic powder, and tomato sauce. Mix well and cook until heated through, about 5 minutes.
- Serve over whole wheat bread.

Per serving: 499 kcal P: 20g C: 63g F: 18g Fi: 19g



Savory Madeleines with Vegan Ham and Vegan Emmental

- **Arom. herbs of choice**
1 tsp (0 oz)
- **Vegan shred. emmental**
1/4 oz
- **Plant milk of choice**
1/2 fl oz
- **Oil of choice**
1 tsp (0.2 fl oz)
- **Margarine**
1/4 oz
- **Flour of choice**
1.75 oz
- **Silken tofu**
1 tbsp (0.5 oz)
- **Vegan ham, sl.**
1 oz
- **Baking powder**
1/4 oz

- Preheat the oven to 425°F (220°C) and butter the madeleine molds.
- Cut the plant-based ham into small cubes.
- In a bowl, mix the flour and baking powder. Add the tofu, olive oil, and plant-based milk, then whisk vigorously until you get a smooth batter.
- Fold in the plant-based ham, shredded plant-based emmental, pepper, and herbes de Provence.
- Fill the prepared molds three-quarters full with the batter.
- Bake for 4 minutes at 425°F (220°C), then lower to 350°F (180°C) and continue baking for another 4 to 6 minutes until golden brown.

Per serving: 330 kcal P: 12g C: 41g F: 13g Fi: 3g



Prep
10 min



Cook
10 min



Serves
1





Prep
5 min



Cook
8 min



Serves
1

Vegan Chunks, Tomato, and Vegan Cheddar Sandwich with Cucumber Sticks

- **Baguette**
2 oz

- **Cucumber**
1/2 u (6.2 oz)

- **Tomato**
1/2 u (2.6 oz)

- **Vegan chunks**
3.5 oz

- **Vegan cheddar**
3/4 oz

- **Vegan cream cheese**
3/4 oz

- Cook the vegan chunks in a non-stick skillet to your desired doneness. Season with salt and pepper.
- Slice the baguette in half lengthwise and spread the vegan cream cheese on both sides.
- Slice the tomatoes into rounds and arrange them on the bottom half of the baguette. Top with the vegan cheddar.
- Place the vegan chunks over the tomatoes and close the sandwich.
- Cut the cucumber into sticks and serve alongside the sandwich.

Per serving: 485 kcal P: 28g C: 58g F: 16g Fi: 7g



Shopping List

Full Week

Fresh Produce

- Banana, medium (3 u (360 g))
- Bell pepper (2 u (360 g))
- Cherry tomatoes (10 u (180 g))
- Cucumber (4 u (1400 g))
- Fresh garlic clove (5 u (20 g))
- Fresh spinach (652.1 g)
- Green onion (2 u (40 g))
- Mixed green salad (127.6 g)
- Tomato (6 u (900 g))
- Zucchini (297.7 g)

Bread, Rice & Pasta

- Bagel bun of choice (3 u (255 g))
- Baguette (113.4 g)
- Bread of choice (258 g)
- Large tortilla of choice (3 u (186 g))
- Rice (85.1 g)

Baking Supplies & Canned Goods

- Almond flour (56.7 g)
- Baking powder (19.8 g)
- Chickpea flour (283.5 g)
- Corn, can. (170.1 g)
- Flour of choice (226.8 g)
- Oat flour (113.4 g)
- Red beans, can. (510.3 g)

Snacks and Sweets

- Almond flakes (40.5 g)
- Flaxseeds (16 g)

Beverages

- Matcha powder (7 g)
- Water (1.63 L)

Fats, Oils, and Condiments

- Arom. herbs of choice (2.8 g)
- Crushed tomatoes (297.7 g)



Shopping List

Full Week (cont.)

Fats, Oils, and Condiments (cont.)

- Dressing of choice (17.7 ml)
- Fresh cilantro (2.1 g)
- Fresh dill (2 g)
- Fresh parsley (0.4 g)
- Garlic powder (3.5 g)
- Ground cumin (3 g)
- Hummus (108 g)
- Margarine (14.2 g)
- Oil of choice (100.5 ml)
- Olive oil (38.4 ml)
- Paprika (4.9 g)
- Tomato paste (64 g)
- Tomato sauce (96 g)
- Turmeric (7 g)

Other (cont.)

- Smoked tofu (170.1 g)
- Textured vegetable protein (TVP) (113.4 g)
- Vanilla prot. powder of choice (27 g)
- Vegan cheddar (42.5 g)
- Vegan chunks (198.5 g)
- Vegan cream (4.6 fl oz)
- Vegan cream cheese (212.6 g)
- Vegan ham, sl. (326 g)
- Vegan shred. emmental (99.2 g)

Other

- Firm tofu (447.9 g)
- Plant milk of choice (1.5 L)
- Silken tofu (210 g)