

A person stands with their back to the camera, arms raised in a wide 'V' shape, standing in a field of tall, golden-brown grass. In the background, there are rolling hills under a bright sky with a large, vibrant rainbow arching over the scene. The overall mood is one of freedom, achievement, and natural beauty.

# — COMMITTED — COACHES

## 5 X 5 GUIDE

Simple combinations of  
the right foods at the  
right times in the right  
amounts

# 5x5 MEAL GUIDE

So in our experience a meal plan never works long term. The simple reason for this is because when life happens (and it will happen) and you have to go off plan we then open ourselves up to the on / off diet mentality... “Well if I can’t stick to the XYZ plan then I might as well go crazy!!”

So this document is not a meal plan, but it is a collection of simple combinations of:

**The Right Foods:** The right kind of carbs, protein and healthy fats.

**The Right Times:** Starchy & simple carbs earlier in the day, fibrous carbs from midday onwards.

**The Right amounts:** A fist of starchy and / or simple carbs, no limit on fibrous carbs, a palm of protein, a thumb of fat!

To give you a visual overview this is how your meals should look over the day:

<b>Meal 1</b>	PROTEIN <input type="text"/>	+	STARCHY CARB <input type="text"/>	AND /OR AND /OR	SIMPLE CARB <input type="text"/>	+	HEALTHY FAT <input type="text"/>		
<b>Meal 2</b>	PROTEIN <input type="text"/>	+	STARCHY CARB <input type="text"/>	AND /OR AND /OR	SIMPLE CARB <input type="text"/>	+	HEALTHY FAT <input type="text"/>		
<b>Meal 3</b>	PROTEIN <input type="text"/>	+	STARCHY CARB <input type="text"/>	AND /OR AND /OR	SIMPLE CARB <input type="text"/>	+	FIBROUS CARB <input type="text"/>	+	HEALTHY FAT <input type="text"/>
<b>Meal 4</b>	PROTEIN <input type="text"/>	+	FIBROUS CARB <input type="text"/>	+	HEALTHY FAT <input type="text"/>				
<b>Meal 5</b>	PROTEIN <input type="text"/>	+	FIBROUS CARB <input type="text"/>	+	HEALTHY FAT <input type="text"/>				

In this guide we have broken down the main dietary choices we see (but obviously it would be impossible to be completely exhaustive so if you need some extra guidance let us know) and given you 5 options for each of the 5 meals. These aren’t fancy recipes, but this allows you to flavor, cook and create as you wish!

Each one of these recipes are logged within our app too, if you hit the discover button then search for the name as listed in **black and bold** you will be able to add the meal and skip adding the individual components!

