

the
60daySM

VEGETARIAN
MEAL PLAN



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HOW TO USE THE MEAL PLAN

We know metabolisms are all different, so we've built this meal plan with that in mind, hoping to provide enough structure that it makes your nutrition easier, but enough flexibility that it works for each individual.

Here's how it works. We've set up three primary meals per day, but you get to choose all of your snacks (and desserts). If you like to eat more often throughout the day, include smaller, less filling snacks more often. If you feel content with bigger meals, stick to the meal plan and only have 1-2 snacks per day. Do what works best for you, and what's easiest for you to stick to your program.

Remember – if it's too complicated or restrictive, you won't be able to keep it up. The goal here is to find a lifestyle that feels second nature to you.

Last thing. If there is a recipe in the meal plan you don't like, you are welcome to swap it out with another. Any recipe under the "Batch Cooking" or "Entrees" section of the site is approved. If you find a recipe online you want to use but aren't sure if it's approved, just reach out to 60day@lt.life.

You can find all 60day recipes at lifetime60day.com/recipes

THE BASE

Each day is programmed to have about 70% of your daily total calories needs (from breakfast, lunch and dinner). We've got recommendations below on your total calorie needs, but this is where that flexibility comes in if you already know your metabolism and your body – if you need more calories than what we recommend, choose your snacks accordingly (or double up on your servings). We also include a page on calorie add-ons – quick ingredients you can add to any meal to bump it up when needed (page 13).

WOMEN

We recommend shooting for about 1,800 calories per day, with the following macronutrient breakdown:

- Protein: 30% or 135g
- Carbs: 35% or 170g
- Fat: 35% or 70g

MEN

We recommend shooting for about 2,500 calories per day, with the following macronutrient breakdown:

- Protein: 30% or 185g
- Carbs: 35% or 220g
- Fat: 35% or 95g

HOW TO USE THE MEAL PLAN

COOKING FOR ONE

If you are cooking for one, halve each of the recipes in the meal plan. Most include four servings – halving the recipes (and ingredients) will give you two servings.

COOKING FOR TWO

Follow the meal plan and recipes as written. Males should include an extra 100-200 calories per meal and snack.

COOKING FOR FOUR

If you are cooking for four, double each of the recipes in the meal plan. Most include four servings – doubling the recipes (and ingredients) will give you eight servings.

SNACK SHAKES

Because protein is so critical to seeing success, we highly recommend incorporating an afternoon protein “snack” shake daily, using our Life Time Vegan Protein Powder or the Life Time Collagen Protein Powder. This will make it easy and convenient for you to hit those protein goals, and provide ensure you are getting in all of your daily essential amino acids.

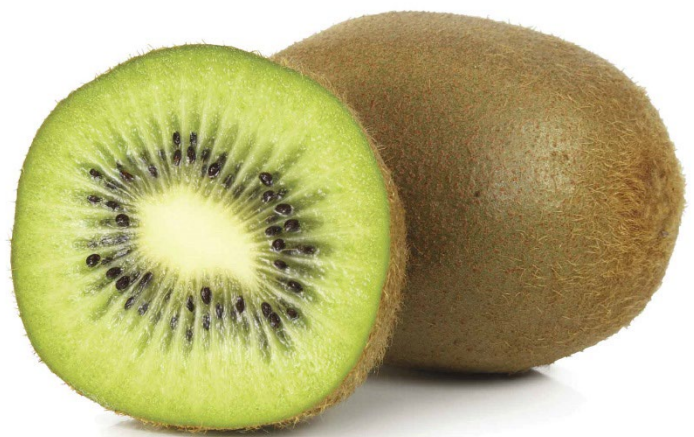
WHAT TO DO WEEKS 5-8

To keep it as simple as possible for you, and provide a solid base of meal prep experience, you’ll be repeating the meal plans for weeks 1-4 in the back half of the program as well. Feel free to incorporate new recipes as needed, or if simplicity is your game, just follow the meal plan as is.

