

GET FIT MEAL PLAN

Sample Week

SUNDAY		Macros (in Grams)			
		Kcal	Protein	Carbs	Fat
Meal 1	Buddha Burger	480	10	81	11
	Side Tabbouleh Twist	170	2	16	12
Snack	Side - Guacamole	160	2	11	14
	Baked Zaatar Crackers	290	10	11	22
Meal 2	Power Bowl*	260	16	46	9
	Lentil Celery Soup	210	14	35	1
TOTAL		1570	54	200	69

MONDAY		Macros (in Grams)			
		Kcal	Protein	Carbs	Fat
Meal 1	Veggie Tofu Soba	540	20	50	32
Snack	Side - Beetroot Hummus	200	8	23	9
	Crispy Pita	140	5	29	1
Meal 2	Large Super Salad	450	10	47	26
	Pea Mint Soup	110	7	20	0.5
TOTAL		1440	50	169	68.5

TUESDAY		Macros (in Grams)			
		Kcal	Protein	Carbs	Fat
Meal 1	Burrito Wrap	660	17	107	21
Snack	Side - Vegan Cheese	200	23	16	9
	Crudités (Carrot 50g, Cucumber, 50g, Red Bell Pepper 40g, Cherry tomatoes 40g)	50	2	11	0
Meal 2	Side - Quinoa Date Salad	300	6	31	19
	Summer Rolls	300	5	54	5
TOTAL		1510	53	219	54

WEDNESDAY		Macros (in Grams)			
		Kcal	Protein	Carbs	Fat
Meal 1	Vegan Mac'n Cheese	580	18	90	17
Snack	Vegan Tzatziki	120	6	7	8
	Raw Crackers	220	8	9	18
Meal 2	Cauliflower Power	300	8	19	23
	Side – Quinoa (150g)	180	7	32	3
TOTAL		1400	47	157	69

THURSDAY		Macros (in Grams)			
		Kcal	Protein	Carbs	Fat
Meal 1	Miso Tofu Bowl with Brown Rice	390	15	67	6
	Roast Bell Pepper Soup	250	5	16	20
Snack	Side - Vegan Cheese	200	23	16	9
	Crispy Pita	140	5	29	1
Meal 2	Zucchini Marinara with vegan meatball	160	7	32	1.5
	Side Avocado Salad	340	3	14	32
TOTAL		1480	58	174	69.5

*Romaine Lettuce 50g, Cauliflower Rice 80g, Roasted chickpeas 35g, Avocado