# GENERAL

## MEAL 1

### Peanut Butter Banana Smoothie

**SIMPLE CARB:** Banana

**PROTEIN:** Protein Powder

**HEALTHY FAT:** Nut Butter

**NOTES:** Water + Ice, then add to blender

### Blueberry & Peanut Porridge

**STARCHY CARB:** Oatmeal (½ portion)

**SIMPLE CARB:** Blueberries (½ portion)

**PROTEIN:** Protein Powder

**HEALTHY FAT:** Chopped nuts

**NOTES:** Cook with water, add protein powder when heated

### Strawberries, Cottage Cheese & Pistachios

**SIMPLE CARB:** Strawberries

**PROTEIN:** Low Fat Cottage Cheese

**HEALTHY FAT:** Pistachios

**NOTES:** Mix together and go

### Potatoes & Eggs

**STARCHY CARB:** Potatoes

**PROTEIN:** Eggs

**HEALTHY FAT:** Eggs, small amount of oil for cooking

### High Fiber Cereal, Milk & Cashews

**STARCHY CARB:** High Fiber Cereal

**PROTEIN:** Low Fat Milk

**HEALTHY FAT:** Cashews

## MEAL 2

### Almond Butter & Apple

**SIMPLE CARB:** Apple

**PROTEIN:** Almond Butter

**HEALTHY FAT:** Almond Butter

### Berries, Nuts & Greek Yogurt

**SIMPLE CARB:** Sliced Berries

**PROTEIN:** Greek Yogurt (Low Fat)

**HEALTHY FAT:** Nuts

### Sliced Peaches, Cottage Cheese & Pistachios

**SIMPLE CARB:** Sliced Peaches

**PROTEIN:** Cottage Cheese (Low Fat)

**HEALTHY FAT:** Pistachios

### Almond Butter & Brown Rice Cake

**STARCHY CARB:** Brown Rice Cakes

**PROTEIN:** Nut Butter

**HEALTHY FAT:** Nut Butter

### Popcorn & Nuts

**STARCHY CARB:** Popcorn

**PROTEIN:** Nuts

**HEALTHY FAT:** Nuts

## MEAL 3

### Chicken, Quinoa & Asparagus

**STARCHY CARB:** Quinoa

**FIBROUS CARB:** Asparagus

**PROTEIN:** Chicken Breast

**HEALTHY FAT:** Olive Oil

### Chicken, Brown Rice & Mixed Vegetables

**STARCHY CARB:** Brown Rice

**FIBROUS CARB:** Mixed Vegetables (Bell Pepper, Broccoli, Onion)

**PROTEIN:** Chicken Breast

**HEALTHY FAT:** Olive Oil

**NOTES:** Stir fry all

### Fish, Sweet Potato, Broccoli & Salsa

**STARCHY CARB:** Sweet Potato

**FIBROUS CARB:** Broccoli, Salsa (Tomatoes, Onions, Coriander)

**PROTEIN:** Fish (Cod, Halibut, Sea Bass)

**HEALTHY FAT:** Coconut Oil

**NOTES:** Grill fish

### Fish, Corn On The Cob & Brussel Sprouts

**STARCHY CARB:** Corn On The Cob

**FIBROUS CARB:** Brussel Sprouts

**PROTEIN:** Fish (Cod, Halibut, Sea Bass)

**HEALTHY FAT:** Olive Oil

**NOTES:** Fish with lemon and dill to serve

### Turkey, Mustard & Vegetable Sandwich

**STARCHY CARB:** Bread (Whole Grain or Sprouted)

**FIBROUS CARB:** Romaine Lettuce, Tomato

**PROTEIN:** Turkey (Sliced)

**HEALTHY FAT:** Mustard

## MEAL 4

### Cottage Cheese, Hummus & Vegetable Sticks

**FIBROUS