

Day 1							
Meal		Ingredients	Instructions	Carbs	Protein	Fat	Calories
Breakfast	Apple oats	1 apple 1/2 cup / 45 g old fashioned oats 1/2 tbsp chia seeds 1 tbsp maple syrup 1 cup / 240 ml unsweetened plant-based milk 1/4 tsp cinnamon	1. Shred the apple and mix with oats, maple syrup, chia seeds, a pinch of salt and milk. 2. Add some cinnamon for extra flavor. 3. Let the mix sit in the fridge for at least 1 hour before serving.	55.6	18.7	10.4	391
Lunch	Vegetable and tofu soup	7 oz/ 200 g tofu 1 cup/ 120 g white mushrooms 1/2 tbsp canola oil 1/4 big yellow onion 1/2 medium-size carrots 2 medium-size potatoes 1 1/2 cups / 360 ml vegetables stock 1/2 cup / 70 g frozen green peas 1/4 tsp salt 1/4 tsp ground black pepper 1 tbsp chopped parsley	1. Cut the tofu into cubes. 2. Chop the onion, carrots and potatoes. 3. Slice the mushrooms. 4. Add oil to a saucepan and cook the mushrooms and the tofu golden on medium-high heat. 5. Add the onions and lower the heat, cook for a few minutes. 6. Add the carrots, potatoes and vegetable stock. 7. Bring to boil and let it simmer for 20 minutes. 8. Season with salt and pepper. 9. Add the peas and let them simmer for an additional couple of minutes. 10. Add parsley before serving.	70.4	29.3	15.9	508
Dinner	Sweet potato salad	8 oz / 230g sweet potatoes 3 1/2 oz/ 100 g firm tofu 1/2 tbsp olive oil 1/4 tsp chili flakes 1 1/4 cups/ 50g baby spinach 3/4 cup/ 125g pre-cooked green lentils 1/2 avocado 1 tbsp lemon juice or vinegar 1/2 tsp salt	1. Set the oven to 400°F / 200°C. 2. Cut the potatoes and tofu into cubes and place the potato on a sheet pan. Add oil, salt, chili flakes and optional spices like garlic and red pepper powder. 3. Bake in the oven for about 15 minutes, add the tofu and cook for another 5 minutes. 4. Mix together with spinach and lentils. 5. Top the salad with avocado and lemon juice.	70.3	26.1	32.2	676
Snack 1	Baked crispy kale chips	6 oz / 170 g kale 1 tbsp olive oil 1/4 tsp sea salt	1. Preheat the oven to 300°F / 150°C. 2. Line a baking sheet with parchment paper. 3. Remove leaves from the stems of the kale and tear into pieces. 4. Transfer the kale to the baking sheet. Add olive oil and massage the pieces. 5. Roast in the oven for 10-15 minutes. Lower the heat to 212°F / 100°C and bake for an additional 15 minutes. 6. Season with sea salt.	14.2	6.8	16.4	210
Snack 2	Green booster smoothie	1/2 cup / 120 g frozen green peas 1 cup / 40 g baby spinach 1 cup / 240 ml unsweetened apple juice 1 apple 1/4 lemon 1 tbsp sunflower seeds	1. Cut the core from the apple and cut into bigger pieces. 2. Cut the peel out from the lemon. 3. Add all ingredients to a blender and mix smooth. 4. Ready to serve.	59.6	7	5.9	301
Day 2							