NUTRITION

NON-NEGOTIABLES

- Focus on getting ample protein at every meal.
- Fill half of your plate with non-starchy vegetables at every meal.
- If you're not used to preparing food, use more prepackaged foods for convenience.
- Eat only when you are truly hungry, not based solely on the clock.
- Supplement the food you eat with a high-quality multivitamin and fish oil daily.
- Plan to eat at least 5 cups of colorful vegetables each day.
- Drink at least 64 oz. of water each day.
- Choose high-quality protein whenever possible.
- Add natural, unprocessed fats to flavor your meals.
- Document your success with these strategies.



TIPS TO 60DAY

THE RIGHT WAY

The 60day meal plan isn't just about losing weight. It's a lifestyle program that includes eating the right foods and in the right quantities to achieve your healthy way of life. Follow these guidelines to ensure your best results.

- ✓ **WASH YOUR PRODUCE**
Helps remove pesticides and bacteria.
- ✓ **CONSUME AT LEAST 6 TO 8 SERVINGS OF VEGETABLES PER DAY**
One serving is 1 cup raw or ½ cup cooked.
- ✓ **CONSUME 2 SERVINGS OF FRESH FRUIT PER DAY**
Organic berries and cherries are high in antioxidants and low in natural sugars. One serving is ½ cup fruit (1 cup berries), 1 small piece of fruit or ½ banana.
- ✓ **CONSUME HIGH-QUALITY PROTEIN WITH EACH MEAL**
This helps to stabilize blood sugars, energy level and cravings as well as provides amino acids needed for to build muscle. Try to include both animal and plant-based protein. Aim for 1 gram of protein per pound of goal weight.
- ✓ **CONSUME OMEGA-3 FATTY ACID SOURCES SEVERAL TIMES PER DAY**
These essential fats are critical for building healthy cell membranes and reducing inflammation. Get them from wild-caught, fatty fish (salmon) and take a daily fish oil supplement, as plant-based sources are not converted well by humans.
- ✓ **INCREASE YOUR DAILY INTAKE OF WATER**
Water is the most important nutrient for your body. It cleanses your organs and helps flush toxins and waste from your cells. Optimal intake is half your goal body weight in ounces.

ORGANIC VS. CONVENTIONAL

If you're on a budget and wondering what items you should buy organic and what items you can get that are conventional, here's a list of foods to buy organic when possible — as these foods are grown with the most pesticides. Those not as important to buy organic are grown using the least amount of pesticides.

FOODS TO BUY ORGANIC

- Apples
- Celery
- Cherry tomatoes
- Cucumbers
- Grapes
- Hot pepper
- Kale
- Collard greens
- Nectarines
- Peaches
- Potatoes
- Snap peas
- Spinach
- Strawberries
- Sweet bell peppers