CARB:** Cucumber / Celery / Carrot Sticks

**PROTEIN:** Cottage Cheese (low fat)

**HEALTHY FAT:** Hummus

**NOTES:** Mix cottage cheese and hummus together

### Greek Yogurt, Pistachios & Mixed Vegetables

**FIBROUS CARB:** Mixed Vegetables (Zucchini, Cucumber, Tomatoes, Bell Pepper)

**PROTEIN:** Greek Yogurt (Low Fat)

**HEALTHY FAT:** Pistachios

### Tomato, Mozzarella & Basil

**FIBROUS CARB:** Tomatoes

**PROTEIN:** Mozzarella

**HEALTHY FAT:** Mozzarella

### Cottage Cheese, Tomatoes & Nuts

**FIBROUS CARB:** Diced Tomato

**PROTEIN:** Cottage Cheese (Low Fat)

**HEALTHY FAT:** Nuts

### Turkey, Cheese & Pickle Roll-Up

**FIBROUS CARB:** Pickle Or Cucumber

**PROTEIN:** Turkey Or Chicken Lunch Meat

**HEALTHY FAT:** String Cheese

**NOTES:** Make a wrap using the lunch meat to wrap the pickle and cheese



## MEAL 5

### Turkey, Cauliflower & Onion

**FIBROUS CARB:** Cauliflower, Onion

**PROTEIN:** Turkey

**HEALTHY FAT:** Olive Oil

**NOTES:** Grill cauliflower

### Chicken, Vegetable & Lettuce Wraps

**FIBROUS CARB:** Mixed Vegetables (Onions, Watercress, Grated Carrots), Lettuce

**PROTEIN:** Chicken Breast

**HEALTHY FAT:** Olive Oil / Peanut Oil

**NOTES:** Lettuce as wraps

### Steak, Mushrooms & Onions

**FIBROUS CARB:** Mushrooms, Onions (and any other fibrous carbs)

**PROTEIN:** Steak (Extra Lean)

**HEALTHY FAT:** Olive Oil

### Salmon & Green Beans

**FIBROUS CARB:** Green Beans

**PROTEIN:** Salmon

**HEALTHY FAT:** Salmon

**NOTES:** Grill Salmon

### Scallops, Cashews & Mixed Vegetables

**FIBROUS CARB:** Mixed Vegetables (Broccoli, Snow Peas, Beans)

**PROTEIN:** Scallops

**HEALTHY FAT:** Cashews

# PESCATARIAN (FISH & DAIRY)

## MEAL 1

### Peanut Butter Banana Smoothie

**SIMPLE CARB:** Banana

**PROTEIN:** Protein Powder

**HEALTHY FAT:** Nut Butter

**NOTES:** Water + Ice, then add to blender

### Blueberry & Peanut Porridge

**STARCHY CARB:** Oatmeal (½ portion)

**SIMPLE CARB:** Blueberries (½ portion)

**PROTEIN:** Protein Powder

**HEALTHY FAT:** Chopped nuts

**NOTES:** Cook with water, add protein powder when heated

### Strawberries, Cottage Cheese & Pistachios

**SIMPLE CARB:** Strawberries

**PROTEIN:** Low Fat Cottage Cheese

**HEALTHY FAT:** Pistachios

**NOTES:** Mix together and go

### Potatoes & Eggs

**STARCHY CARB:** Potatoes

**PROTEIN:** Eggs

**HEALTHY FAT:** Eggs, small amount of oil for cooking

### High Fiber Cereal, Milk & Cashews

**STARCHY CARB:** High Fiber Cereal

**PROTEIN:** Low Fat Milk

**HEALTHY FAT:** Cashews



## MEAL 2

### Almond Butter & Apple

**SIMPLE CARB:** Apple