Meal		Ingredients	Instructions	Carbs	Protein	Fat	Cals
Breakfast	Swedish pancakes and pear compote	1/4 cup / 35 g buckwheat flour 1/2 cup / 120 ml unsweetened plant-based milk 1 egg 1/2 tsp sea salt 1/4 tsp canola oil 1/2 pear 1/4 cup / 60 ml water 1/ tbsp chopped ginger 1/4 tsp cinnamon 1/2 tbsp honey	1. Peel and chop the pears. 2. Add the chopped pears, water, ginger cinnamon and honey to a small saucepan and bring to boil on medium heat, simmer for 10 minutes. 3. Set aside and leave to cool down, use a fork or a stick mixer to mash the pear pieces. 4. Crack the eggs into a bowl, add the unsweetened plant-based milk, flour and sea salt and whisk to combine. 5. Add oil to a nonstick frying pan and set on medium-high heat. 6. Add pancake batter to the pan, making sure to covering the bottom of the pan with a thin layer of the batter. When edges begin to brown, flip and cook until each side is golden. 7. Serve the pancakes with the pear compote.	44.4	15.6	13.8	346
Lunch	Spicy tofu	5 oz / 150 g tofu 1/4 tsp chili flakes 1 /4 tsp ground cumin 1/4 tsp smoked paprika 1/4 tsp salt 1/4 tbsp olive oil 2 1/2 oz / 70 g red cabbage 1/2 cup / 80g brown rice 1/2 small avocado 1 tbsp roasted peanuts 1/2 lime 1 tbsp of cilantro	1. Boil the rice according to the package. 2. Slice the tofu thin, then season with salt, chili flakes, ground cumin, and smoked paprika powder. Add oil to a non-stick frying pan and fry the tofu on high heat until golden. 4. Mash the avocado and slice the cabbage thin. 5. Divide all the ingredients to four bowls and sprinkle the peanuts on top. Serve with cilantro and lime.	76.2	23.7	24.3	583
Dinner	Chickpea stew	1/4 cup/ 45 g wheat berry 1/4 yellow onion 1/4 tbsp canola oil 1 cup/ 170g cooked chickpeas 1/4 cup/ 80 ml vegetable cream 14% 1 cup/ 240 ml water 1/4 tbsp paprika powder 1 tsp turmeric 1 1/2 cups/ 60g baby spinach 1/4 tsp salt 1/4 tsp ground black pepper	1. Cook the wheat berry according to the instructions on the packaging. 2. Chop the onion, then add to a saucepan, together with the chickpeas, and fry in oil for a few minutes on medium-high heat. 3. Add cream, water, paprika powder and turmeric. 4. Let it simmer for a few minutes, add the spinach and stir. 5. Season with salt and pepper. 6. Serve with the cooked wheat berry.	83.1	21.8	17.4	583
Snack 1	Chia oats	1 apples 1 cup / 240 ml unsweetened plant-based milk 2 pieces of pitted dates 1/4 tbsp ground cinnamon	1. Mix milk, oats and chia seeds and stir. Add some cinnamon, cardamom or vanilla for a bit of extra flavor (optional). 2. Let it sit in the fridge for about 1 hour or longer before serving, then top with berries.	51.6	20.4	9.9	359

Snack 2	Roasted peas	1 1/2 cups / 200g frozen green peas 1/2 tbsp olive oil 1/4 tsp salt 1/4 tsp paprika powder 1/4 tsp chili flakes	1. Preheat the oven to 400°F / 200°C. 2. Allow the peas to thaw. 3. Add them to a bowl with oil and salt, then season with optional spices, for example, chili flakes and paprika powder. 4. Spread the peas on a baking sheet. 5. Roast in the middle of the oven for about 45-60 minutes. Open the oven a few times during the cooking time. 6. Let them cool and store them in a jar.	29.1	9.6	7.7	235
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Day 3

Meal		Ingredients	Instructions	Carbs	Protein	Fat	Cals
Breakfast	Toast with scrambled tofu	7 oz / 200 g firm tofu 3/4 tbsp canola oil 1/4 tsp turmeric 1 tbsp nutritional yeast 1 slice of rye bread 1/4 tsp salt 1/4 tsp ground black pepper 1 tbsp chopped chives	1. Use a fork to crumble the tofu. 2. Add oil to a frying pan, fry for a few minutes on high heat, add the turmeric. Season with salt and pepper. 3. Fry for a few more minutes. 4. Top with nutritional yeast. 5. Roast the rye bread and serve. 6. Garnish with chives.	19.7	22.5	16.7	302
Lunch	Zucchini fritters with salad	2 potatoes 6 oz / 170 g zucchini 2 tbsp all purpose flour 1 tbsp chopped parsley or dill 1/2 tbsp canola oil 1 cup / 165 g shelled edamame 5 oz /150 g cherry tomatoes 1/2 tsp salt 1/4 tsp ground black pepper	1. Boil the potatoes until soft, then mash and leave to cool. 2. Shred the zucchini and squeeze the liquid out. 3. Mix the mashed potatoes, flour, herbs and the shredded zucchini. Season with salt and pepper. 4. Shape into fritters (around 20) and fry in a non-stick frying pan in oil on medium-high heat. 5. Serve with edamame and tomatoes.	72.9	31.4	17.8	564
Dinner	Kale pasta	3/4 cup / 70 g penne pasta 1 1/4 cups/ 50g shredded kale 1 small garlic clove 7 oz / 200 g firm tofu 3/4 tbsp olive oil 1/2 tsp chili flakes 1/4 tsp salt 1/4 tsp thyme	1. Cook the pasta according to the instructions on the packaging. 2. Rinse the kale. 3. Chop the garlic cloves and cut the tofu into cubes. 4. Add oil to a frying pan. Fry the garlic, chili flakes, tofu and green kale on medium-high heat. 5. Use 2 cups (480 ml) of the pasta water and add it to the frying pan, stirring. 6. Add the pasta to the frying pan. Toss around on high heat. 7. Season with salt and optional spices. Thyme is a perfect match!	71.5	31	21.6	577
Snack 1	Green booster smoothie	1/2 cup / 120 g frozen green peas 1 cup / 40 g baby spinach 1 cup / 240 ml unsweetened apple juice 1 apple 1/4 lemon 1 tbsp sunflower seeds	1. Cut the core from the apple and cut into bigger pieces. 2. Cut the peel out from the lemon. 3. Add all ingredients to a blender and mix smooth. 4. Ready to serve.	59.6	7	5.9	301