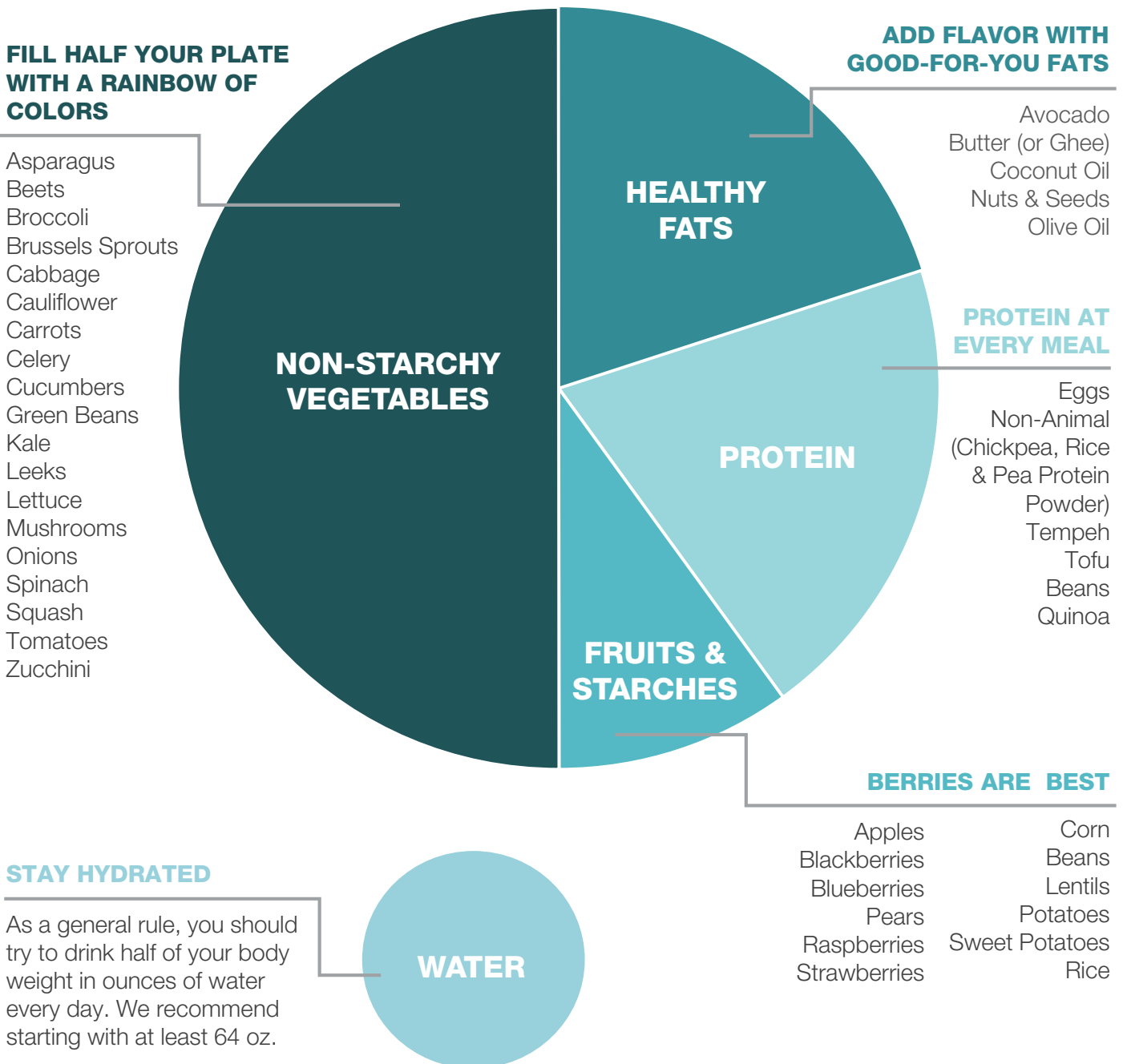
FOODS TO BUY CONVENTIONAL

- Asparagus
- Avocados
- Cabbage
- Cantaloupe
- Cauliflower
- Eggplant
- Kiwi
- Mangos
- Onions
- Papayas
- Pineapples
- Sweet peas (frozen)
- Sweet potatoes

YOUR HEALTHY PLATE

At Life Time we believe you (and everyone) can dramatically change your health, energy levels and physical conditioning simply by adopting a better nutrition plan. By learning and practicing the healthy way of eating, you can maintain good health and manage your weight throughout your lifetime.

Here's what a healthy plate could look like for you, with minor adjustments made based on your individual goals.



HOW TO BUILD A SUPER SMOOTHIE

MEAL REPLACEMENT SHAKE

Protein shakes are an easy, delicious way to get all your nutrients in the morning. To make sure you have a well-balanced shake, always include the ingredients below:

1. Liquid _____ water, nut milk
2. Protein _____ Protein powder
3. Veggies _____ spinach, kale, riced cauliflower, Life Greens
4. Fruit _____ berries, banana, lime, pineapple, mango
5. Healthy Fat _____ almond butter, avocado, chia seeds, flax seeds
6. Bonus _____ vanilla extract, mint extract, oats, coconut, cinnamon

For more shake recipes, visit lifetime60day.com/recipes

SNACK SHAKE

Another way to add in protein during the day is with a “snack shake”. These are normally a little lighter, and therefore have fewer ingredients.

1. Liquid _____ water, nut milk
2. Protein _____ Protein powder
3. Bonus _____ vanilla extract, mint extract, oats, coconut, cinnamon



HOW TO BUILD A SHEET PAN MEAL

Follow these steps for an easy, low-effort option for lunch or dinner any day of the week.