**PROTEIN:** Almond Butter

**HEALTHY FAT:** Almond Butter

### Berries, Nuts & Greek Yogurt

**SIMPLE CARB:** Sliced Berries

**PROTEIN:** Greek Yogurt (Low Fat)

**HEALTHY FAT:** Nuts

### Sliced Peaches, Cottage Cheese & Pistachios

**SIMPLE CARB:** Sliced Peaches

**PROTEIN:** Cottage Cheese (Low Fat)

**HEALTHY FAT:** Pistachios

### Almond Butter & Brown Rice Cake

**STARCHY CARB:** Brown Rice Cakes

**PROTEIN:** Nut Butter

**HEALTHY FAT:** Nut Butter

### Popcorn & Nuts

**STARCHY CARB:** Popcorn

**PROTEIN:** Nuts

**HEALTHY FAT:** Nuts

## MEAL 3

### Fish Tacos & Salsa

**STARCHY CARB:** Whole Wheat Tortilla

**FIBROUS CARB:** Cabbage, Tomato, Onion (Chopped = Salsa)

**PROTEIN:** Fish (Cod, Halibut, Sea Bass)

**HEALTHY FAT:** Avocado

**NOTES:** Prepare as tacos!

### Tofu, Brown Rice & Vegetables

**STARCHY CARB:** Brown Rice

**FIBROUS CARB:** Mixed Vegetables (Bell Pepper, Broccoli, Onion)

**PROTEIN:** Tofu

**HEALTHY FAT:** Olive Oil

**NOTES:** Stir fry all

### Tempeh, Sweet Potato & Mixed Vegetables

**STARCHY CARB:** Sweet Potato

**FIBROUS CARB:** Broccoli, Salsa (Tomatoes, Onions, Coriander)

**PROTEIN:** Tempeh or Seitan

**HEALTHY FAT:** Coconut Oil

**NOTES:** Grill fish

### Fish, Cous Cous & Mixed Vegetables

**STARCHY CARB:** Cous Cous

**SIMPLE CARB:** -

**FIBROUS CARB:** Broccoli, Salsa (Tomatoes, Onions, Coriander)

**PROTEIN:** Fish (Cod, Halibut, Sea Bass)

**HEALTHY FAT:** Coconut Oil

**NOTES:** Grill fish

### Egg & Salad Sandwich

**STARCHY CARB:** Bread (Whole Grain or Sprouted)

**FIBROUS CARB:** Romaine Lettuce, Tomato

**PROTEIN:** Boiled eggs, sliced

**HEALTHY FAT:** Mustard

## MEAL 4

### Cottage Cheese, Hummus & Vegetable Sticks

**FIBROUS CARB:** Cucumber / Celery / Carrot Sticks

**PROTEIN:** Cottage Cheese (low fat)

**HEALTHY FAT:** Hummus

**NOTES:** Mix cottage cheese and hummus together

### Greek Yogurt, Pistachios & Mixed Vegetables

**FIBROUS CARB:** Mixed Vegetables (Zucchini, Cucumber, Tomatoes, Bell Pepper)

**PROTEIN:** Greek Yogurt (Low Fat)

**HEALTHY FAT:** Pistachios

### Tomato, Mozzarella & Basil

**FIBROUS CARB:** Tomatoes

**PROTEIN:** Mozzarella

**HEALTHY FAT:** Mozzarella

### Cottage Cheese, Tomatoes & Nuts

**FIBROUS CARB:** Diced Tomato

**PROTEIN:** Cottage Cheese (Low Fat)

**HEALTHY FAT:** Nuts

### Red Pepper, Cottage Cheese & Feta Boats

**FIBROUS CARB:** Red Pepper

**PROTEIN:** Cottage Cheese (Low Fat)

**HEALTHY FAT:** Feta

**NOTES:** Make boats out of these, slice the peppers so it can hold the cottage cheese, feta and top with "everything" seasoning

