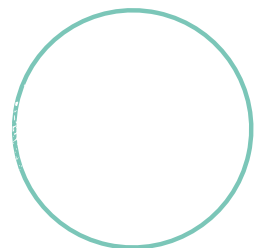




Fat Burner Vegan 1500 Calorie Meal Planner

Meal Plan

	Vegan 1500 calories



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST	 <p>Fuzzy Peach Smoothie, Cantaloupe</p>	 <p>PB Banana Soy Yogurt</p>	 <p>Veggie Tofu Scramble with Toast (HP)</p>	 <p>Fuzzy Peach Smoothie, Cantaloupe</p>			
LUNCH	 <p>Miso Carrot Collard Wrap with Tofu, Mango & Soy</p>	 <p>Open-face Veggie Burger with Side Salad, Edamame</p>	 <p>Miso Carrot Tempeh Sandwich, Raspberries & Soy</p>	 <p>Leftover: Miso Carrot Tempeh Sandwich,</p>			
DINNER	 <p>High-Protein Light Veggie Stir-Fry, Snap Peas</p>	 <p>Leftover: High-Protein Light Veggie Stir-Fry,</p>	 <p>Savory Oatmeal Tofu Bowl, Veggies & Hummus</p>	 <p>Leftover: Savory Oatmeal Tofu Bowl, Veggies & Hummus</p>			
SNACK	 <p>Pretzels & Hummus, Banana Rice Chex with Soy</p>	 <p>Kiwi, Sunflower Seeds & Soy Yogurt</p>	 <p>Apple</p>	 <p>Banana & Soy Yogurt</p>			
2ND SNACK							



Grocery List

BAKING GOODS

- 1 can (5-7 fl oz) of Nonstick Cooking Spray

BEVERAGES

- 1 package (16-18 oz) of Plant-Based Protein Powder

BREADS / CEREALS

- | | |
|--|--|
| <input type="checkbox"/> 1 box (12 oz) of Rice Chex | <input type="checkbox"/> 1/4 pounds of Steel Cut Oats |
| <input type="checkbox"/> 1 loaf (24 oz) of White Bread | <input type="checkbox"/> 1 loaf (24 oz) of Whole Wheat Bread |

CANNED / JAR GOODS

- | | |
|---|---|
| <input type="checkbox"/> 1 jar (18 oz) of Peanut Butter | <input type="checkbox"/> 1 jar (8 oz) of Sun Dried Tomatoes |
| <input type="checkbox"/> 1 carton (32 fl oz) of Unsweetened Coconut Milk Beverage | |

DAIRY

- | | |
|--|--|
| <input type="checkbox"/> 3 packages (16 oz) of Extra Firm Tofu | <input type="checkbox"/> 1 quart of Soy Milk (Unsweetened) |
| <input type="checkbox"/> 6 containers (6 oz) of Soy Yogurt | |

DELI

- | | |
|--|--|
| <input type="checkbox"/> 1 container (10 oz) Hummus | <input type="checkbox"/> 1 package (6 oz) of Smoky Tempeh Strips |
| <input type="checkbox"/> 1 tub (13 oz) of White Miso | |

FROZEN FOODS

- | | |
|---|--|
| <input type="checkbox"/> 1 package (10 oz) of Prepared Veggie Burgers | <input type="checkbox"/> 1 package (16 oz) of Unsweetened Frozen Peaches  |
|---|--|

PRODUCE

- | | |
|--|--|
| <input type="checkbox"/> 1 package (4 oz) of Alfalfa Sprouts | <input type="checkbox"/> 1 Avocados |
| <input type="checkbox"/> 1 bag (16 oz) of Baby Carrots | <input type="checkbox"/> 2 Banana |
| <input type="checkbox"/> 1 pint of Blueberries | <input type="checkbox"/> 1 bunch of Broccoli |