1. START WITH THE RIGHT SET UP

Choose a sheet pan that's around 18" x 26" and has a 1" tall rim around the edge. Line the bottom with either parchment paper or aluminum foil, and spray or rub with olive oil or coconut oil.

2. CHOOSE YOUR PROTEIN

Choose approximately 4 servings of your protein.

Meat	Temperature	Time
Tempeh	400° F	20-30 minutes
Tofu	400° F	25-30 minutes
Chickpeas	400° F	20-30 minutes

3. CHOOSE YOUR VEGETABLES

Ideally, choose 2-3 vegetables that cook at the same rate (add vegetables to the oven in intervals). You should include about 8 cups of vegetables total.

Vegetable	Temperature	Time
Pumpkins, Rutabagas, Spaghetti Squash (halved), Artichokes (whole), Acorn Squash (halved)	400° F	45-60 minutes
Beets, Cabbage (wedges), Carrots, Kohlrabi, Parsnips, Potatoes, Sweet Potatoes, Turnips, Butternut Squash	400° F	30-45 minutes
Artichoke Hearts, Broccoli, Brussels Sprouts, Cauliflower, Mushrooms, Eggplant, Cherry Tomatoes	400° F	15-30 minutes
Asparagus, Green Beans, Corn, Onions (chopped), Peas, Bell Peppers, Radishes, Yellow Squash, Zucchini, Garlic	400° F	10-15 minutes

4. ADD FLAVOR

Flavor with healthy fats (like olive oil and butter) and top with seasonings, like salt & pepper, lemon, rosemary, oregano, etc.

RECOMMENDED SNACKS

- 1/2 cup cucumber slices + 2 Tbsp. guacamole
- 2 hard boiled eggs
- Small apple
- Whole red pepper + 2 Tbsp. hummus
- 1/4 cup olives (about 10)
- 10 celery strips with 2 Tbsp. almond butter
- 1 cup roasted veggies
- 1 scoop protein powder + 8 oz. water
- [Almond Butter Blender Muffins](#)
- [Oatmeal Superfood Breakfast Bars](#)

For more snack recipes, visit lifetime60day.com/recipes



THE KEY TO MEAL PREP

Setting aside time on the weekends to batch cook multiple servings in bulk ensures you have easy, delicious go-to's during the week. Batch prepping individual ingredients (like boiled eggs or roasted veggies) also allows you to easily throw together meals or grab healthy snacks.

For the recipes included in this program, set time aside a few days per week to batch cook most of your meals for the next few days all at the same time. We'll prompt you on the days we recommend doing meal prep, based on the meals you're assigned during the week.

Then, save them in individual glass containers once they're cooked so that you have easy grab-n-go lunches & dinners. Be sure to save the extras that you do not plan to eat this week in their own containers and freeze too - you'll have healthy dinners ready to defrost and reheat in no time.

In addition to the meals and recipes we'll provide, we also recommend batch prepping additional foods to have on hand – for snacks, emergency meals, or just back up if you're still hungry or need something post-workout.

These are our top individual foods we recommend batch prepping:

1. Rice or quinoa
2. Hard boiled eggs
3. Roasted veggies
4. Chopped or sliced veggies – for snacking or quickly sautéing
5. Overnight oats
6. Baked sweet potatoes

STUCK IN A PINCH?

Here are your go-to back-up plan options when you find yourself out and about, or without a pre-prepped lunch or dinner option:

1. Veggie lettuce wrap sandwich, no cheese or mayo, add avocado or Dijon mustard.
2. Burrito bowl with double protein of choice, beans OR rice, added veggies with salsa and guacamole – hold the cheese and sour cream.
3. Bun-less veggie burger (optional add of avocado) topped with lettuce and tomato, with a side salad or a side of steamed veggies.
4. Grocery store salad bar with fresh veggies, hard boiled egg, sunflower seeds, and oil and vinegar.

CALORIE ADD ONS

Depending on your goals, your satiety, or your workouts, there may be times during the 60day where you need to bump up the calories in a meal or a snack. See below for a few options you can use to supplement your meals.

