

5 DAY MEAL PLAN

MONDAY

BREAKFAST

Steel-cut oatmeal with soy milk, any fruit, agave.

LUNCH

Tofu scramble, roasted sweet potatoes, brown rice.

DINNER

Gluten-free pasta, tomato sauce, and roasted veggies.

TUESDAY

BREAKFAST

Banana ice cream, agave, and coconut sugar, stevia to taste.

LUNCH

Burrito with beans, potatoes, rice, lettuce, and tomato.

DINNER

Tofu barbecue with garlic fried rice, and a side of roasted veg.

WEDNESDAY

BREAKFAST

Steel-cut oatmeal with soy milk, any fruit, agave.

LUNCH

Tofu scramble, roasted sweet potatoes, brown rice.

DINNER

Gluten-free pasta, tomato sauce, and roasted veggies.

THURSDAY

BREAKFAST

Banana ice cream, agave, and coconut sugar, stevia to taste.

LUNCH

Burrito with beans, potatoes, rice, lettuce, and tomato.

DINNER

Tofu barbecue with garlic fried rice, and a side of roasted veg.

FRIDAY

BREAKFAST

Steel-cut oatmeal with soy milk, any fruit, agave.

LUNCH

Tofu scramble, roasted sweet potatoes, brown rice.

DINNER

Gluten-free pasta, tomato sauce, and roasted veggies.

A 5-day meal plan, good for supporting a weight-lifting fitness regime.