



Your Personalized MEAL PLAN



Hi

Here's your 1-week customized meal plan, designed to fit your protein timing, competition prep, and whole-food preference.

Your Plan Includes:

3 High-Protein Meals per Day

(30-40g protein each)

Easy-to-prepare recipes (≤ 30 min)

Batch cooking options for convenience

Whole, minimally processed ingredients

Grocery list & meal prep guide



Meal Plan Strategy for Paul:

Daily Calories: 1200-1500 kcal

Protein Target: 132-150g per day

Protein Timing: ~30-40g per meal (every 2.5-3 hours)

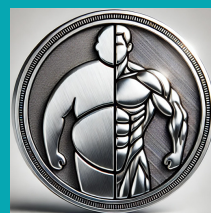
Meals Per Day: 3 solid meals + 3 small protein drinks (self-supplied)

Cooking Time: \leq 30 minutes per meal

Batch Cooking: Yes (to make meal prep easier)

Food Preference: Whole-food, plant-based, minimal processing

Budget: Premium (\$\$\$)



1-Week Vegan Bodybuilding Meal Plan (1200-1500 kcal) (Portions optimized for your protein intake needs and easy prep.)

Paul's 1-Week Meal Plan

Each meal will be **high-protein, balanced, and whole-food based** with **low processing**, ensuring it fits his competition prep goals.

Daily Structure:

Time	Meal	Protein
7:30 AM	Meal #1 (Solid food)	30-40g
10:30 AM	Protein Drink #1 (Self-supplied)	30g
1:00 PM	Meal #2 (Solid food)	30-40g
3:30 PM	Protein Drink #2 (Self-supplied)	30g
6:00 PM	Meal #3 (Solid food)	30-40g
8:30 PM	Protein Drink #3 (Self-supplied)	30g



Day 1

Breakfast: Tempeh Scramble with Spinach & Mushrooms + Quinoa (40g protein)

Lunch: Lentil & Tofu Power Bowl (Lentils, grilled tofu, kale, avocado, tahini) (40g protein)

Dinner: Seitan & Chickpea Stir-fry with Broccoli & Brown Rice (40g protein)



Day 2

Breakfast: Tofu

Pancakes (Oats, blended
tofu, vanilla, flaxseeds) +
Soy Yogurt (40g
protein)

Lunch: Quinoa & Black
Bean Buddha Bowl with
Hemp Seeds & Pumpkin
Seeds (40g protein)

Dinner: Tempeh &
Zucchini Noodles with
Spicy Peanut Sauce
(40g protein)



Day 3

Breakfast: Chia & Hemp Protein Pudding with Berries & Almond Butter (40g protein)

Lunch: Seitan Wrap with Hummus & Greens (Whole wheat wrap, grilled seitan, hummus, arugula) (40g protein)

Dinner: Miso Soup with Edamame & Brown Rice (40g protein)



Day 4

Breakfast: Tofu Scramble with Nutritional Yeast & Spinach + Quinoa (40g protein)

Lunch: Lentil Stew with Sweet Potatoes & Kale (40g protein)

Dinner: Chickpea & Seitan Stir-Fry with Cashews (40g protein)



Day 5

Breakfast: Vegan Protein Smoothie Bowl (Soy milk, pea protein, hemp seeds, banana) (40g protein)

Lunch: Tempeh & Quinoa Stuffed Peppers (40g protein)

Dinner: Chili with Black Beans, Kidney Beans, & TVP (40g protein)



Day 6

Breakfast: Lupini Beans & Avocado Toast with Sprouts (40g protein)

Lunch: Lentil & Tofu Curry with Coconut Milk (40g protein)

Dinner: Seitan Tacos with Guacamole & Cabbage Slaw (40g protein)



Day 7

Breakfast: Protein Pancakes with Almond Butter & Berries (40g protein)

Lunch: BBQ Tempeh & Quinoa Bowl with Roasted Veggies (40g protein)

Dinner: Soy-Glazed Tofu with Bok Choy & Rice Noodles (40g protein)



Key Features of This Plan.

Whole-food,
plant-based (minimal
processing)

High-protein (132-150g
per day) to meet your
goals.

