

Meal Plan for Paddy - Week 9



Grocery List

Day 1

Day 2

Recipes

Day 1

2526 cals ● 235g protein (37%) ● 59g fat (21%) ● 197g carbs (31%) ● 66g fiber (10%)

Breakfast

405 cals, 32g protein, 47g net carbs, 6g fat



Coffee overnight protein oats (dairy-free)
325 cals



Grapes
77 cals

Snacks

350 cals, 23g protein, 31g net carbs, 13g fat



Protein bar
1 bar- 245 cals



Roasted cashews
1/8 cup(s)- 104 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cals

Lunch

570 cals, 19g protein, 36g net carbs, 30g fat



Spiced chickpea & avocado toast
1 toast(s)- 481 cals



Walnuts
1/8 cup(s)- 87 cals

Dinner

715 cals, 53g protein, 80g net carbs, 9g fat



Simple vegan chili
715 cals

Day 2

2522 cals ● 214g protein (34%) ● 79g fat (28%) ● 184g carbs (29%) ● 54g fiber (9%)

Breakfast

370 cals, 16g protein, 31g net carbs, 16g fat



Pumpkin banana protein pancakes
194 cals



Avocado
176 cals

Snacks

315 cals, 34g protein, 18g net carbs, 9g fat



Double chocolate almond milk protein shake
167 cals



Hummus toast
1 slice(s)- 146 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cals

Lunch

715 cals, 24g protein, 51g net carbs, 35g fat



Vegan smashed chickpea sandwich
1 sandwich(es)- 406 cals



Simple kale & avocado salad
307 cals

Dinner

635 cals, 33g protein, 81g net carbs, 16g fat



Seitan philly vegan cheesesteak
1 sub(s)- 522 cals



Pear
1 pear(s)- 113 cals

Grocery List



Other

- ☐ protein bar (20g protein)
1 bar (50g)
- ☐ diced tomatoes
3/8 28oz can (331g)
- ☐ protein powder, chocolate
1 scoop (1/3 cup ea) (31g)
- ☐ sub roll(s)
1 roll(s) (85g)
- ☐ vegan cheese, sliced
1 slice(s) (20g)
- ☐ coleslaw mix
4 tbsp (23g)

Nut and Seed Products

- ☐ roasted cashews
2 tbsp, halves and whole (17g)
- ☐ walnuts
2 tbsp shelled (50 halves) (13g)

Fats and Oils

- ☐ oil
1/4 oz (9mL)
- ☐ vegan mayonnaise
2 tbsp (30g)

Spices and Herbs

- ☐ crushed red pepper
1 dash (0g)
- ☐ ground cumin
1 tsp (2g)
- ☐ taco seasoning mix
3/8 packet (15g)
- ☐ nutmeg
1 dash (0g)
- ☐ cinnamon
2 dash (1g)
- ☐ turmeric, ground
1 dash (0g)
- ☐ mustard
1 tbsp (15g)

Fruits and Fruit Juices

- ☐ lemon juice
1 tsp (5mL)
- ☐ avocados
1 2/3 avocado(s) (335g)

Legumes and Legume Products

- ☐ chickpeas, canned
5/6 can (366g)
- ☐ vegetarian burger crumbles
3/8 package (12 oz) (142g)
- ☐ white beans, canned
3/8 15.5oz can (183g)
- ☐ chili beans
3/8 can (~16 oz) (187g)
- ☐ hummus
2 1/2 tbsp (38g)

Baked Products

- ☐ bread
1/4 lbs (128g)

Vegetables and Vegetable Products

- ☐ onion
1/2 medium (2-1/2" dia) (57g)
- ☐ pumpkin puree
1 1/2 tbsp (23g)
- ☐ bell pepper
1/2 small (37g)
- ☐ pickles
1 spears (35g)
- ☐ kale leaves
2/3 bunch (113g)