Snack 2	Strawberry and peanut butter smoothie	1 cup / 140 g frozen strawberries 1 cup / 200 g silken tofu 1/2 cup / 120 ml unsweetened plant-based milk 1 tbsp peanut butter 1 1/2 tbsp maple syrup	1. Mix all ingredients until smooth in a blender.	33.5	18.1	15.5	349
Day 4							
Meal		Ingredients	Instructions	Carbs	Protein	Fat	Cals
Breakfast	Banana and blackberry smoothie	1 cup / 40 g baby spinach 3 1/2 oz / 100g silken tofu 1 bananas 1 cup / 140g frozen blackberries 1 tbsp sunflower seeds 1 tbsp fresh mint leaves	1. Add all ingredients to a blender and mix smooth.	52.7	13	8.5	312
Lunch	Shakshuka	3/4 cups / 200ml store-bought arrabbiata tomato sauce 3 eggs 3/4 oz / 20 g leek 1/2 cup / 45 g frozen green peas 1/3 cup / 70 g red lentils 1/4 tsp salt 1/4 tsp ground cumin 1/4 tsp chili flakes	1. Boil the lentils according to the instructions on the package. 2. Add the tomato sauce, leek and peas into a pan or a casserole dish with a lid. When it's hot, crack the eggs on top and add some salt and optional spices, like chili flakes and ground cumin. 3. Cover the pan and cook on low until the egg whites set - about 5 minutes. 4. Serve with the lentils and enjoy!	66.5	45.3	23.7	667
Dinner	Roasted beans with vegetables	8 oz / 225 g sweet potatoes 1/4 red onion 1 cup / 165g cooked white beans 1/2 tbsp canola oil 1 1/4 cups / 50g chopped kale 2 tbsp plant-based yogurt 2 % fat 1/2 tbsp dijon mustard 1/4 tsp salt 1/4 tsp ground black pepper 1/4 tsp thyme 1/4 tsp garlic powder 1 tbsp chopped parsley	1. Set the oven to 400°F / 200°C. 2. Cut the sweet potatoes and onion into cubes. 3. Rinse the beans. 4. Add the potatoes on a sheet pan, drizzle oil and season with salt and pepper. 5. Add other optional spices, like thyme and garlic. 6. Roast in the oven for about 15 minutes. 7. Add the red onion and beans, and roast for another 5 minutes. 8. Add the green kale to the warm veggies and mix around. 9. Mix the yogurt and mustard together and drizzle the dressing over the vegetables before serving. 10. Tip! Garnish with some fresh parsley.	85.7	21.4	11.5	539
Snack 1	Chocolate and black bean smoothie	1 bananas 1/2 cup / 90 g black beans, cooked 1 tbsp cocoa powder 1 cup / 240 ml unsweetened plant-based milk	1. Cut the bananas and freeze it or use a fresh bananas and ice. 2. Mix all the ingredients in a blender, ready to serve.	54	20.8	7	347

Snack 2	Baked crispy kale chips	6 oz / 170 g kale 1 tbsp olive oil 1/4 tsp sea salt	1. Preheat the oven to 300°F / 150°C. 2. Line a baking sheet with parchment paper. 3. Remove leaves from the stems of the kale and tear into pieces. 4. Transfer the kale to the baking sheet. Add olive oil and massage the pieces. 5. Roast in the oven for 10-15 minutes. Lower the heat to 212°F / 100°C and bake for an additional 15 minutes. 6. Season with sea salt.	14.2	6.8	16.4	210
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Day 5