Grocery List

PRODUCE

- | | |
|---|--|
| <input type="checkbox"/> 1 Cantaloupe | <input type="checkbox"/> 2 Carrots |
| <input type="checkbox"/> 1 bunch of Collard Greens  | <input type="checkbox"/> 1 Cucumber  |
| <input type="checkbox"/> 1 package (16 oz) of Edamame (Shelled & Cooked) | <input type="checkbox"/> 1/4 ounces of Fresh Ginger |
| <input type="checkbox"/> 1 bulb of Garlic | <input type="checkbox"/> 1 Green Bell Peppers  |
| <input type="checkbox"/> 1 head of Green Leaf Lettuce | <input type="checkbox"/> 1 Kiwifruit |
| <input type="checkbox"/> 1 Mangoes | <input type="checkbox"/> 1 bunch of Radishes |
| <input type="checkbox"/> 1 pint of Raspberries | <input type="checkbox"/> 1/4 pounds of Raw Spinach  |
| <input type="checkbox"/> 1 Red Apples  | <input type="checkbox"/> 2 Red Bell Peppers  |
| <input type="checkbox"/> 1 Red Onions | <input type="checkbox"/> 1 Shallots |
| <input type="checkbox"/> 1/8 pounds of Snow Peas | <input type="checkbox"/> 1 pint of Strawberries  |
| <input type="checkbox"/> 3/4 pounds of Sugarsnap Peas  | <input type="checkbox"/> 1 Tomatoes |
| <input type="checkbox"/> 1 package (8 oz) of White Mushrooms | |

SNACKS

- | | |
|--|--|
| <input type="checkbox"/> 1 package (10 oz) of Pretzels | <input type="checkbox"/> 1/8 pounds of Sunflower Seeds |
|--|--|

SPICES / CONDIMENTS

- | | |
|---|--|
| <input type="checkbox"/> 1 bottle (16 fl oz) of Balsamic Vinaigrette | <input type="checkbox"/> 1 jar (0.1-1 oz) of Dried Basil |
| <input type="checkbox"/> 1 jar (3 oz) of Garlic Powder | <input type="checkbox"/> 1 jar (1 oz) of Ground Cinnamon |
| <input type="checkbox"/> 1 bottle (12 oz) of Honey | <input type="checkbox"/> 1 bottle (20 oz) of Ketchup |
| <input type="checkbox"/> 1 bottle (16 fl oz) of Olive Oil | <input type="checkbox"/> 1 jar (2-3 oz) of Onion Powder |
| <input type="checkbox"/> 1 bottle (12 fl oz) of Red Wine Vinegar | <input type="checkbox"/> 1 bottle (12 fl oz) of Rice Vinegar |
| <input type="checkbox"/> 1 bottle (5 fl oz) of Soy Sauce (Reduced Sodium) | <input type="checkbox"/> 1 bottle (10 fl oz) of Tamari Sauce |
| <input type="checkbox"/> 1 bottle (5 fl oz) of Toasted Sesame Oil | <input type="checkbox"/> 1 jar (0.5-1 oz) of Turmeric |
| <input type="checkbox"/> 1 bottle (8 oz) of Yellow Mustard | |





Fuzzy Peach Smoothie

BY NUTRITION IN MOTION

🕒 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Combine all ingredients in a blender and blend for 30 to 60 seconds until well combined.

INGREDIENTS

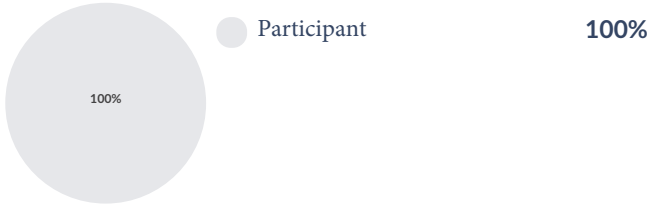
- 1 scoop vegan protein powder
- 1/2 cup unsweetened coconut beverage
- 1/2 cup water
- 1/2 cup frozen peaches

NUTRITION INFORMATION PER SERVING

Protein 21g Total Fat 7.7g Carbs 17g Calories 195kcal Fiber 6.5g
Sodium 261mg Saturated Fat 3.51g Fruits 0.5 servings
Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Cantaloupe

BY EVERYDAY EATLOVE

🕒 4 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Chop cantaloupe into pieces and serve.

INGREDIENTS

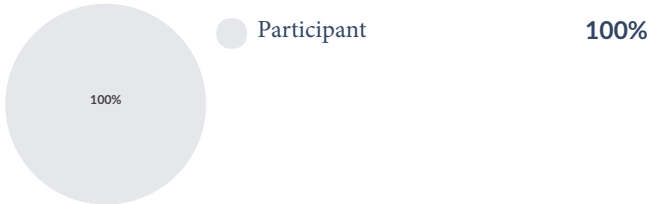
1 cup cantaloupe chopped

NUTRITION INFORMATION PER SERVING

Protein 1.34g Total Fat 0.3g Carbs 13g Calories 54kcal
Fiber 1.44g Sodium 26mg Saturated Fat 0.08g Fruits 1 servings
Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Pretzels & Hummus

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Serve pretzels with hummus.