Beverages

- ☐ protein powder
10 scoop (1/3 cup ea) (310g)
- ☐ coffee, brewed
3 tbsp (44g)
- ☐ almond milk
3/4 cup (180mL)
- ☐ water
10 cup(s) (2370mL)
- ☐ protein powder, vanilla
1/2 scoop (1/3 cup ea) (16g)

Sweets

- ☐ maple syrup
1 fl oz (25mL)
- ☐ cocoa powder
1 tsp (2g)

Breakfast Cereals

☐ grapes
1 1/3 cup (123g)

☐ banana
1/2 medium (7" to 7-7/8" long) (59g)

☐ pears
1 medium (178g)

☐ lemon
2/3 small (39g)

☐ oatmeal, old-fashioned oats, rolled oats
1 1/2 oz (44g)

Cereal Grains and Pasta

☐ seitan
3 oz (85g)



Breakfast 1

Eat on day 6 (or any 1 day(s))

Coffee overnight protein oats (dairy-free)

325 cals ● 31g protein ● 5g fat ● 34g carbs ● 5g fiber



protein powder

1 scoop (1/3 cup ea) (31g)

maple syrup

2 tsp (10mL)

coffee, brewed

3 tbsp (44g)

oatmeal, old-fashioned oats, rolled oats

1/2 cup (41g)

almond milk

4 tbsp (60mL)

1. Note: must refrigerate overnight
2. In a small airtight container, mix together all of the ingredients.
3. Place mixture to chill in the fridge overnight.
4. Serve in the morning.

Grapes

77 cals ● 1g protein ● 1g fat ● 12g carbs ● 5g fiber



grapes

1 1/3 cup (123g)

1. This recipe has no instructions.

Breakfast 2

Eat on day 7 (or any 1 day(s))

Pumpkin banana protein pancakes

194 cals ● 14g protein ● 1g fat ● 29g carbs ● 4g fiber

**pumpkin puree**

1 1/2 tbsp (23g)

maple syrup

1 tbsp (15mL)

oatmeal, old-fashioned oats, rolled oats

3/4 tbsp (4g)

nutmeg

1 dash (0g)

cinnamon

2 dash (1g)

banana

1/2 medium (7" to 7-7/8" long) (59g)

protein powder, vanilla

1/2 scoop (1/3 cup ea) (16g)

1. Put all ingredients (besides the maple syrup) into a food processor or blender and blend until smooth.
2. Spray some non-stick spray in a skillet and place over medium heat.
3. Pour about 1/4 cup of batter into skillet for each pancake. Cook for about 2-3 minutes then flip and cook the other side for another minute or so.
4. Top with maple syrup.
5. To store excess pancakes: wrap tightly in plastic wrap and store in the fridge for up to 2 days. Reheat in microwave.

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber

**avocados**

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Lunch 1

Eat on day 6 (or any 1 day(s))

Spiced chickpea & avocado toast

1 toast(s) - 481 cals ● 17g protein ● 22g fat ● 35g carbs ● 19g fiber



Makes 1 toast(s)

oil

1/4 tsp (1mL)

crushed red pepper

1 dash (0g)

ground cumin

1 tsp (2g)

lemon juice

1/2 tsp (3mL)

avocados, peeled & pitted

1/2 avocado(s) (101g)

chickpeas, canned, drained and rinsed

1/2 can (224g)

bread

1 slice(s) (32g)

1. Preheat oven to 400°F (200°C).
2. Toss chickpeas with oil, cumin, and a dash of salt. Place on a baking sheet and roast in the oven for 10-15 minutes, until golden.
3. Meanwhile, mash avocado in a bowl with the back of a fork. Add in lemon juice and a pinch of salt/pepper. Mash until well combined.
4. Toast bread.
5. Assemble by spreading avocado mash on the bread and top with a heaping pile of spiced chickpeas and the crushed red pepper flakes. Serve.