Meal		Ingredients	Instructions	Carbs	Protein	Fat	Cals
Breakfast	Banana oats	1/2 cup / 45 g old fashioned oats 1/2 bananas 1 cup / 240 ml water 1 tbsp peanut butter 1/2 cup / 120 ml unsweetened plant based milk 1/2 cup / 70g mixed berries	1. Divide the bananas into smaller pieces, add oats, water and some salt to a saucepan. 2. Bring to boil and let it simmer while stirring for about 3 minutes. Top the oatmeal with berries, peanut butter and your choice of milk.	54.7	17.8	13.9	410
Lunch	Chicken and bean patties with potato and broccoli mash	3 1/2 oz / 100 g ground chicken 1/2 cup / 80g boiled chickpeas 1 small potato 1 cup / 120g broccoli 1/2 tbsp canola oil 1/4 cup / 60 ml low-fat Greek yogurt 1 tbsp sliced green onions 1 tbsp lemon zest 1/2 tsp sea salt 1/2 tsp chili flakes	1. Add the chickpeas into a bowl and mash them with a fork, add the ground chicken 1 tsp salt and chili flakes. 2. Form into 4 small patties. 3. Boil the potatoes in lightly salted water until soft. 4. Add oil to a frying pan and cook the patties golden in a frying pan on medium-high heat. 5. Mix yogurt, green onions, lemon zest and 1 tsp salt. 6. Add the broccoli to the potatoes in water and boil for 1 minute. 7. Pour out the water and mash the broccoli and the potatoes using a stick mixer. 8. Serve the mash with patties and yogurt sauce.	53	42.4	20.4	546
Dinner	Taco salad	1/2 red bell pepper 1/4 red onion 1/4 cup / 60 ml sweet corn, canned 1/2 cup / 165 g black beans, cooked 3 1/2 oz / 100 g firm tofu 1 tbsp canola oil 1/2 tsp cumin 1/2 tsp paprika powder 1/4 tsp salt 1/4 tsp chili flakes 1 cup / 40g shredded kale 1 medium tortilla 1 lime wedge 1 tbsp cilantro	1. Cut the red pepper and onions into smaller pieces. 2. Cut the tofu into cubes, then fry until golden in oil in a frying pan on high heat, seasoning with cumin, paprika powder salt and chili flakes. 3. Add all the ingredients to a bowl and serve. 4. Tip! Serve with cilantro and a lime wedge	68.2	24.2	15.9	504
Snack 1	Corn cakes with peanut butter and banana	2 corn cakes 1 tbsp peanut butter 1/2 bananas 1/4 tsp sea salt	1. Slice the bananas. 2. Spread the peanut butter on the corn cakes. 3. Top with banana slices and some sea salt.	32.4	6.5	9	233

Snack 2	Strawberry and peanut butter smoothie	1 cup / 140 g frozen strawberries 1 cup / 200 g silken tofu 1/2 cup / 120 ml unsweetened plant-based milk 1 tbsp peanut butter 1 1/2 tbsp maple syrup	1. Mix all ingredients until smooth in a blender.	33.5	18.1	15.5	349
Day 6							
Meal		Ingredients	Instructions	Carbs	Protein	Fat	Cals
Breakfast	Egg and pea toast	2 eggs 1/2 cup / 100 g frozen green peas 1 slice of rye bread 1/3 cup / 15 g spring mix 1/4 tsp salt 1/4 tsp ground black pepper	1. Let the peas thaw. 2. Mash the peas with a fork, blender or a hand mixer. 3. Add salt and pepper and, if you feel like adding some extra flavor, chili flakes and lemon zest are a great combo. 4. Boil, fry or poach the egg, pick your favorite style. 5. Top the rye bread with the mashed peas, salad and eggs. 6. Season with some extra salt and pepper.	32.2	22.2	11.2	322
Lunch	Sweet potato stew	1/2 yellow onion 5 oz / 140g sweet potatoes 1/2 tbsp canola oil 1/3 cup / 85 g red lentils 2 tbsp tomato paste 1/2 cup / 120 ml coconut milk 2 cups / 480 ml vegetable stock 1/2 tbsp curry 1/4 tsp salt 1/4 tsp ground black pepper 1 tbsp chopped cilantro	1. Chop the onion and cut the sweet potatoes into cubes. 2. Add oil to the saucepan and fry the onion and the potatoes on medium-high heat for a few minutes. 3. Add lentils, coconut milk, tomato paste, vegetable stock and curry. 4. Bring to boil and let it simmer for about 15-20 minutes. 5. Season with salt and pepper. 6. Tip! Add some fresh cilantro and fresh chili for more flavor.	78.9	22.1	30.4	660
Dinner	Vegan bolognese with pasta	5 oz / 150 g ground soy meat 1/2 tbsp olive oil 1 cup / 240 ml store-bought spicy tomato sauce 2 1/2 oz / 70 g spaghetti 1/4 tsp salt 1/4 tsp ground black pepper 1/2 cup / 120 ml water 1 tbsp basil	1. Cook the pasta according to the instructions on the packaging. 2. Fry the soya mince in a frying pan in oil for a few minutes on high heat. 3. Add the tomato sauce and water, let it simmer for a few minutes and season with salt and pepper. 4. Pour out the pasta water and top the pasta with the pasta sauce. 5. Tip! Garnish with fresh basil.	72.1	26.4	16.9	554
Snack 1	Corn cakes with peanut butter and banana	2 corn cakes 1 tbsp peanut butter 1/2 bananas 1/4 tsp sea salt	1. Slice the bananas. 2. Spread the peanut butter on the corn cakes. 3. Top with banana slices and some sea salt.	32.4	6.5	9	233

