



Monday

1736 kcal · 137g protein · 181g carbs · 51g fat

BREAKFAST

Tofu scramble on toast (1.75× · 821 kcal)

Tofu, firm 300 g · Spinach 70 g · Onion ½ onion · Olive oil 10 ml · Whole-wheat bread 3½ slices
Fry onion in oil, crumble in tofu, season with salt, pepper and turmeric. Stir in spinach; serve on toast.

LUNCH

Caprese pasta (0.5× · 271 kcal)

Pasta, cooked 100 g · Mozzarella, part-skim 30 g · Tomato ½ tomato · Spinach 20 g · Olive oil 5 ml
Boil pasta. Toss hot pasta with tomato, spinach, mozzarella and oil.

SNACK

Tuna cucumber bites (2× · 241 kcal)

Tuna in water, drained 200 g · Cucumber 250 g · Greek yogurt, plain nonfat 40 g
Slice cucumber into rounds, top with tuna mixed with yogurt.

DINNER

Black bean & sweet potato tacos (0.75× · 403 kcal)

Corn tortilla 2½ tortillas · Black beans, cooked/canned 90 g · Sweet potato 150 g · Salsa 30 g · Avocado 30 g
Microwave diced sweet potato 5 min, crisp in a pan with cumin. Warm beans; fill tortillas with everything.

Tuesday

1722 kcal · 139g protein · 176g carbs · 51g fat

BREAKFAST

Egg white veggie omelette (1.75× · 567 kcal)

Liquid egg whites 350 ml · Eggs 2 eggs · Bell pepper ½ pepper · Spinach 70 g · Mozzarella, part-skim 40 g · Whole-wheat bread 2 slices
Sauté pepper and spinach in a nonstick pan. Pour in whisked eggs, top with cheese, fold. Serve with toast.

LUNCH

Pasta e ceci (0.5× · 264 kcal)

Pasta, cooked 80 g · Chickpeas, canned, drained 60 g · Canned diced tomatoes 80 g · Garlic 1 clove · Olive oil 5 ml
Sauté garlic in oil, add tomatoes and chickpeas; simmer 8 min. Stir in cooked pasta.

SNACK

Berry protein smoothie (1.5× · 294 kcal)

Whey protein powder 40 g · Mixed berries, frozen 150 g · Almond milk, unsweetened 400 ml
Blend until smooth.

DINNER

Egg fried rice (1× · 596 kcal)

Eggs 3 eggs · White rice, cooked 200 g · Mixed vegetables, frozen 150 g · Soy sauce 15 ml · Olive oil 5 ml
Stir-fry veg in oil 3 min. Add rice, push aside, scramble eggs. Mix with soy sauce.

Wednesday

1747 kcal · 134g protein · 187g carbs · 52g fat

BREAKFAST

Vegan protein oats (0.75× · 321 kcal)

Rolled oats 40 g · Soy milk, unsweetened 200 ml · Pea protein powder 20 g · Banana ½ banana
Microwave oats with soy milk 2–3 min. Stir in protein powder, top with banana.

LUNCH

Tofu sweet potato tahini bowl (1.25× · 657 kcal)

Tofu, firm 200 g · Sweet potato 300 g · Spinach 70 g · Tahini 15 g
Microwave sweet potato 6–8 min. Pan-fry tofu; serve with spinach and tahini drizzle.

SNACK

Tuna rice cakes (1.25× · 254 kcal)

Rice cakes 4 rice cakes · Tuna in water, drained 100 g · Greek yogurt, plain nonfat 30 g
Mix tuna with yogurt, spread on rice cakes.

DINNER

Soy salmon with rice & green beans (1× · 515 kcal)

Salmon fillet 150 g · White rice, cooked 200 g · Green beans, frozen 150 g · Soy sauce 10 ml
Pan-sear salmon 4 min per side, glaze with soy sauce. Serve with rice and steamed green beans.



Thursday

1706 kcal · 134g protein · 177g carbs · 51g fat

BREAKFAST

Vegan berry protein smoothie (2× · 657 kcal)

Soy milk, unsweetened 600 ml · Pea protein powder 60 g · Mixed berries, frozen 200 g · Banana 1 banana
Blend everything until smooth.

LUNCH

Greek plate with eggs & pita (1× · 455 kcal)

Eggs 2 eggs · Pita bread 1 pita · Hummus 40 g · Cucumber 80 g · Tomato ½ tomato · Feta cheese 20 g
Boil eggs 9 min. Plate with pita, hummus, veg and feta.

SNACK

Soy-glazed tofu bites on rice cakes (1× · 264 kcal)

Tofu, firm 150 g · Soy sauce 10 ml · Rice cakes 2 rice cakes
Pan-fry tofu cubes until golden; glaze with soy sauce. Serve on rice cakes.

DINNER

Edamame rice bowl (0.75× · 330 kcal)

Edamame, shelled, frozen 150 g · White rice, cooked 150 g · Carrot 50 g · Cucumber 50 g · Soy sauce 10 ml
Microwave edamame and rice. Top with grated carrot, cucumber and soy sauce.