INGREDIENTS

2 tablespoons hummus

1 ounce pretzels

NUTRITION INFORMATION PER SERVING

Protein 5.2g Total Fat 3.71g Carbs 27g Calories 159kcal

Fiber 0.96g Sodium 465mg Saturated Fat 0.54g Fruits 0 servings

Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Banana Rice Chex with Soy Milk

BY EVERYDAY EATLOVE

🕒 3 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Pour rice chex into a bowl. Add banana slices and soy milk to serve.

INGREDIENTS

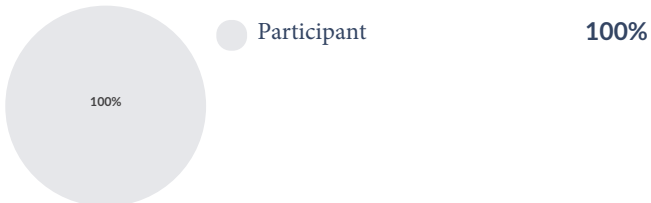
- $\frac{3}{4}$ cup rice chex
- $\frac{1}{2}$ banana sliced
- 8 fluid ozs soy milk

NUTRITION INFORMATION PER SERVING

Protein 9.9g Total Fat 5.1g Carbs 38g Calories 231kcal
Fiber 3.9g Sodium 243mg Saturated Fat 0.66g
Fruits 0.98 servings Vegetables 0 servings Added Sugar 1.44g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Miso Carrot Collard Wrap with Tofu

BY RANELLE KIRCHNER, CHEF RDN

🕒 30 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS

6 ounces tofu cut into 1/2" cubes
1/2 tablespoon tamari
2 leaf collard greens
1/2 cup carrots coarsely chopped, juice squeezed out
1 teaspoon ginger grated
1/2 tablespoon white miso
1/2 tablespoon rice vinegar
1/2 tablespoon sesame oil
1 cup sprouts
4 radishes thinly sliced

NUTRITION INFORMATION PER SERVING

Protein 24g Total Fat 18g Carbs 21g Calories 315kcal Fiber 8.3g
Sodium 654mg Saturated Fat 2.1g Fruits 0 servings
Vegetables 3.25 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS



Method

1. In a small bowl, combine tofu with tamari and allow to absorb flavor for about 15 minutes or as long as you can.
2. Bring a pot of water to a boil that's large enough to submerge collards. Once at a boil, blanch collards all at once. Cook for 3 minutes, remove from water, and cool immediately under cold, running water. Allow to dry and blot with a towel to remove excess water.
3. In another bowl, combine carrots, ginger, shallots, miso, vinegar, & sesame oil until mixed throughout.
4. Assemble the wraps by using the collard as the wrap and apply miso carrot spread. Top with remaining ingredients. Fold over each end, tuck one side under, and roll like a burrito.



Mango & Soy Yogurt

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Wash, peel and slice mango.
2. Serve with soy yogurt. Sprinkle with cinnamon if desired.

INGREDIENTS

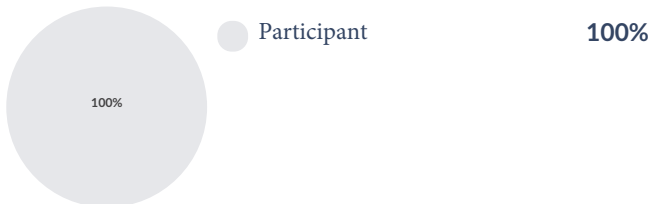
- 1/2 cup mango peeled, sliced
- 3/4 cup soy yogurt
- 1 sprinkle cinnamon

NUTRITION INFORMATION PER SERVING

Protein 7.4g Total Fat 3.28g Carbs 22g Calories 161kcal
Fiber 2.83g Sodium 68mg Saturated Fat 0.45g Fruits 1 servings
Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





High-Protein Light Veggie Stir-Fry

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1 1/4 pounds extra firm tofu cubed 2 teaspoons sesame oil
1 cup broccoli cut into florets 2 tablespoons low sodium soy sauce, divided
1 cup red pepper chopped

NUTRITION INFORMATION PER SERVING

Protein 32g Total Fat 21g Carbs 16g Calories 356kcal Fiber 4.3g
Sodium 474mg Saturated Fat 2.22g Fruits 0 servings
Vegetables 1.25 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS



Method

1. Press and drain tofu between paper towels to remove excess water.
2. Heat sesame oil in a pan over medium heat. Add drained tofu and cook until lightly browned on all sides, about 5 minutes. Remove tofu from pan and set aside.
3. Add broccoli and red pepper to same pan and saute for 2-3 minutes. Add snow peas and saute for an additional minute.
4. Add tofu back to pan. Add soy sauce and stir to combine, cooking for an additional minute.
5. Remove from heat and serve.