Snack 2	Roasted peas	1 1/2 cups / 200g frozen green peas 1/2 tbsp olive oil 1/4 tsp salt 1/4 tsp paprika powder 1/4 tsp chili flakes	1. Preheat the oven to 400°F / 200°C. 2. Allow the peas to thaw. 3. Add them to a bowl with oil and salt. 4. Season with optional spices, for example, chili flakes and paprika powder. 5. Spread the peas on a baking sheet. 6. Roast in the middle of the oven for about 45-60 minutes. Open the oven a few times during the cooking time. 7. Let them cool and store them in a jar.	29.1	9.6	7.7	235
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Day 7

Meal		Ingredients	Instructions	Carbs	Protein	Fat	Cals
Breakfast	Yogurt bowl	1 cup 240 ml plant-based yogurt (2% fat) 1/2 cups/ 70g mixed berries 1/3 cup / 45g granola 1/2 tbsp maple syrup	1. Top the yogurt with fresh or frozen berries, muesli and maple syrup.	61.3	11.2	16.5	443
Lunch	Fried tofu with rice	1/4 cup / 50 g rice 1/4 yellow onion 1 garlic clove 3/4 tbsp canola oil 1/2 cups / 120 g shelled edamame 7 oz/ 150 g firm tofu 1 tbsp nutritional yeast 1 tbsp soy sauce 1/4 tsp salt 1/4 tsp chili flakes	1. Cook the rice according to the instructions on the packaging. 2. Finely chop the onion and garlic, then fry, together with the tofu, in oil in a non-stick frying pan on medium-high heat. 3. Add the edamame beans and rice, and fry for a few more minutes. 4. Add nutritional yeast and soy sauce. 5. Season with salt and chili flakes.	61.1	34	20.5	550
Dinner	Lentil soup	1/2 cup / 90 g red lentils 1 cup / 240 ml store-bought spicy tomato sauce 1 1/4 cups / 300 ml water 1 tbsp roasted pumpkin seeds 2 tbsp plant-based yogurt (2% fat) 1/4 tsp salt 1/4 tsp chili flakes	1. Add lentils, tomato sauce and water to a saucepan. Bring to boil and let it simmer under the cover on low heat for about 15 minutes. 2. Mix smoothly with a stick mixer. 3. Season with salt and chili flakes. Add more water for increased liquid texture. 4. Top it off with pumpkin seeds and yogurt.	71.8	31.2	13.8	555
Snack 1	Chocolate and black bean smoothie	1 bananas 1/2 cup / 90 g black beans, cooked 1 tbsp cocoa powder 1 cup / 240 ml unsweetened plant-based milk	1. Cut the bananas and freeze it or use a fresh bananas and ice. 2. Mix all the ingredients in a blender, ready to serve.	54	20.8	7	347
Snack 2	Chia oats	1 apples 1 cup / 240 ml unsweetened plant-based milk 2 pieces of pitted dates 1/4 tsp ground cinnamon	1. Mix milk, oats and chia seeds and stir. Add some cinnamon, cardamom or vanilla for a bit of extra flavor (optional). 2. Let it sit in the fridge for about 1 hour or longer before serving. 3. Top with berries.	51.6	20.4	9.9	359