





SAME MEAL PLAN: 180 GRAMS OF PROTEIN

# OMNIVORE MEAL PLAN

(includes meat, eggs, & dairy)  
181g of protein

MEAL	PROTEIN	RECIPE
 <b>BREAKFAST</b>	<b>37g</b>	<ul style="list-style-type: none"><li>■ 2 eggs, any style;</li><li>■ <math>\frac{3}{4}</math> cup (60 g) of rolled oats for oatmeal;</li><li>■ <math>\frac{3}{4}</math> cup (175 g) of nonfat plain Greek yogurt topped with <math>\frac{1}{2}</math> cup (50 g) of blueberries</li></ul>
 <b>SNACK</b>	<b>20g</b>	<ul style="list-style-type: none"><li>■ <math>\frac{3}{4}</math> cup (175 g) low-fat cottage cheese;</li><li>■ 1 medium apple (154 g);</li><li>■ <math>\frac{1}{2}</math> oz (14 g) hemp seeds</li></ul>
 <b>LUNCH</b>	<b>39g</b>	<ul style="list-style-type: none"><li>■ 4 oz (112 g) grilled chicken breast;</li><li>■ <math>\frac{1}{2}</math> cup (100 g) cooked brown rice;</li><li>■ 4 oz (112 g) steamed broccoli;</li><li>■ mixed greens salad;</li><li>■ 2 tsp (10 g) olive oil</li></ul>
 <b>SNACK</b>	<b>41g</b>	<ul style="list-style-type: none"><li>■ 1 scoop (30 g) whey isolate protein powder;</li><li>■ 1 medium banana (126 g);</li><li>■ 1 cup (180mL) skim milk;</li><li>■ 1 tbsp natural peanut butter</li></ul>
 <b>DINNER</b>	<b>37g</b>	<ul style="list-style-type: none"><li>■ 4 oz (112 g) grilled sirloin steak;</li><li>■ 4 oz (112 g) baked sweet potato;</li><li>■ 4 oz (112 g) sauteed mushrooms;</li><li>■ <math>\frac{1}{2}</math> cup (85 g) steamed spinach;</li><li>■ 2 tsp (10 g) butter</li></ul>

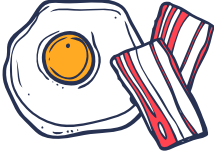




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SAME MEAL PLAN: 180 GRAMS OF PROTEIN

# VEGETARIAN MEAL PLAN

(includes eggs & dairy)

181 g of protein


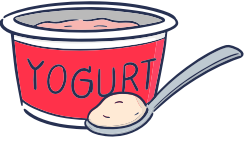


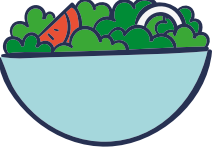
MEAL	PROTEIN	RECIPE
 <b>BREAKFAST</b>	<b>32g</b>	<ul style="list-style-type: none"><li>■ 2 eggs, any style;</li><li>■ 1 cup (85 g) steamed spinach;</li><li>■ 2 slices (68 g) sprouted whole grain toast with 2 tbsp (30 g) peanut butter;</li><li>■ ½ cup (74 g) sliced strawberries</li></ul>
 <b>SNACK</b>	<b>33g</b>	<ul style="list-style-type: none"><li>■ ½ cup (125 g) nonfat plain Greek yogurt;</li><li>■ ½ cup (63g) high protein granola;</li><li>■ ½ cup (77 g) fresh cherries</li></ul>
 <b>LUNCH</b>	<b>35g</b>	<ul style="list-style-type: none"><li>■ 6 oz (170 g) extra firm tofu, cubed, stir-fried with 4 oz (112 g) of mushrooms and 1 cup (70g) of shredded bok choy, served on ½ cup (100 g) cooked brown rice</li></ul>
 <b>SNACK</b>	<b>43g</b>	<ul style="list-style-type: none"><li>■ 1 scoop (30 g) whey isolate protein powder;</li><li>■ 1 medium banana (126 g);</li><li>■ 1 cup (250mL) skim milk;</li><li>■ 1 serving (12 g) powdered almond butter</li></ul>
 <b>DINNER</b>	<b>38g</b>	<ul style="list-style-type: none"><li>■ 2 cups (500mL) black turtle beans;</li><li>■ ¼ cup (63 g) sugar-free salsa;</li><li>■ ¼ cup (30 g) part-skim shredded mozzarella cheese;</li><li>■ 2 corn tortillas (40 g);</li><li>■ 1 medium (119 g) grilled bell pepper;</li><li>■ 2 tbsp (30 g) light sour cream</li></ul>

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# SAME MEAL PLAN: 180 GRAMS OF PROTEIN

## VEGAN MEAL PLAN

(no animal products)  
181 g of protein

MEAL	PROTEIN	RECIPE
 <p><b>BREAKFAST</b></p>	<b>30g</b>	<ul style="list-style-type: none"> <li>8 oz (227 g) extra firm tofu, fork-mashed, scrambled with ¼ cup (15 g) nutritional yeast and 4 oz (112 g) sauteed mushrooms;</li> <li>1 small (53 g) sliced tomato;</li> <li>1 slice (34 g) sprouted Ezekiel bread with 1 tbsp (15 g) almond butter</li> </ul>
 <p><b>SNACK</b></p>	<b>36g</b>	<ul style="list-style-type: none"> <li>⅔ cup (100 g) roasted lentils; 1 cup (262 g) soy-based yogurt</li> </ul>
 <p><b>LUNCH</b></p>	<b>24g</b>	<ul style="list-style-type: none"> <li>2 cups (200g) grilled eggplant,];</li> <li>2 cups grilled portabella mushrooms (242 g);</li> <li>1 cup (100g) sauteed kale, 3 roasted red peppers (190 g);</li> <li>1 cup cooked quinoa (185 g);</li> <li>¼ cup (60 g) hummus</li> </ul>
 <p><b>SNACK</b></p>	<b>39g</b>	<ul style="list-style-type: none"> <li>1 scoop (41 g) Vega sport plant-based protein powder, 1 medium banana (126 g), 1 cup (250mL) soy milk</li> </ul>
 <p><b>DINNER</b></p>	<b>52g</b>	<ul style="list-style-type: none"> <li>4 oz (112 g) Explore Cuisine black bean spaghetti (dry weight);</li> <li>½ cup (125mL) primavera pasta sauce;</li> <li>2 cups (170 g) chopped romaine lettuce;</li> <li>2 tsp (10 g) olive oil</li> </ul>

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