## MEAL 5

### Shrimp & Mixed Vegetable Lettuce Wraps

**FIBROUS CARB:** Mixed Vegetables (Bell Pepper, Broccoli, Onion, Water Chestnuts), Lettuce

**PROTEIN:** Shrimp

**HEALTHY FAT:** Olive Oil

**NOTES:** Lettuce as wraps

### Tofu & Mixed Vegetable Lettuce Wraps

**FIBROUS CARB:** Mixed Vegetables (Onions, Watercress, Grated Carrots), Lettuce

**PROTEIN:** Tofu, Tempeh or Seitan

**HEALTHY FAT:** Olive Oil / Peanut Oil

**NOTES:** Lettuce as wraps

### Scallops, Cashews & Mixed Vegetables

**FIBROUS CARB:** Mixed Vegetables (Broccoli, Snow Peas, Beans)

**PROTEIN:** Scallops

**HEALTHY FAT:** Cashews

### Salmon & Green Beans

**FIBROUS CARB:** Green Beans

**PROTEIN:** Salmon

**HEALTHY FAT:** Salmon

**NOTES:** Grill Salmon

### Fish & Artichoke Heart Mixed Salad

**FIBROUS CARB:** Mixed Green Salad, Artichoke Hearts

**PROTEIN:** Fish (Cod, Halibut, Sea Bass)

**HEALTHY FAT:** Balsamic Vinaigrette

# VEGETARIAN (EGGS, DAIRY)

## MEAL 1

### Peanut Butter Banana Smoothie

**SIMPLE CARB:** Banana

**PROTEIN:** Protein Powder

**HEALTHY FAT:** Nut Butter

**NOTES:** Water + Ice, then add to blender

### Blueberry & Peanut Porridge

**STARCHY CARB:** Oatmeal (½ portion)

**SIMPLE CARB:** Blueberries (½ portion)

**PROTEIN:** Protein Powder

**HEALTHY FAT:** Chopped nuts

**NOTES:** Cook with water, add protein powder when heated

### Strawberries, Cottage Cheese & Pistachios

**SIMPLE CARB:** Strawberries

**PROTEIN:** Low Fat Cottage Cheese

**HEALTHY FAT:** Pistachios

**NOTES:** Mix together and go

### Potatoes & Eggs

**STARCHY CARB:** Potatoes

**PROTEIN:** Eggs

**HEALTHY FAT:** Eggs, small amount of oil for cooking

### High Fiber Cereal, Milk & Cashews

**STARCHY CARB:** High Fiber Cereal

**PROTEIN:** Low Fat Milk

**HEALTHY FAT:** Cashews

## MEAL 2

### Almond Butter & Apple

**SIMPLE CARB:** Apple

**PROTEIN:** Almond Butter

**HEALTHY FAT:** Almond Butter

### Berries, Nuts & Greek Yogurt

**SIMPLE CARB:** Sliced Berries

**PROTEIN:** Greek Yogurt (Low Fat)

**HEALTHY FAT:** Nuts

### Sliced Peaches, Cottage Cheese & Pistachios

**SIMPLE CARB:** Sliced Peaches

**PROTEIN:** Cottage Cheese (Low Fat)

**HEALTHY FAT:** Pistachios

### Almond Butter & Brown Rice Cake

**STARCHY CARB:** Brown Rice Cakes

**PROTEIN:** Nut Butter

**HEALTHY FAT:** Nut Butter

### Popcorn & Nuts

**STARCHY CARB:** Popcorn

**PROTEIN:** Nuts

**HEALTHY FAT:** Nuts

### MEAL 3

#### Eggs, Quinoa & Asparagus

**STARCHY CARB:** Quinoa

**FIBROUS CARB:** Asparagus

**PROTEIN:** Eggs

**HEALTHY FAT:** Eggs, small amount of oil for cooking

#### Tofu, Brown Rice & Vegetables

**STARCHY CARB:** Brown Rice

**FIBROUS CARB:** Mixed Vegetables (Bell Pepper, Broccoli, Onion)

**PROTEIN:** Tofu

**HEALTHY FAT:** Olive Oil

**NOTES:** Stir fry all

#### Tempeh, Sweet Potato & Mixed Vegetable

**STARCHY CARB:** Sweet Potato

**FIBROUS CARB:** Broccoli, Salsa (Tomatoes, Onions, Coriander)

**PROTEIN:** Tempeh or Seitan

**HEALTHY FAT:** Coconut Oil

**NOTES:** Grill fish

#### Eggs, Black Beans & Vegetable Omelet

**STARCHY CARB:** Black Beans

**FIBROUS CARB:** Peppers, Onions, Tomatoes

**PROTEIN:** Eggs

**HEALTHY FAT:** Avocado

#### Egg & Salad Sandwich

**STARCHY CARB:** Bread (Whole Grain or Sprouted)

**FIBROUS CARB:** Romaine Lettuce, Tomato

**PROTEIN:** Boiled eggs, sliced

**HEALTHY FAT:** Mustard



## MEAL 4

### Cottage Cheese, Hummus & Vegetable Sticks

**FIBROUS CARB:** Cucumber / Celery / Carrot Sticks

**PROTEIN:** Cottage Cheese (low fat)

**HEALTHY FAT:** Hummus

**NOTES:** Mix cottage cheese and hummus together

### Greek Yogurt, Pistachios & Mixed Vegetables

**FIBROUS CARB:** Mixed Vegetables (Zucchini, Cucumber, Tomatoes, Bell Pepper)

**PROTEIN:** Greek Yogurt (Low Fat)

**HEALTHY FAT:** Pistachios

### Tomato, Mozzarella & Basil

**FIBROUS CARB:** Tomatoes

**PROTEIN:** Mozzarella

**HEALTHY FAT:** Mozzarella

### Cottage Cheese, Tomatoes & Nuts

**FIBROUS CARB:** Diced Tomato

**PROTEIN:** Cottage Cheese (Low Fat)

**HEALTHY FAT:** Nuts

### Red Pepper, Cottage Cheese & Feta Boats

**FIBROUS CARB:** Red Pepper

**PROTEIN:** Cottage Cheese (Low Fat)

**HEALTHY FAT:** Feta

**NOTES:** Make boats out of these, slice the peppers so it can hold the cottage cheese, feta and top with "everything" seasoning