Quick-prep meals (≤ 30
min)

Batch-cooking friendly
Balanced macros for
energy & weight loss



Batch Cooking Guide - make large portions of key ingredients in advance to mix and match throughout the week.

What to Prep in Advance (Once or Twice a Week)

Protein Staples (Cook in Bulk & Store in Portions)

Lentils (4 cups dry - yields 8 cups cooked)

Quinoa (3 cups dry - yields 9 cups cooked)

Brown Rice (3 cups dry - yields 9 cups cooked)

Tofu (4 blocks, pre-marinated & baked)

Tempeh (4 blocks, pre-marinated & sliced)

Seitan (Store-bought or homemade, sliced for quick use)

Chickpeas (3 cups dry - yields 6 cups cooked or use BPA-free canned)



Vegetables (Chop & Store for Fast Assembly)

Bell Peppers (3 large, sliced)

Zucchini (3 medium, diced)

Broccoli (2 heads, chopped)

Mushrooms (4 cups, sliced)

Onions (3 large, diced)

Spinach/Kale

(Pre-washed for convenience)

Carrots (2 large, shredded or sliced)



Healthy Fats & Toppings

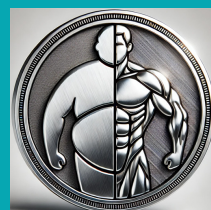
Avocados (3 whole, slice before serving)

Hemp Seeds (1/2 cup)

Pumpkin Seeds (1/2 cup)

Almond Butter (for pancakes/smoothies)

Tahini (for dressings/sauces)



Sauces & Dressings **(Make in Batches)**

Lemon-Tahini Dressing
(for Buddha bowls & salads)

Spicy Peanut Sauce (for
tofu & tempeh dishes)

Miso Ginger Dressing
(for stir-fries & marinades)



Pre-Portion Snacks (Optional)

Roasted Chickpeas (2 cups)

Trail Mix (Hemp seeds, pumpkin seeds, almonds)

Weekly Cooking Schedule Example

Day	Tasks
Sunday	Cook lentils, quinoa, brown rice, and batch-roast tofu, tempeh, & seitan. Prep vegetables. Make sauces.
Wednesday	Refresh ingredients if needed (e.g., fresh veggies or tofu batch).



1-Week Vegan Bodybuilding Shopping List

(All ingredients are whole-food, minimally processed, and high-protein.)

Grains & Legumes

Quinoa (3 cups dry)

Brown Rice (3 cups dry)

Lentils (4 cups dry)

Chickpeas (3 cups dry or 6 cups canned, no salt added)

Black Beans (2 cups dry or 4 cups canned, no salt added)



Protein Sources

Tofu (4 blocks, firm or extra firm)

Tempeh (4 blocks)

Seitan (2-3 lbs or homemade)

Textured Vegetable

Protein (TVP) (1 cup, optional for chili)

Hemp Seeds (½ cup)

Pumpkin Seeds (½ cup)



Vegetables

Spinach/Kale (5-6 cups)

Broccoli (2 heads)

Zucchini (3 medium)

Bell Peppers (3 large,
mixed colors)

Carrots (2 large)

Mushrooms (4 cups)

Onions (3 large)

Garlic (1 bulb)

Green Onions (1 bunch)



Fruits (For Smoothies & Snacks)

Bananas (7)

Berries (Frozen or fresh, 2-3 cups)

Avocados (3 whole)

Nuts, Seeds & Healthy Fats

Almond Butter (1/2 cup)

Tahini (1/2 cup)

Chia Seeds (1/2 cup)

Flaxseeds (1/2 cup)

Cashews (1/2 cup, optional for sauces)



Condiments & Spices

Nutritional Yeast (½ cup)

Tamari or Coconut Aminos
(¼ cup)

Miso Paste (¼ cup)

Apple Cider Vinegar (¼
cup)

Lemon Juice (¼ cup)

Smoked Paprika, Cumin,
Garlic Powder, Turmeric,
Black Pepper, Cayenne,
Cinnamon



Meal Prep Strategy

Make large portions of grains, proteins, and veggies.

Store meals in pre-portioned containers
Rotate sauces to keep meals interesting



.... - I'll check in with you mid-week to see how it's going. Let me know if you need any adjustments or tweaks as you progress.

Looking forward to seeing you crush your goals and hit that competition weight!