Snap Peas

BY EVERYDAY EATLOVE

🕒 1 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Wash snap peas and serve.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

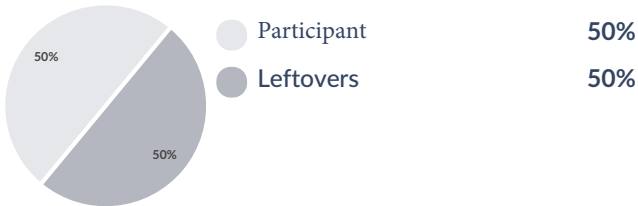
2 cups snap peas

NUTRITION INFORMATION PER SERVING

Protein 7.9g Total Fat 0.58g Carbs 21g Calories 117kcal
Fiber 7.4g Sodium 7.3mg Saturated Fat 0.1g Fruits 0 servings
Vegetables 1 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





PB Banana Soy Yogurt

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Spoon yogurt into a bowl. Top with sliced banana and drizzle of peanut butter and honey.

INGREDIENTS

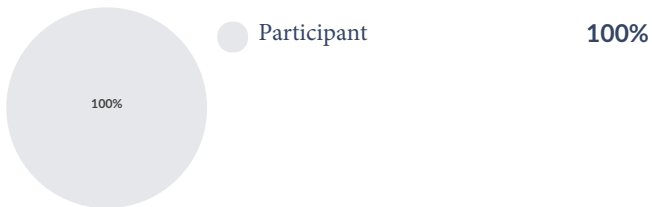
- 1 cup soy yogurt
- 1 1/2 teaspoons honey
- 1/2 banana sliced
- 1 tablespoon peanut butter

NUTRITION INFORMATION PER SERVING

Protein 13g Total Fat 12g Carbs 34g Calories 312kcal
Fiber 4.32g Sodium 159mg Saturated Fat 2.21g
Fruits 0.98 servings Vegetables 0 servings Added Sugar 4.31g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Kiwi, Sunflower Seeds & Soy Yogurt

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Wash, peel and slice kiwi.
2. Serve with sunflower seeds and soy yogurt.
3. Sprinkle with cinnamon if desired.

INGREDIENTS

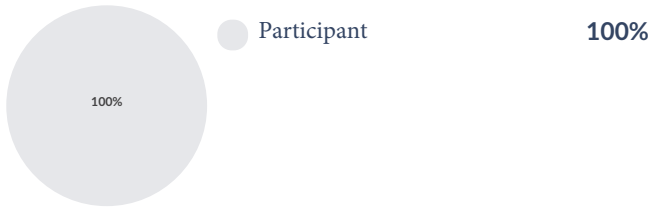
- 1 kiwi peeled, sliced
- $\frac{3}{4}$ cup soy yogurt
- 1 sprinkle cinnamon
- 1 tablespoon sunflower seeds

NUTRITION INFORMATION PER SERVING

Protein 8.6g Total Fat 7.5g Carbs 21g Calories 192kcal
Fiber 4.16g Sodium 63mg Saturated Fat 0.74g Fruits 0.5 servings
Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Open-face Veggie Burger with Side Salad

BY EVERYDAY EATLOVE

🕒 10 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS

veggie burger

1 veggie burger
2 leaves lettuce
1/4 avocado
1 teaspoon ketchup
1 slice wheat bread

side salad

1 cup lettuce
1/4 cup tomato
1/4 cup cucumber
1 tablespoon balsamic vinaigrette

fruit

3/4 cup strawberries

NUTRITION INFORMATION PER SERVING

Protein 19g Total Fat 14g Carbs 43g Calories 360kcal Fiber 10g
Sodium 780mg Saturated Fat 2.45g Fruits 0.75 servings
Vegetables 1.67 servings Added Sugar 0.55g

🔗 For more nutrition information go to eatlove.is

PORTIONS



Method

for the salad

1. Wash lettuce, tomatoes, and cucumber.
2. For salad, chop lettuce, tomatoes and cucumber into desired sizes and put into bowl.
3. Add balsamic vinaigrette on top of salad and serve.

for the veggie burger

1. Toast whole wheat bread if desired.
2. Heat pan on medium heat. Cook veggie burger in pan until slightly browned and heated all the way through.
3. Place veggie burger on top of bread, top with lettuce, avocado, mustard and ketchup.
4. Serve with side salad and strawberries.