## MEAL 5

### Tofu & Vegetables

**FIBROUS CARB:** Carrots, Broccoli

**PROTEIN:** Tofu, Tempeh or Seitan

**HEALTHY FAT:** Olive Oil

### Tofu & Mixed Vegetable Lettuce Wraps

**FIBROUS CARB:** Mixed Vegetables (Onions, Watercress, Grated Carrots), Lettuce

**PROTEIN:** Tofu, Tempeh or Seitan

**HEALTHY FAT:** Olive Oil / Peanut Oil

**NOTES:** Lettuce as wraps

### Veggie Omelette

**FIBROUS CARB:** Bell Peppers, Onions, Mushrooms

**PROTEIN:** Eggs

**HEALTHY FAT:** Omelette

### Tofu, Cashew & Mixed Vegetables

**FIBROUS CARB:** Mixed Vegetables (Green Beans, Jicama, Okra, Celery)

**PROTEIN:** Tofu

**HEALTHY FAT:** Cashews

**NOTES:** Add Tumeric, Garlic, Onion, Salt, Pepper to Tofu to taste.

### Scrambled Eggs & Vegetables

**FIBROUS CARB:** Mixed Vegetables

**PROTEIN:** Eggs

**HEALTHY FAT:** Butter

# VEGAN

## MEAL 1

### **Peanut Butter & Banana Smoothie**

**SIMPLE CARB:** Banana

**PROTEIN:** Vegan Protein Powder

**HEALTHY FAT:** Nut Butter

**NOTES:** Water + Ice, then add to blender

### **Blueberry & Peanut Porridge**

**STARCHY CARB:** Oatmeal (½ portion)

**SIMPLE CARB:** Blueberries (½ portion)

**PROTEIN:** Protein Powder

**HEALTHY FAT:** Chopped nuts

**NOTES:** Cook with water, add protein powder when heated

### **Butternut Squash, Tofu & Pumpkin Seeds**

**STARCHY CARB:** Butternut Squash

**PROTEIN:** Scrambled Tofu

**HEALTHY FAT:** Pumpkin Seeds

**NOTES:** Break tofu into pan, season with tumeric, garlic, onion powder, salt and pepper

### **Scrambled Tofu & Potatoes**

**STARCHY CARB:** Potatoes

**PROTEIN:** Tofu, Seitan or Tempeh

**HEALTHY FAT:** Oil for cooking

### **Scrambled Tofu, Black Beans & Salsa**

**STARCHY CARB:** Black Beans

**FIBROUS CARB:** Fresh Salsa (Tomatoes, Onions, Cilantro, Salt, Pepper, Lime)

**PROTEIN:** Scrambled Tofu

**HEALTHY FAT:** Seeds

**NOTES:** Break tofu into pan, season with tumeric, garlic, onion powder, salt and pepper

## MEAL 2

### Almond Butter & Apple

**SIMPLE CARB:** Apple

**PROTEIN:** Almond Butter

**HEALTHY FAT:** Almond Butter

### Sliced Berries & Nuts

**SIMPLE CARB:** Sliced Berries

**PROTEIN:** Nuts

**HEALTHY FAT:** Nuts

### Tofu, Quinoa & Pistachios.

**STARCHY CARB:** Quinoa

**PROTEIN:** Tofu

**HEALTHY FAT:** Pistachios

### Almond Butter & Brown Rice Cake

**STARCHY CARB:** Brown Rice Cakes

**PROTEIN:** Almond Butter

**HEALTHY FAT:** Almond Butter

### Popcorn & Nuts

**STARCHY CARB:** Popcorn

**PROTEIN:** Nuts

**HEALTHY FAT:** Nuts

### MEAL 3

#### **Tofu, Quinoa & Asparagus**

**STARCHY CARB:** Quinoa

**FIBROUS CARB:** Asparagus

