

HEALTH SAVE MOVEMENT  
VEGAN ATHLETES UK  
MONTHLY MEALPLAN  
Athletes and active lifestyle - 2000/2300 kcal/day

- Week 1

MONDAY

BREAKFAST:

Plant Power Smoothie: Blend 200 cc Soy or Oatmeal milk with 1/4 Ginger, handful of Spinach + 1 Banana + 1 Vegetable Protein Scoop (without refined sugar)  
+ 1 Toast with Peanut Butter add on; sesame seeds free  
measure and a small spoonful of ground flaxseed (omega 3 boost)  
+ Freshly squeezed grapefruit juice

LUNCH:

Brown rice with Quinoa + Tofu Scramble with Cucumber and Purple Cabbage salad, add Pumpkin and Sunflower Seeds. Dressing: Apple Cider Vinegar, Extra Virgin Olive and Sea Salt.

DINNER:

Grilled or grilled tempeh with coriander tomato salad and spinach and / or kale mix with marigold and linseed seeds.

TUESDAY

BREAKFAST

Smoothie Plant Strength: Liquify: 300 cc of Water + 1 Banana + 1 piece of raw beetle + 30 gr of Natural Pineapple + Mint Leaves + 1 Tablespoon Maca

+ 1 Toast with avocado add on top: black and white sesame seeds and 2 crushed nuts with the same hand

LUNCH

Rice Spaghetti with Lentil Bolognese under alfalfa sprouts and sesame-Sunflower seeds.  
Sauce: Process 100 cc Oat or rice milk + Mushrooms, Coriander, Sea salt, 1 measure of Tahini and Nutritional Yeast.

DINNER

Quinoa with sauteed Tofu Spinach, Zucchini, Celery. red peppers with green salad Lettuce, Cucumber and Flaxseed Seeds.

## WEDNESDAY

### BREAKFAST

1 Protein Smoothie: 1/2 banana + 1 scoop of vegan protein + 40 gr of Pineapple + 30 gr blueberries + 20 gr strawberries + 1 normal spoonful of Maca + 1 fruit: Pear, Mango or Peach

### LUNCH

Quinoa with Red Bean + White rice with avocado cilantro tomato salad and fresh rosemary.

### DINNER

Sautéed tofu with balsamic vinegar and curry, buckwheat and cucumber salad with seeds sesame.

## THURSDAY

### BREAKFAST

Fruit salad; Strawberries with Blueberries and pumpkin seeds + 1 Toast with avocado add on top: black and white sesame seeds and 2 crushed nuts with the same hand

### LUNCH

Quinoa spring, cherry tomato mushrooms, green salad mix with nuts and seeds sunflower.

Lemon dressing, apple cider vinegar and extra virgin olive oil.

### DINNER

Tempeh grilled with Quinoa tricolor, baby greens and grilled asparagus

## FRIDAY

### BREAKFAST

- Fruit salad; 1/2 banana, orange + 1 glass of natural grapefruit juice

1 Protein Smoothie: 1/2 banana + 1 scoop of vegan protein + 40 gr of Pineapple + 30 gr of Raspberries + 1 tablespoon of Maca

### LUNCH

Zucchini Raw Spaghetti with pesto sauce, nuts and essential seeds; Linseed, Sesamo and Zapallo.

### DINNER

Highland Bhowl Budda: Quinoa sauteed with; Spinach, Kale, Alfalfa Sprouts, Purple Onion, Carrots Next to RAW salad of Red and Yellow Peppers + 1/2 Avocado.

\* Quinoa 250 gr per serving

- Week 2

## MONDAY

### BREAKFAST

- Freshly squeezed grapefruit juice
- Plant Power Bowl; Soy or Oat Milk with 60 gr of activated and cooked Oatmeal + Seeds Pumpkin, Chia, Flaxseed, Activated Walnuts. Blend everything with 1/2 banana + 1 scoop Vegan protein, add fresh blueberries on top of the bowl and slices of dried coconut.

### LUNCH

Chop Suey from Tofu Non GMO accompanied by Quinoa spring and green leaves, coriander dressing, avocado, sea salt and balsamic.

