

TRANSFORM MEAL PLAN

Sample Week

| SUNDAY | | | | | |
|--------------|---------------------------------|-------------------|-----------|------------|-----------|
| | | Macros (in Grams) | | | |
| | | Kcal | Protein | Carbs | Fat |
| Meal 1 | Veggie Tofu Soba | 540 | 20 | 50 | 32 |
| Snack | Side - Guacamole | 160 | 2 | 11 | 14 |
| | Baked Zaatar Crackers | 290 | 10 | 11 | 22 |
| Meal 2 | Buddha Burger with Lettuce Wrap | 300 | 11 | 51 | 8 |
| | Large Fattoush | 240 | 4 | 19 | 19 |
| TOTAL | | 1530 | 47 | 142 | 95 |

| MONDAY | | | | | |
|--------------|------------------------|-------------------|-----------|------------|-------------|
| | | Macros (in Grams) | | | |
| | | Kcal | Protein | Carbs | Fat |
| Meal 1 | Okra Stew | 80 | 5 | 15 | 1 |
| | Side - Brown Rice | 220 | 5 | 47 | 1.5 |
| Snack | Side - Beetroot Hummus | 200 | 8 | 23 | 9 |
| | Crispy Pita | 140 | 5 | 29 | 1 |
| Meal 2 | Vegan Shawerma | 530 | 12 | 74 | 23 |
| | Side Fattoush | 180 | 3 | 10 | 16 |
| TOTAL | | 1350 | 38 | 198 | 51.5 |

| TUESDAY | | | | | |
|--------------|------------------------|-------------------|-----------|------------|-------------|
| | | Macros (in Grams) | | | |
| | | Kcal | Protein | Carbs | Fat |
| Meal 1 | Butternut Squash Curry | 420 | 8 | 30 | 31 |
| | Side - Brown Rice | 220 | 5 | 47 | 1.5 |
| Snack | Side - Vegan Cheese | 200 | 23 | 16 | 9 |
| | Raw Crackers | 220 | 8 | 9 | 18 |
| Meal 2 | Power Bowl * | 260 | 16 | 46 | 9 |
| TOTAL | | 1320 | 60 | 148 | 68.5 |

| 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 | Side - Quinoa Date Salad | 300 | 6 | 31 | 19 |
| | Carrot Mint Soup | 200 | 3 | 19 | 14 |
| TOTAL | | 1420 | 41 | 156 | 76 |

| THURSDAY | | | | | |
|--------------|--------------------------------|-------------------|-----------|------------|-----------|
| | | Macros (in Grams) | | | |
| | | Kcal | Protein | Carbs | Fat |
| Meal 1 | Miso Tofu Bowl with Brown Rice | 390 | 15 | 67 | 6 |
| Snack | Summer Roll | 300 | 5 | 54 | 5 |
| | Burrito Bowl | 370 | 10 | 54 | 15 |
| Meal 2 | Roast Bell Pepper Soup | 250 | 5 | 16 | 20 |
| TOTAL | | 1310 | 35 | 191 | 46 |

*Romaine Lettuce 50g, Cauliflower Rice 80g, Roasted chickpeas 35g, Avocado 25g, Celery 30g, Carrot 30g, pan grilled cherry tomatoes 30g, Mushroom 30g Tofu 50g, green olives 3g, sunflower seeds 3g