

Plant-Based WEIGHT MAINTENANCE EATING PLAN



OPTION 1

BREAKFAST:

Superfood Smoothie

1 serving USN BlueLab™ 100% Plant Protein
 ½ cup frozen banana or other fruit (such as berries, apple, pineapple)
 1 tsp chia seeds
 2 tbsp gluten-free oats or oat bran
 1 handful ice cubes

Blend together until smooth.

SNACK:

2 rice cakes
 1 tsp nut butter of choice

LUNCH:

Buddha Bowl

½ cup cooked brown rice
 ¾ cup cooked lentils
 1-2 cups fresh salad (lettuce/greens/tomato/cucumber/pepper/carrots)
 2 tbsp hummus

SNACK:

1 serving USN BlueLab™ 100% Plant Protein
 1 small banana

DINNER:

Mushroom Burger with Sweet Potato Wedges & Salad

1-2 large brown mushrooms
 1 tsp coconut/olive oil
 1 tsp basil pesto
 Garnish (lettuce/greens, tomato)
 100 g sweet potato, cut into wedges
 1 tbsp coconut oil
 1 cup garden salad

Brush mushrooms with oil and grill for 5-10 minutes. Top mushrooms with basil pesto and garnish. Drizzle sweet potato with oil, bake for 30 minutes until golden brown. Serve with salad.

OPTION 2

BREAKFAST:

Mexican Beans with Rye Toast

1 tsp coconut/olive oil
 Pinch of black pepper
 Pinch of oregano, chili flakes
 ¼ onion, chopped
 1 tomato, chopped
 ½ cup cooked kidney beans
 50 g tomato paste
 1 slice 100% rye bread
 ¼ avocado

Heat oil in pan, sauté onion, tomato and spices. Add kidney beans and tomato paste. Allow to simmer. Serve on rye toast with avocado.

SNACK:

1 serving USN BlueLab™ 100% Plant Protein
 1 medium apple

LUNCH:

Mushroom Stir-fry

½ onion, diced
 120 g brown mushrooms, sliced
 Low sodium soy sauce
 1 tsp chopped coriander
 1-2 cups stir-fry vegetables
 50 g rice/egg noodles, uncooked

Sauté onion in oil, add mushrooms and vegetables. Boil noodles and add.

SNACK:

2 slices pineapple
 12 unsalted almonds

DINNER:

Lentil Bolognese with Zucchini Noodles

½ onion, chopped
 1 tsp coconut/olive oil
 ¾ cup cooked lentils
 50 g tomato paste
 ½ cup tomato, diced
 ½ cup carrots, grated
 1-2 cups zucchini noodles

Sauté onion in oil, add lentils, tomato paste, carrots and diced tomato, simmer. Steam zucchini noodles. Serve hot.

OPTION 3

BREAKFAST:

Vegan Smoothie Bowl

1 serving USN BlueLab™ 100% Plant Protein
 1 cup mixed frozen berries
 ½ cup kale or spinach
 1 tsp nut butter of choice
 2 tbsp granola

Blend together and pour into a bowl, top with granola and pieces of fruit.

SNACK:

Carrot, cucumber and celery sticks
 2 tbsp hummus

LUNCH:

Sweetcorn and Chickpea Salad

½ cup cooked chickpeas
 ½ cup sweetcorn
 80 g cooked couscous
 1-2 cups chopped cucumber, baby tomato and bell peppers
 Handful of rocket, kale or baby spinach
 1 tsp balsamic vinegar
 ¼ avocado, diced

SNACK:

1 serving USN BlueLab™ 100% Plant Protein
 1 medium apple

DINNER:

Tofu & Sweet Potato Bowl

½ cup cooked quinoa
 ½ cup orange sweet potato
 1 tsp coconut/olive oil
 80 g tofu, cubed
 1 handful leafy greens
 1 tbsp tahini paste
 Black pepper
 Lemon juice

Cut sweet potato into cubes and steam or bake until cooked. Pan-fry tofu in oil and lemon juice. Assemble bowl, drizzle with tahini paste