**PROTEIN:** Tofu, Tempeh or Seitan

**HEALTHY FAT:** Oil for cooking

#### **Tofu, Brown Rice & Vegetables**

**STARCHY CARB:** Brown Rice

**FIBROUS CARB:** Mixed Vegetables (Bell Pepper, Broccoli, Onion)

**PROTEIN:** Tofu, Tempeh or Seitan

**HEALTHY FAT:** Olive Oil

**NOTES:** Stir fry all

#### **Beans, Sweet Potato, Broccoli & Salsa**

**STARCHY CARB:** Sweet Potato

**FIBROUS CARB:** Broccoli, Salsa (Tomatoes, Onions, Coriander)

**PROTEIN:** Beans

**HEALTHY FAT:** Coconut Oil

#### **Tempeh, Brussel Sprouts & Corn**

**STARCHY CARB:** Corn On The Cob

**FIBROUS CARB:** Brussel Sprouts

**PROTEIN:** Tempeh or Seitan

**HEALTHY FAT:** Olive Oil

#### **Tofu, Mustard & Salad Sandwich.**

**STARCHY CARB:** Bread (Whole Grain or Sprouted)

**FIBROUS CARB:** Romaine Lettuce, Tomato

**PROTEIN:** Tofu

**HEALTHY FAT:** Mustard, Mayonnaise

**NOTES:** Mash tofu with mustard and mayo

## MEAL 4

### Tofu, Hummus & Vegetable Sticks

**FIBROUS CARB:** Cucumber / Celery / Carrot Sticks

**PROTEIN:** Tofu

**HEALTHY FAT:** Hummus

**NOTES:** Mash tofu, mix this and hummus together

### Mixed Vegetables & Pistachios

**FIBROUS CARB:** Mixed Vegetables (Zucchini, Cucumber, Tomatoes, Bell Pepper)

**PROTEIN:** Pistachios

**HEALTHY FAT:** Pistachios

### Celery & Peanut Butter Sticks

**FIBROUS CARB:** Cucumber / Celery / Carrot Sticks

**PROTEIN:** Nut Butter

**HEALTHY FAT:** Nut Butter

### Grilled Asparagus & Sunflower Seeds

**FIBROUS CARB:** Grilled Asparagus

**PROTEIN:** Sunflower Seeds

**HEALTHY FAT:** Sunflower Seeds

### Tofu, Sesame Oil & Green Beans

**FIBROUS CARB:** Green Beans

**PROTEIN:** Tofu

**HEALTHY FAT:** Sesame Oil

## MEAL 5

### Tofu & Vegetables

**FIBROUS CARB:** Broccoli, Carrots

**PROTEIN:** Tofu, Tempeh or Seitan

**HEALTHY FAT:** Olive Oil

### Tofu & Mixed Vegetable Lettuce Wraps

**FIBROUS CARB:** Mixed Vegetables (Onions, Watercress, Grated Carrots), Lettuce

**PROTEIN:** Tofu, Tempeh or Seitan

**HEALTHY FAT:** Olive Oil / Peanut Oil

**NOTES:** Lettuce as wraps

### Quinoa, Mushrooms, Onions & Nuts

**FIBROUS CARB:** Mushrooms, Onions (and any other fibrous carbs)

**PROTEIN:** Quinoa

**HEALTHY FAT:** Nuts

### Tofu, Cashew & Mixed Vegetables

**FIBROUS CARB:** Mixed Vegetables (Green Beans, Jicama, Okra, Celery)

**PROTEIN:** Tofu

**HEALTHY FAT:** Cashews

**NOTES:** Add Tumeric, Garlic, Onion, Salt, Pepper to Tofu to taste.

### Scrambled Tofu & Vegetables

**FIBROUS CARB:** Mixed Vegetables (Broccoli, Snow Peas, Beans)

**PROTEIN:** Tofu, Tempeh or Seitan

**HEALTHY FAT:** Cashews