Friday

1715 kcal · 137g protein · 176g carbs · 51g fat

BREAKFAST

Vegan banana oat pancakes (1.25× · 589 kcal)

Rollled oats 80 g · Banana 1 banana · Soy milk, unsweetened 150 ml · Pea protein powder 30 g · Mixed berries, frozen 80 g
Blend oats, banana, soy milk and protein. Cook small pancakes 2 min per side; top with berries.

LUNCH

Lentil feta salad (1× · 414 kcal)

Lentils, cooked/canned 200 g · Spinach 50 g · Tomato ½ tomato · Feta cheese 30 g · Olive oil 10 ml
Toss lentils with spinach, tomato and feta; dress with oil and lemon.

SNACK

Mozzarella & tomato (1.25× · 255 kcal)

Mozzarella, part-skim 80 g · Tomato 1½ tomatoes · Olive oil 5 ml
Slice, drizzle with oil, season.

DINNER

Cottage cheese egg white omelette (1.25× · 457 kcal)

Liquid egg whites 250 ml · Eggs 1½ eggs · Cottage cheese, 2% 150 g · Mushrooms 100 g · Spinach 70 g · Whole-wheat bread 1½ slices
Sauté mushrooms and spinach. Pour in whisked whites and egg, add cottage cheese, fold. Serve with toast.

Saturday

1727 kcal · 136g protein · 182g carbs · 51g fat

BREAKFAST

Vegan banana oat pancakes (0.75× · 354 kcal)

Rollled oats 50 g · Banana ½ banana · Soy milk, unsweetened 80 ml · Pea protein powder 15 g · Mixed berries, frozen 50 g
Blend oats, banana, soy milk and protein. Cook small pancakes 2 min per side; top with berries.

LUNCH

Lentil feta salad (2× · 828 kcal)

Lentils, cooked/canned 400 g · Spinach 100 g · Tomato 1½ tomatoes · Feta cheese 60 g · Olive oil 15 ml
Toss lentils with spinach, tomato and feta; dress with oil and lemon.

SNACK

Vegan protein shake (1.75× · 347 kcal)

Pea protein powder 60 g · Soy milk, unsweetened 450 ml
Shake protein with soy milk.

DINNER

Egg & potato salad (0.5× · 198 kcal)

Potato 150 g · Eggs 1 egg · Greek yogurt, plain nonfat 20 g · Green beans, frozen 50 g
Boil eggs 10 min; microwave potatoes and beans. Toss with yogurt, mustard and herbs.



Sunday

1750 kcal · 138g protein · 183g carbs · 52g fat

BREAKFAST

Edamame avocado toast (1.5× · 503 kcal)

Whole-wheat bread 3 slices · Edamame, shelled, frozen 150 g · Avocado ½ avocado

Microwave edamame 2 min, mash with avocado, lemon and salt. Spread on toast.

LUNCH

Cottage cheese lentil bowl (1.75× · 656 kcal)

Cottage cheese, 2% 350 g · Lentils, cooked/canned 300 g · Cucumber 150 g · Tomato 1 tomato

Top lentils with cottage cheese, diced cucumber and tomato; season with lemon, salt and pepper.

SNACK

Boiled eggs & carrot sticks (0.5× · 87 kcal)

Eggs 1 egg · Carrot 40 g

Boil eggs 9 min; cut carrot sticks.

DINNER

Soy-glazed tofu with green beans & rice (1× · 504 kcal)

Tofu, firm 200 g · Green beans, frozen 150 g · Soy sauce 15 ml · Brown rice, cooked 100 g

Pan-fry tofu, glaze with soy sauce. Steam green beans; serve with rice.



Grocery list

PRODUCE

Avocado	1 avocado
Banana	3 bananas
Bell pepper	1 pepper
Carrot	90 g
Cucumber	550 g
Garlic	1 clove
Mushrooms	100 g
Onion	1 onion
Potato	150 g
Spinach	450 g
Sweet potato	400 g
Tomato	6 tomatoes

MEAT & FISH

Salmon fillet	150 g
---------------	-------

DAIRY, EGGS & CHILLED

Almond milk, unsweetened	400 ml
Cottage cheese, 2%	500 g
Eggs	10 eggs
Feta cheese	150 g
Greek yogurt, plain nonfat	90 g
Hummus	40 g
Liquid egg whites	600 ml
Mozzarella, part-skim	150 g
Soy milk, unsweetened	1.5 L
Tofu, firm	800 g

BREAD & BAKERY

Corn tortilla	3 tortillas
Pita bread	1 pita
Whole-wheat bread	10 slices

PANTRY

Black beans, cooked/canned	90 g
Brown rice, cooked	100 g
Canned diced tomatoes	80 g
Chickpeas, canned, drained	60 g
Lentils, cooked/canned	900 g
Olive oil	50 ml
Pasta, cooked	200 g
Pea protein powder	200 g
Rice cakes	6 rice cakes
Rolled oats	200 g
Salsa	30 g
Soy sauce	60 ml
Tahini	15 g
Tuna in water, drained	300 g
Whey protein powder	40 g
White rice, cooked	500 g

FROZEN

Edamame, shelled, frozen	250 g
Green beans, frozen	350 g
Mixed berries, frozen	500 g
Mixed vegetables, frozen	150 g