Edamame

BY EVERYDAY EATLOVE

🕒 7 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Boil water in a saucepan. Add edamame and cook for 5 minutes or according to package instructions.
2. Once done, remove from heat, drain water and serve.

INGREDIENTS

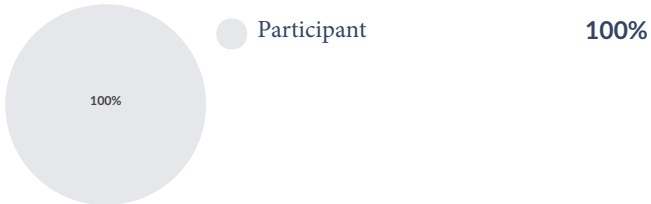
1/2 cup edamame

NUTRITION INFORMATION PER SERVING

Protein 9.8g Total Fat 4.68g Carbs 8.9g Calories 110kcal
Fiber 4.68g Sodium 0mg Saturated Fat 0.56g Fruits 0 servings
Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Veggie Tofu Scramble with Toast (HP)

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS

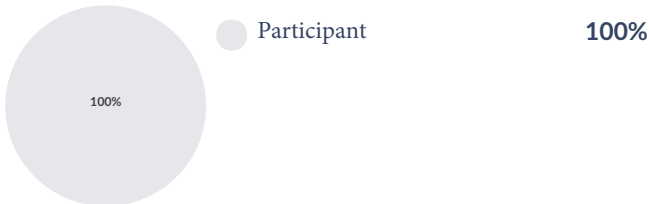
1/2 teaspoon olive oil
2 tablespoons red pepper diced 1/8 teaspoon garlic powder
2 tablespoons green pepper diced 1/8 teaspoon turmeric
2 mushrooms sliced 1 slice bread toasted
1 cup extra firm tofu crumbled 3/4 cup blueberries

NUTRITION INFORMATION PER SERVING

Protein 30g Total Fat 19g Carbs 38g Calories 405kcal Fiber 5.2g
Sodium 185mg Saturated Fat 1.9g Fruits 0.84 servings
Vegetables 0.73 servings Added Sugar 1.28g

🔗 For more nutrition information go to eatlove.is

PORTIONS



Method

1. Drain water from the tofu. Place the tofu between paper towels to absorb excess water and let sit.
2. Dice the peppers and mushrooms.
3. Heat olive oil in a pan over medium heat. Once hot, add the peppers and mushrooms and sauté for 3-4 minutes.
4. Crumble the tofu into small pieces and add to the pan. Mix well with veggies and sauté for an additional 2-3 minutes.
5. Add the onion powder, garlic powder, and turmeric, and continue to cook for 4 minutes.
6. In the meantime, toast the bread. Spread butter onto toast if desired.
7. Once the tofu scramble has finished cooking, remove from heat. Serve with toast and blueberries.



Apple

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Wash and slice apple. Serve.

INGREDIENTS

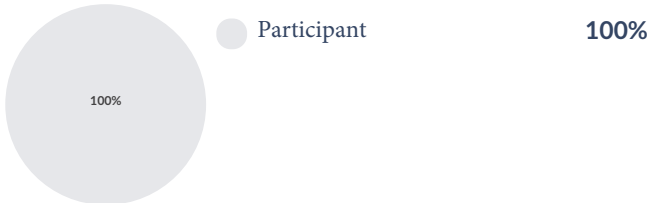
1 apple sliced

NUTRITION INFORMATION PER SERVING

Protein 0.43g Total Fat 0.21g Carbs 24g Calories 98kcal
Fiber 3.96g Sodium 1.72mg Saturated Fat 0g Fruits 1 servings
Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Miso Carrot Tempeh Sandwich

BY RANELLE KIRCHNER, CHEF RDN

🕒 10 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1/2 cup carrots coarsely chopped, juice squeezed out	4 slices whole wheat bread
1 teaspoon ginger grated	4 leaves green lettuce
1/2 shallot minced	4 radishes thinly sliced
1/2 tablespoon white miso	1/2 block smoky tempeh thinly sliced
1/2 tablespoon rice vinegar	2 sprays cooking spray