### DINNER

Grilled Tempeh with mix of green leaves, sprouts and sesame and sunflower seeds

## TUESDAY

### BREAKFAST

Fruit salad of: Blueberries, Strawberries, Orange and Sunflower and Pumpkin seeds

### LUNCH

Quinoa burgers with coriander and activated oatmeal accompanied by baked sweet potatoes with cabbage and essential seed salad

### DINNER

Red lentils with rosemary with red, yellow, green paprika salad (RAW) hummus with sticks of celery, activated nuts, green salad with essential seeds (sesame, linseed, sunflower

## WEDNESDAY

### BREAKFAST

- SMOOTHIE (Juice with its fiber) of; Strawberries, Pineapple, Cucumber, Turmeric, Mint and Spinach
- + Microbiome Booster Smoothie; 1/2 Banana + Blueberries + 40 gr of Pineapple + Fresh Spinach + Linseed and Sunflower activated seeds.

### LUNCH

Sesame sealed tofu with rosemary sweet potato sticks and green salad with essential seeds [V]

## DINNER

Citrus Blend Tofu in lemon and orange juice, Coriander Mushrooms with grilled asparagus in coconut oil sealed in white sesame.

## THURSDAY

### BREAKFAST

- 1 Protein Smoothie: 1/2 banana + 1 scoop of vegan protein + 40 gr of Pineapple + 30 gr blueberries + 20 gr strawberries + 1 normal spoonful of Maca + 1 fruit of your choice: Pear, Mango or Peach

### LUNCH

GF corn dough stuffed with avocado, hummus, quinoa, paprika, coriander, mushrooms and Broccoli or Alfalfa sprouts.

## DINNER

Grilled Tempeh with Quinoa tricolor, baby greens in Balsamico and Apple Cider Vinegar Accompanied by grilled asparagus with white sesame.

## FRIDAY

### BREAKFAST

- Smoothie Plant Strength:  
Liquidate: 300 cc of Water + 1 Banana + 1 piece of raw betarraga + 30 gr of Natural Pineapple +  
Mint leaves  
+ 1 Toast with avocado add on top: black and white sesame seeds and 2 crushed nuts with the same hand

### LUNCH

Plant Power Zucchini Raw Spaghetti with sauce grilled vegetables coconut oil and pesto Albacha nuts and brewer's yeast.

## DINNER

Bhowl Microbiome: Baby Greens, Spinach, Kale, Avocado, Tahini, Hummus of Beet, Celery Sticks,  
Tofu, activated essential seeds, coriander and sauteed mushrooms.

- Week 3

## MONDAY

### BREAKFAST

- Fruit salad; Pineapple + Mango + 30 gr Cranberries.  
Protein Energy Shake: 300 cc of filtered water + Vegan Protein (1 scoop) + 1gr Guarana +

Spinach + 60 gr of Fresh Pineapple + 1 slice of Ginger.

#### LUNCH

Tofu Vurgers (Paprika, coriander, mushrooms) with brown rice and green Kale spinach mix and essential seeds [v]

#### DINNER

Tempeh Salteado con verduras y leche de coco, ensalada verde y semillas esenciales activadas;  
Linaza, Chia, Girasol.

#### TUESDAY

##### BREAKFAST

Smoothie Bowl: 40 gr Activated Oatmeal + 200 cc Soy Milk + Smoothie; 1/2 banana + 30 gr of Fresh Pineapple + 1 Chopped Mango, Serve with Walnuts and Almonds activated

#### LUNCH

Grilled tempeh with sweet potato sticks, baby greens and hummus from betarraga.

#### DINNER

Sesame sealed tofu with rosemary mushrooms, peas and asparagus sealed in coconut oil and white sesame.

#### WEDNESDAY

##### BREAKFAST

Macrobiotic Smoothie: Squeeze the juice of 1/2 Betarraga add: 1/2 Banana + 40 gr of Raspberries + 1 tablespoon of Maca.

#### LUNCH

Scramble Tofu, Sauteed brown rice with cilantro and cumin, Purple Cabbage, diced avocado and coriander.

#### DINNER

Lentil Vurgers with Rosemary Tofu Sauce, baby greens sprouts and green mix Kale spinach,

#### THURSDAY

##### BREAKFAST

- Fruit salad; 1/2 banana, orange + 1 glass of natural grapefruit juice

1 Protein Smoothie: 1/2 banana + 1 scoop of vegan protein + 40 gr of Pineapple + 30 gr of Raspberries + 1 tablespoon of Maca

#### LUNCH

Corn taco, avocado stuffing, beet hummus, brown rice, black beans, coriander, Kale with mushrooms and pumpkin seeds.