50-100 CALORIES

- 1 bell pepper
- 1 small banana
- 1 medium apple
- 2 Tbsp. hummus
- 1 scoop Life Time Collagen Protein
- 2 egg whites

100-200 CALORIES

- 1 Tbsp. olive oil
- 1 Tbsp. coconut oil
- 2 Tbsp. nut butter
- 2 eggs
- 1 cup low-sugar yogurt
- ½ cup blueberries
- ½ avocado
- ½ cup rice
- ½ cup quinoa
- 1 ½ scoops Life Time Collagen Protein
- 2 scoops Life Time Vegan
- ½ cup oats
- ¼ cup hummus

200-300 CALORIES

- 1 cup rice
- 1 cup quinoa
- 2 scoops Life Time Vegan All in One Protein
- ¼ cup almonds
- 1 cup black beans

300-350 CALORIES

- 1 whole avocado
- ½ cup pistachios



WEEK ONE

MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Banana Protein Muffins (x3)	Falafel D.TOX Salad	Spring Rolls with Spicy Peanut Sauce	Snack Protein Shake + Optional (pg.11)
TUE.	Meal Replacement Protein Shake	Falafel D.TOX Salad	Sheet Pan Meal	Snack Protein Shake + Optional (pg.11)
WED.	Banana Protein Muffins (x3)	Spring Rolls with Spicy Peanut Sauce	Lentil Curry & Cauliflower	Snack Protein Shake + Optional (pg.11)
THU.	Meal Replacement Protein Shake	Sheet Pan Meal	Mock Tuna Salad + 1 cup Veggies	Snack Protein Shake + Optional (pg.11)
FRI.	Banana Protein Muffins (x3)	Lentil Curry & Cauliflower	Out to Eat	Snack Protein Shake + Optional (pg.11)
SAT.	Breakfast Hash + 1 cup Berries	Mock Tuna Salad + 1 cup Veggies	Sweet Potato Black Bean Burger + 1 cup Veggies	Snack Protein Shake + Optional (pg.11)
SUN.	Out to Eat	Sweet Potato Black Bean Burger + 1 cup Veggies	Veggie Detox Bowl	Snack Protein Shake + Optional (pg.11)

WEEK ONE

GROCERY LIST

PRODUCE	PROTEIN	DAIRY
<input type="checkbox"/> 3 medium-large bananas <input type="checkbox"/> 1 zucchini <input type="checkbox"/> 12 cups kale <input type="checkbox"/> 8 roma tomatoes <input type="checkbox"/> 1 cup matchstick carrots <input type="checkbox"/> 1/2 cup red cabbage <input type="checkbox"/> 12 cups veggies <input type="checkbox"/> 3 yellow onions <input type="checkbox"/> 4 cups cauliflower <input type="checkbox"/> 2 red onion <input type="checkbox"/> 4 celery stalks <input type="checkbox"/> 2 lemon <input type="checkbox"/> 3 medium sweet potatoes <input type="checkbox"/> 1 bell pepper <input type="checkbox"/> 8 cups spinach <input type="checkbox"/> 2 cups berries <input type="checkbox"/> Toppings optional – raisins, strawberries, blueberries, chocolate chips, etc.	<input type="checkbox"/> 8 oz. block of tempeh <input type="checkbox"/> 4 servings protein of choice	<input type="checkbox"/> 1 cup unsweetened nut milk <input type="checkbox"/> 5 eggs <input type="checkbox"/> Additional unsweetened nut milk (for protein shakes)
	SPICES	DRY
	<input type="checkbox"/> 1 Tbsp. vanilla extract <input type="checkbox"/> 1 Tbsp. cinnamon <input type="checkbox"/> 3 cup parsley <input type="checkbox"/> 8 tsp. garlic powder <input type="checkbox"/> 1/3 cup sea salt <input type="checkbox"/> 1/3 cup cumin <input type="checkbox"/> 1 bunch mint <input type="checkbox"/> 1 bunch cilantro <input type="checkbox"/> 1 tsp. ground ginger <input type="checkbox"/> Red pepper flakes, to taste <input type="checkbox"/> 1 Tbsp. minced garlic <input type="checkbox"/> 2 tsp. garam masala <input type="checkbox"/> 1 tsp. smoked paprika	<input type="checkbox"/> 4 scoops Life Time Vanilla Grass Fed Whey <input type="checkbox"/> 2 Tbsp. chia seeds <input type="checkbox"/> 4 cups gluten-free oats <input type="checkbox"/> 1/2 cup chopped pecans <input type="checkbox"/> 2 1/2 cups lentils, uncooked <input type="checkbox"/> 2/3 cup cooked brown rice <input type="checkbox"/> 1/2 cup walnuts, chopped <input type="checkbox"/> 2 cups cooked quinoa
		CONDIMENTS + OILS
		<input type="checkbox"/> 1 cup tahini <input type="checkbox"/> 1/3 cup olive oil <input type="checkbox"/> 1 Tbsp. sesame oil <input type="checkbox"/> 2 Tbsp. coconut aminos or gluten-free soy sauce <input type="checkbox"/> 2 Tbsp. olive oil <input type="checkbox"/> 1 cup hummus <input type="checkbox"/> 1 Tbsp. coconut oil
FROZEN	CANNED + JARRED	
<input type="checkbox"/> Fruit (for protein shakes)	<input type="checkbox"/> 4 14 oz. cans garbanzo beans <input type="checkbox"/> 3 Tbsp. creamy peanut butter, no sugar added <input type="checkbox"/> 1 8-oz. can tomato paste <input type="checkbox"/> 1 16.7-oz. can full-fat coconut milk <input type="checkbox"/> 2 15-oz. can black beans, drained and rinsed	

