



SUNDAY MEALS

Please tweet @Blogilates and @WeightTraining if you have any questions about your meal plan! Good luck!

In collaboration with the registered dietitians of **WEIGHT TRAINING**
better dots = better workouts™

FOOD	CALORIES	CARB	FAT	PROTEIN	NOTES	
Meal 1						
Scrambled Tofu					Remove moisture from tofu, then crumble. Cook all ingredients together.	
½ cup fresh mushrooms	8	1.1	0	1.1		
1 tomato	16	3.6	0.2	0.8		
1 clove garlic, minced	4	1	0	0.2		
1 cup spinach	7	1.1	0.1	0.9		
½ lb of crumbled extra firm tofu	207	4.6	13.3	22.5		
¼ tsp soy sauce						
½ tsp lemon juice						
salt & pepper to taste						
	242	11.4	13.6	25.5		
Meal 2						
¼ cup Seapoint Farms Edamame, dry roasted, lightly salted	130	10	4	14	can sub with steamed edamame	
½ cup pineapple	40	11	0	0.5		
	170	22	4	14.5		
Meal 3						
ALMOND BUTTER & BANANA SMOOTHIE						
2 TB almond butter	200	6.8	18.8	4.8	Can also sub peanut butter for almond butter. can sub with hemp, brown rice protein powder etc.	
1/2 medium Banana	53	13.5	0.2	0.6		
1 serving vanilla soy protein powder	170	19	1.5	20		
1/2 cup almond milk	30	4	1.3	0.5		
	453	43.3	21.8	25.9		
Meal 4						
1 cup Carrots	50	12	0.5	1		
½ cup hummus	135	12	8	6.5		
	185	24	8.5	7.5		
Meal 5						
Black Bean Burger*	183.1	19.85	5.4	14.05	Follow HEALTHY CHEESEBURGER RECIPE but use vegan patty recipe instead of beef patty. Put all ingredients in a food processor and pulse until combined, 2 to 3 minutes. Form into 4 patties	
Sweet potato fries (medium sweet potato)	100	24	0	2		
Dessert:						
ALL NATURAL BANANA ICE CREAM*	120	26.9	0.4	1.3		
	403.1	70.75	5.8	17.35		
*Vegan Patty Recipe: Makes 4 servings						
1 1/2 cups black beans	341	64.2	1.4	22.9		
1/2 yellow bell pepper, sliced	12	2.7	0	0.5		
1/3 cup roughly chopped red onion	22	5.3	0	0.5		
3/4 cup shredded carrot	34	7.9	0.2	0.8		
1/3 cup dry quick-cooking oats	101	18.1	1.7	3.5		
2 1/2 tsp extra virgin olive oil	99	0	11.2	0		
1/2 tsp cumin						
*ALL NATURAL BANANA ICE CREAM RECIPE:						
1 banana	105	26.9	0.4	1.3	DIRECTIONS: Take your overripe banana, peel, and cut into small chunks or coins. Then freeze. Once frozen, whip out your food processor and blend it all up for a few minutes. Keep scraping down as it may get stuck. That's it! You've got a sweet and custardy treat that seriously tastes like ice cream!	
Banana peel	unknown					
Read more at http://www.blogilates.com/recipe-index/1-ingredient-all-natural-banana-ice-cream#uQqXluYujpfZC2xA.99						
TOTAL	1453.1	171.45	53.7	90.75		
		47%	33%	25%		