#### DINNER

Chop Suey of Tofu with broccoli rice (Raw) avocado, activated essential seeds and green mix

Spinach Kale and Cucumber.

#### FRIDAY

##### BREAKFAST

Fruit salad of: Blueberries, Strawberries, Orange and Sunflower and Pumpkin seeds

##### LUNCH

Quinoa burgers with coriander and activated oatmeal accompanied by baked sweet potatoes with cabbage and essential seed salad

#### DINNER

Red lentils with rosemary with red, yellow, green paprika salad (RAW) hummus with sticks of celery, activated nuts, green salad with essential seeds (sesame, linseed, sunflower)

#### Week 4

#### MONDAY

##### BREAKFAST

Citrus Smoothie Power Bowl; 250 cc Soy Milk or Oatmeal or Rice. + 60 gr Oatmeal activated, Juice

of 1 Orange + 1 Grapefruit with its fiber + Zapallo, Chia, Linseed, and activated nuts.

##### LUNCH

Chop Suey de Tempeh accompanied by Rosemary Wheat with rosemary accompanied by Cucumber,

Lettuce and Kale.

##### DINNER

Quinoa Bowl with Raw Paprika; Green, Red, Yellow, vegetables sauteed in coconut oil with curcuma curry, along with a mix of green leaves, alfalfa sprouts and essential seeds.

#### TUESDAY

##### BREAKFAST

Soy or Oat Milk Smoothie with 1/4 Ginger, handful of Spinach, 1 Banana + 1

Vegetable protein scoop (without refined sugar)

+ 1 Toast with Peanut Butter add on; sesame seeds free

measure and a small spoonful of ground flaxseed (omega 3 boost)

+ Grapefruit juice with its fiber

##### LUNCH

Quinoa Vurgers with coriander, cumin and purple cabbage salad in activated essential seeds.

## DINNER

Red lentils with red, yellow, green (RAW) paprika salad, celery with chunks, nuts, sprouts and activated essential seeds

## WEDNESDAY

### BREAKFAST

- Fruit salad; Pineapple + Mango + 30 gr Cranberries.

Protein Energy Shake: 300 cc of filtered water + Vegan Protein (1 scoop) + 1gr Guarana + Spinach + 60 gr of Fresh Pineapple + 1 slice of Ginger.

### LUNCH

Tofu Vurgers (Paprika, coriander, mushrooms) with brown rice and green Kale spinach mix and essential seeds [v]

## DINNER

Tempeh Sauteed with vegetables and coconut milk, green salad and activated essential seeds;  
Flaxseed, Chia, Sunflower.

## THURSDAY

### BREAKFAST

Smoothie Bowl: 40 gr Activated Oatmeal + 200 cc Soy Milk + Smoothie; 1/2 banana + 30 gr of

Fresh Pineapple + 1 Chopped Mango, Serve with Walnuts and Almonds activated

### LUNCH

Grilled tempeh with sweet potato sticks, baby greens and hummus from betarraga.

## DINNER

Sesame sealed tofu with rosemary mushrooms, peas and asparagus sealed in coconut oil and white sesame.

## FRIDAY

### BREAKFAST

1 Protein Smoothie: 1/2 banana + 1 scoop of vegan protein + 40 gr of Pineapple + 30 gr blueberries + 20

gr strawberries + 1 normal spoonful of Maca

+ 1 fruit of your choice: Pear, Mango or Blueberries with Strawberries

### LUNCH

Scramble Tofu, Sauteed brown rice with cilantro and cumin, Purple Cabbage, diced avocado and coriander.

## DINNER

Grilled Tempeh with Tricolor Quinoa, Lettuce and Kale in Balsamic and Apple Cider Vinegar accompanied by grilled asparagus with white sesame.

Duration 4 Weeks

Approx: 2,000 - 2,300 daily calories

IMPORTANT: ALL Vegan Athlete MUST be supplemented with the following:

Vitamin B12, Vitamin D, Iron, Omega 3, Creatine and Zinc.

Developed by: Manuel Bustos W.

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Whole Foods Plant Based, Center for Nutrition Studies eCornell)