



WEEK 9: MON, WED, FRI



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

In collaboration with the registered dietitians of **WEIGHTTRAINING.COM**
better dots = better workouts

FOOD	CALORIES	CARB	FAT	PROTEIN	NOTES
Meal 1					
Oatmeal topped w/ Walnuts and Cranberries					
1 cup Oatmeal, cooked	150	25	2	6	
1/2 cup almond milk	30	4	1.3	0.5	
¼ cup handful dried cranberries	100	28	0.5	0	
1 TB Chopped Walnuts	50	1	5	1	
1/2 serving vanilla soy protein powder	85	9.5	0.7	10	
	415	67.5	9.5	17.5	
Meal 2					
2 stalks of celery	16	2.7	0	0.6	Can also sub almond butter instead of peanut butter
2 TB Natural Peanut Butter	190	8	16	7	
	206	10.7	16	7.6	
Meal 3					
Tofu Cranberry Apple Salad					
4 oz. tofu	144	4.2	8.7	15.7	
1 cup fresh spinach	14	2.2	0	1.7	
2 TB slivered almonds	78	3	7	3	
2 TB dried cranberries	49	12	0	0	
1 medium apple, chopped	93	24.7	0.3	0.5	
1 TB toasted sesame seeds	52	2	4	2	
1 TB chopped onion	4	1	0	0	
2 TB balsamic vinegar	28	5.4	0	0.2	
	462	54.5	20	23.1	
Meal 4					
1 serving vanilla soy protein powder	170	19	1.5	20	
Meal 5					
3.5 oz tempeh	196	9.4	11.4	18.2	
1 tbsp olive oil	119	0	13.5	0	
6 spears of roasted asparagus	20	3.7	0.2	2.4	
1 cup roasted cauliflower	29	5.1	0.6	2.3	
	364	18.2	25.7	22.9	
TOTAL	1617	169.9	72.7	91.1	
		42%	40%	23%	



TUES, THURS & SAT



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FOOD	CALORIES	CARB	FAT	PROTEIN	NOTES
Meal 1					
1 cup quinoa	222	39.4	3.6	8.1	Cook quinoa, and then add toppings.
1 tsp cinnamon + more for sprinkling					
1 tsp vanilla extract	12	0.5	0	0	
1/4 cup unsweetened applesauce	26	6.9	0	0	
1/4 cup warmed almond milk for drizzling	15	2	0.6	0.3	
1 serving EAS vanilla soy protein powder	85	9.5	0.7	10	
1/2 gala apple, peeled and diced	42	11.2	0	0.2	
1 TB pecans, chopped	47	0.9	4.9	0.6	
	449	70.4	9.8	19.2	
Meal 2					
6 oz. plain soy yogurt	157	26.2	3	6	Mix together.
1 TBS sugarfree strawberry jam (optional)	10	0	2	0	
1 TBS unsalted sunflower seeds	55	5	2	2	
	222	31.2	7	8	
Meal 3					
Tofu and Veggie Stir-Fry					(use Pam cooking spray instead of oil)
4 oz. tofu	144	4.2	8.7	15.7	
1/2 cup vegetable broth	8	0.5	0	1.6	
1 cup Broccoli	60	11	0	4	
1 cup carrots	30	6	0	1	
1/2 cup sliced onion	50	11	0	2	
1/2 cup sliced green/red peppers	20	5	0	1	
1/2 cup brown rice	85	18	0.8	2	
	397	55.7	9.5	27.3	
Meal 4					
1 serving vanilla soy protein powder	170	19	1.5	20	
Meal 5					
ITALIAN TVP					
1/4 cup textured vegetable protein	80	7	0	12	
1 cup spinach	10	1	0	1	
1 bell pepper	35	7.5	0.5	1.5	
1 cup mushrooms	15	2.5	0	2	
1/4 cup soy cheese	70	3	4	7	
3/4 cup marina sauce	97	14.9	2.9	2.8	
	307	35.9	7.4	26.3	
TOTAL	1378	186	30.2	94.8	
		54%	20%	28%	



SUNDAY MEALS



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FOOD	CALORIES	CARB	FAT	PROTEIN	NOTES
Meal 1					
Oatmeal topped w/ Walnuts and Cranberries					
1 cup Oatmeal, cooked	150	25	2	6	
1/2 cup almond milk	30	4	1.3	0.5	
¼ cup handful dried cranberries	100	28	0.5	0	
1 TB Chopped Walnuts	50	1	5	1	
1/2 serving vanilla soy protein powder	85	9.5	0.7	10	
	415	67.5	9.5	17.5	
Meal 2					
6 oz. plain soy yogurt	157	26.2	3	6	Mix together.
1 TBS sugarfree strawberry jam (optional)	10	0	2	0	
1 TBS unsalted sunflower seeds	55	5	2	2	
	222	31.2	7	8	
Meal 3					
ALMOND BUTTER & BANANA SMOOTHIE					
1 TB almond butter	100	3.4	9.4	2.4	Can also sub peanut butter for almond butter.
1/2 medium Banana	53	13.5	0.2	0.6	
1 serving vanilla soy protein powder	170	19	1.5	20	
6 oz. plain soy yogurt	157	26.2	3	6	
	480	62.1	14.1	29	
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					
Tofu & Avocado Salad					
4 oz. tofu	144	4.2	8.7	15.7	
2 cups fresh spinach leaves	15	2	0	1.5	
½ cup tomato slices	15	3.5	0	1	
¼ avocado	80	4.5	7.5	1	
Dressing:					
1 TB extra virgin olive oil	120	0	14	0	
2 tablespoons apple cidar vinegar	0				
2 tablespoons fresh parsley, chopped	3	0.5	0	0.2	
1 tablespoon fresh lemon juice	4	1.3	0	0	
1 teaspoon dried basil	4	0.9	0	0.1	
pinch of dried oregano	3	0.6	0.1	0.1	
2 garlic cloves minced	9	2	0	0.4	
	397	19.5	30.3	20	
TOTAL	1699	204.3	69.4	82	
		48%	37%	19%	