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



Makes 1/8 cup(s)

walnuts

2 tbsp shelled (50 halves) (13g)

1. This recipe has no instructions.

Lunch 2

Eat on day 7 (or any 1 day(s))

Vegan smashed chickpea sandwich

1 sandwich(es) - 406 cals ● 18g protein ● 15g fat ● 38g carbs ● 12g fiber



Makes 1 sandwich(es)

turmeric, ground

1 dash (0g)

coleslaw mix

4 tbsp (23g)

mustard

1 tbsp (15g)

pickles, diced

1 spears (35g)

chickpeas, canned, drained and rinsed

5 oz (142g)

vegan mayonnaise

2 tbsp (30g)

bread

2 slice(s) (64g)

1. Put the chickpeas in a bowl and mash with a potato masher or the back of a fork until mashed to your liking.
2. Mix in the pickles, mayo, mustard, turmeric, and salt/pepper to taste.
3. Spread mixture between bread and top with coleslaw mix. Serve.
4. Leftover note: Store any leftover chickpea mixture in an airtight container in the fridge. Assemble sandwich when ready to eat.

Simple kale & avocado salad

307 cals ● 6g protein ● 20g fat ● 13g carbs ● 12g fiber



kale leaves, chopped

2/3 bunch (113g)

lemon, juiced

2/3 small (39g)

avocados, chopped

2/3 avocado(s) (134g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Snacks 1

Eat on day 6 (or any 1 day(s))

Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



Makes 1 bar

protein bar (20g protein)

1 bar (50g)

1. This recipe has no instructions.

Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



Makes 1/8 cup(s)

roasted cashews

2 tbsp, halves and whole (17g)

1. This recipe has no instructions.

Snacks 2

Eat on day 7 (or any 1 day(s))

Double chocolate almond milk protein shake

167 cals ● 27g protein ● 5g fat ● 3g carbs ● 2g fiber



cocoa powder

1 tsp (2g)

water

1 cup(s) (237mL)

almond milk

1/2 cup (120mL)

protein powder, chocolate

1 scoop (1/3 cup ea) (31g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



Makes 1 slice(s)

hummus

2 1/2 tbsp (38g)

bread

1 slice (32g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Dinner 1

Eat on day 6 (or any 1 day(s))

Simple vegan chili

715 cals ● 53g protein ● 9g fat ● 80g carbs ● 27g fiber



vegetarian burger crumbles

3/8 package (12 oz) (142g)

white beans, canned, drained

3/8 15.5oz can (183g)

taco seasoning mix

3/8 packet (15g)

chili beans, with liquid

3/8 can (~16 oz) (187g)

onion, diced

3/8 small (29g)

diced tomatoes

3/8 28oz can (331g)

1. Mix the tomatoes, onion, white beans, chili beans, and taco seasoning mix in a large pot over medium heat. Bring to a boil.
 2. Reduce heat to low, mix in the burger crumbles, and continue cooking until heated through. Serve.
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Dinner 2

Eat on day 7 (or any 1 day(s))

Seitan philly vegan cheesesteak

1 sub(s) - 522 cals ● 32g protein ● 16g fat ● 59g carbs ● 4g fiber



Makes 1 sub(s)

seitan, cut into strips

3 oz (85g)

bell pepper, sliced

1/2 small (37g)

onion, chopped

1/4 medium (2-1/2" dia) (28g)

oil

1/2 tbsp (8mL)

sub roll(s)

1 roll(s) (85g)

vegan cheese, sliced

1 slice(s) (20g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



Makes 1 pear(s)

pears

1 medium (178g)

1. This recipe has no instructions.

Protein Supplement(s)

Eat on day 6, day 7 (or any 2 day(s))

Protein shake

4 1/2 scoop - 491 cal● 109g protein ● 2g fat ● 4g carbs ● 5g fiber



For single meal:

water
4 1/2 cup(s) (1067mL)
protein powder
4 1/2 scoop (1/3 cup ea) (140g)

For all 2 meals:

water
9 cup(s) (2133mL)
protein powder
9 scoop (1/3 cup ea) (279g)

- 1. This recipe has no instructions.