NUTRITION INFORMATION PER SERVING

Protein 24g Total Fat 15g Carbs 44g Calories 389kcal
 Fiber 2.14g Sodium 478mg Saturated Fat 2.77g Fruits 0 servings
 Vegetables 1.12 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Raspberries & Soy Yogurt

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Wash raspberries and serve with soy yogurt.
2. Sprinkle yogurt with cinnamon if desired.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 1 cup raspberries
- 1 cup soy yogurt
- 2 sprinkles cinnamon

NUTRITION INFORMATION PER SERVING

Protein 5.2g Total Fat 2.38g Carbs 14g Calories 106kcal Fiber 5g
Sodium 46mg Saturated Fat 0.26g Fruits 0.5 servings
Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Savory Oatmeal Tofu Bowl

BY SHARON PALMER, RDN

🕒 20 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Bring water to a boil in a small pot and add oats. Cook for about 20-25 minutes, according to package directions, to desired texture.
2. Meanwhile, heat olive oil in a large skillet or sauté pan. Add red onions, garlic, and tofu and sauté for 4 minutes. Add mushrooms, black pepper, salt, dried basil, and sun-dried tomatoes and sauté for an additional 4 minutes.
3. Add chopped spinach and vinegar and sauté for 2 minutes, until wilted but bright green.
4. Divide oatmeal among bowls.
5. Top each bowl with spinach tofu mixture. Serve with heated soymilk, as desired.

INGREDIENTS

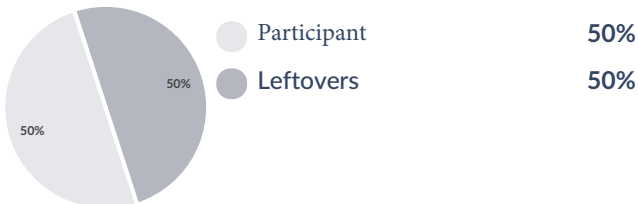
1/2 cup steel cut oats	
1 1/2 cups water	
1/2 tablespoon olive oil	1 pinch salt
1/4 red onion diced	1 teaspoon dried basil
1 clove garlic minced	1 tablespoon sun-dried tomatoes
7 ounces extra firm tofu drained, pressed	1/2 bunch fresh spinach chopped
1/2 cup mushrooms sliced	1/2 tablespoon red wine vinegar
	1/4 cup soy milk

NUTRITION INFORMATION PER SERVING

Protein 20g Total Fat 13g Carbs 35g Calories 321kcal Fiber 7g
Sodium 276mg Saturated Fat 1.68g Fruits 0 servings
Vegetables 1.43 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Veggies & Hummus

BY EVERYDAY EATLOVE

🕒 1 MINS | 🍴 2 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Wash baby carrots and remove edamame from shells. Serve with hummus.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

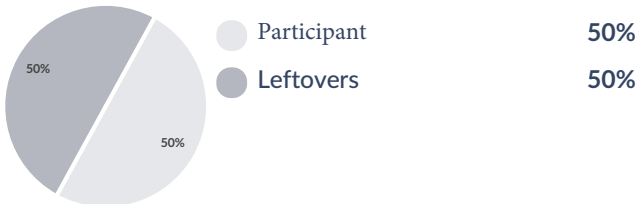
- 1 cup edamame
- 2 cups baby carrots
- 1/4 cup hummus

NUTRITION INFORMATION PER SERVING

Protein 13g Total Fat 7.7g Carbs 23g Calories 202kcal Fiber 8.2g
Sodium 207mg Saturated Fat 1.02g Fruits 0 servings
Vegetables 1 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS





Banana & Soy Yogurt

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, visit eatlove.is

Method

1. Peel and slice banana.
2. Serve with soy yogurt. Sprinkle with cinnamon if desired.

INGREDIENTS

- 1/2 banana peeled, sliced
- 3/4 cup soy yogurt
- 1 sprinkle cinnamon

NUTRITION INFORMATION PER SERVING

Protein 7.4g Total Fat 3.16g Carbs 23g Calories 163kcal
Fiber 3.01g Sodium 68mg Saturated Fat 0.44g
Fruits 0.98 servings Vegetables 0 servings Added Sugar 0g

🔗 For more nutrition information go to eatlove.is

PORTIONS

