



# TUES, THURS & SAT



In collaboration with the registered dietitians of **WEIGHTTRAINING**  
BETTER GAINS • BETTER WORKOUTS™

FOOD	CALORIES	CARB	FAT	PROTEIN	NOTES
<b>Meal 1</b>					
<b>VEGAN PROTEIN PANCAKES*</b>	194	29.9	4	11.9	
½ mashed banana	53	13.5	0.2	0.6	Add banana and peanut butter on top.
2 TB Natural Peanut Butter	190	8	16	7	
	<b>437</b>	<b>51.4</b>	<b>20.2</b>	<b>19.5</b>	
<i>*Recipe:</i>					
½ scoop nondairy vanilla protein powder	85	9.5	0.8	10	Mix ingredients and add water until you get a thick consistency, about ¼ cup.
1 TBS psyllium husk	16	4	0	0	
1 TBS ground flax seed	37	2	3	1.3	
½ mashed banana	53	13.5	0.2	0.6	
½ tsp of ground cinnamon	3	0.9	0	0	
<b>Meal 2</b>					
1 medium apple	93	24.7	0.3	0.5	
2 TB almond butter	200	6.8	18.8	4.8	Can sub peanut butter for almond butter
	<b>293</b>	<b>31.5</b>	<b>19.1</b>	<b>5.3</b>	
<b>Meal 3</b>					
3.5 oz tempeh	196	9.4	11.4	18.2	
medium baked sweet potato	100	24	0	2	
1 cup roasted cauliflower	30	5	0.6	2.3	
	<b>326</b>	<b>38.4</b>	<b>12</b>	<b>22.5</b>	
<b>Meal 4</b>					
1 serving vanilla soy protein powder	170	19	1.5	20	
<b>Meal 5</b>					
<b>Tofu &amp; Veggies over Spaghetti Squash</b>					
3 oz. firm tofu	120	3.6	7.4	13.4	Cook tofu and zucchini. Bake squash. Mix chicken and zucchini with marinara sauce, then eat over squash.
1 cup baked spaghetti squash	42	10	0.4	1	
1 cup zucchini, sliced	29	7.1	0	1.2	
1/2 tbs of extra-virgin olive oil	60	0	7	0	
1/2 RAW MARINARA SAUCE RECIPE*	102	23.9	0.95	3.6	
	<b>353</b>	<b>44.6</b>	<b>15.75</b>	<b>19.2</b>	
<i>*RAW MARINARA SAUCE RECIPE:</i>					
3 roma tomatoes	49	10.7	0.5	2.4	Blend ingredients to make sauce. Use less basil, if desired.
12pieces sun dried tomatoes	62	13.4	0.7	3.4	
1 clove of garlic	4	1	0	0.2	
5 fresh basil leaves	1	0.1	0	0	
1/2 TBS of oregano	22	4.6	0.7	0.8	
1 dates (medjool)	66	18	0	0.4	
	204	47.8	1.9	7.2	
<b>TOTAL</b>	<b>1579</b>	<b>209.9</b>	<b>60.85</b>	<b>89.5</b>	
		53%	35%	23%	