



EXERCISE-NUTRITION-LIFESTYLE

MALE VEGAN EATING PLAN





Breakfast Options:

OPTION 1	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Quick Oats	1 cup	300	10g	45g	6g
Microwaved with water	2 cups	-	-	-	-
Chia Seeds	2 tsp	35	2.5g	1.5g	2g
Blessed Pea Protein	40g	165	33g	5g	2g
Raspberries	2 Tb	-	-	-	-

OPTION 2	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Weetbix	4	200	8g	40g	1g
Almond Milk (unsweetened)	1 cup	35	1g	2g	2.5g
Pumpkin Seeds	1 Tb	65	3g	1g	5.5g
Blessed Pea Protein	40g	165	33g	5g	2g

OPTION 3	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Mushroom, Portobello, Grilled	2 Large	80	12g	4g	2g
Tofu Scramble	150g	250	15g	-	20g
Rye Toast (King Henry) OR (Bürgen)	2 slice	120	2g	24g	2g
Baby Spinach & Grilled Tomato	1 cup	-	-	-	-

OPTION 4: SMOOTHIE	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Frozen Berries	1/3 cup	NA	-	-	-
Almond Milk (unsweetened)	1 cup	-	-	-	-
Pumpkin Seeds	2 Tb	120	6g	2g	10g
Flaxseed/Linseed OR Sunflower seed	2 tsp	30	1.5g	0.5g	2.5g
Blessed Pea Protein	40g	165	33g	5g	2g
Quick Oats	2 Tb	80	3g	15g	1g

Meal Plan made and written by Mark Robinson.



Morning Tea Options:

OPTION 1	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Rice Cakes	4	140	3g	280g	0.5g
Tahini Spread	3 Tb	190	12g	6g	20g
Cucumber	20 slices	-	-	-	-

OPTION 2	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Soy Low Fat Yoghurt (Soy Life)	200g	138	10g	20g	2g
Blueberries	20	-	-	-	-
Almond Nuts	20	135	4g	2.5g	12g

OPTION 3	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Ryvita Crackers	3	110	4g	18g	2.5g
Skinny Hommus Dip (Black Swan)	3 Tb	88	6g	9g	3g
Carrot & Cucumber, Sliced	Enjoy	-	-	-	-

OPTION 4	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Vita-weats (Arnott)	4	93	2g	16g	1g
Almond Spread	2 Tb	196	10g	4g	15g
Cherry Tomatoes	4	-	-	-	-
Blessed Protein Shake	30g	130	25g	3g	2g

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Lunch Options:

OPTION 1	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Brown Rice Bag (Uncle Bens Flavoured)	1/2 bag (125g)	175	7g	30g	3g
Stirfry Strips (Quorn)	200g cooked	230	42g	5g	2g
Broccoli, Bokchoy, Onion, Mushroom, Green Beans Stirfry	Enjoy	-	-	-	-

OPTION 2	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Sweet Potato	120g cooked	170	4g	30g	1g
Mince (Quorn)	200g cooked	230	40g	6g	5g
Onion, Peas, Broc, Capsicum, Zucchini	Enjoy	-	-	-	-
Celebrate Health Sauce (Coles) OR Crushed Tomatoes	1/2 sachet	-	-	-	-

OPTION 3	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Quinoa , Microwaved (Uncle Bens)	125g (1/2 bag)	175	7g	30g	3g
4 Bean Mix From Can	200g	325	30g	40g	5g
Kaleslaw Salad (Pre-Made Salad Bag Similar To Coleslaw)	1 cup	-	-	-	-

OPTION 4	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Barley Wrap (Freedom) OR Low Carb Wrap (Healgas)	2	207	10g	35g	3g
Falafel (Yumi's)	200g	275	14g	15g	17g
Baby Spinach Leaves	1 cup	-	-	-	-

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Afternoon Tea Options:

OPTION 1	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Cruskit Crackers	4	145	4g	30g	1g
Beetroot Dip	2 Tb	111	12g	0g	7g
Halloumi Cheese	100g	130	4g	4g	10g

OPTION 2	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Protein Shake (Blessed Pea Protein)	40g	175	32g	5g	3g
Walnuts	10	160	5g	-	5g
Apple	1	64	1g	5g	-

OPTION 3	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
All Bran Cereal OR Natural Muesli (Carman's)	1 cup	164	2g	30g	4g
Almond Milk	1 cup	-	-	-	-
Blessed Protein	30g	130	25g	3g	2g
Banana	1	64	1g	16g	-

OPTION 4	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Lentils from Can	120g	140	8g	25g	2g
Skinny Hommus	2 Tb	66	2.5g	6g	3g
Broccoli & Cherry Tomatoes, Finely Chopped	3/4 cup	-	-	-	-
Dried Cranberries & Sunflower Seeds	2 Tb	73	2g	5g	5g

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Dinner Options:

OPTION 1	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Chickpea Veggie Burger (Macro)	200g	330	15g	40g	12g
Onion, Red Capsicum, Mushroom, Broccoli (Stirfried)	Enjoy	-	-	-	-
Flavour With: Tamari Sauce & Dash of Sweet Chilli	2-3 tsp	-	-	-	-

OPTION 2	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Tofu (Macro) Grilled	200g	310	33g	0g	16g
Broccolini, Cauliflower & Snow Peas (Steamed)	1 cup	-	-	-	-
Flavour With Crushed Tomatoes	1/2 cup	-	-	-	-

OPTION 3	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Zucchini Pasta/ Spaghetti OR 'Slim Noodles'	1 cup	33	2g	4g	1g
Falafel (Yumi's)	200g	275	14g	15g	17g

Option 4	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Mince (Quorn)	200g	230	40g	6g	5g
Onion, Capsicum, Zucchini, Baby Spinach, Broccoli (Stirfried)	1 cup	-	-	-	-
Flavour With Sauce (Celebrate Health - Coles)	1/2 sachet	-	-	-	-
Baked Potato	1 medium	88	2g	20g	-

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Dessert Options:

OPTION 1	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Soy Yoghurt (Soy Life)	150g	100	7.5g	15g	1.5g
Sunflower Seeds	2 tsp	30	1.5g	1.5g	2g
Strawberries	3	-	-	-	-

OPTION 2	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Jelly (Aeroplane) light low calorie	1/2 sachet	-	-	-	-

OPTION 3	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Fruit salad Strawberries, Blueberries, Raspberries	1 cup	90	2g	9g	5g
Almonds	10	66	2g	1g	6g

OPTION 4	AMOUNT	CALORIES	PROTEIN	CARBOHYDRATE	FAT
Protein shake (Blessed)	40g	175	32g	5g	3g

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