Don't forget to include ingredients for snacks and protein shakes!

WEEK ONE

SUNDAY

Banana Protein Muffins

Makes 15 Servings

Calories: 105 | Protein: 8 | Fat: 3 | Carbs: 11

INGREDIENTS

- 3 medium-large bananas
- 1 zucchini, chopped
- 4 scoops Life Time Vanilla Grass Fed Whey
- 2 Tbsp. chia seeds
- 1 cup unsweetened vanilla almond or coconut milk
- 1 cup gluten-free oats
- ½ cup chopped pecans
- 1 Tbsp. vanilla extract
- 1 Tbsp. cinnamon
- Toppings optional – raisins, strawberries, blueberries, chocolate chips, etc.

DIRECTIONS

1. Preheat oven to 375°
2. In a blender, combine bananas, milk, chia seeds, whey, vanilla, cinnamon and zucchini. Once blended, the mixture should be the consistency of cake batter.
3. Hand-mix the pecans and oats into the batter (do not blend).
4. Line muffin tin with muffin liners. Muffins come out very moist, so this step is important!
5. Pour batter into muffin tins until about 80% full. Sprinkle optional toppings over the top.
6. Bake for 12-15 minutes, until golden brown and enjoy!

* Store in a zip-lock bag in the refrigerator for 3-4 days

Falafel D.TOX Salad

Makes 4 Servings

Calories: 520 | Protein: 19 | Fat: 28 | Carbs: 52

INGREDIENTS

Patties

- 2–14 oz. BPA-free can garbanzo beans, drained
- 2 cup oatmeal
- 2 cup diced onion
- 2 cup parsley
- 4 tsp. garlic powder
- 4 tsp. sea salt
- 8 tsp. cumin

Dressing

- 1 cup tahini
- 12 Tbsp. warm water
- 4 tsp. sea salt
- 4 tsp. cumin

Salad

- 12 cups kale
- 1 cup chopped parsley
- 8 small sliced tomatoes
- 12 tsp. olive oil
- 4 tsp. sea salt

DIRECTIONS

1. Preheat oven to 400 degrees and spray/grease a 9×13 in baking pan.
2. Combine patty ingredients in the base of a food processor, and pulse until well combined. Put into a medium bowl and refrigerate for 1–2 hours.
3. After the patties have cooled, form into patties and bake for 15 minutes, flipping halfway through.
4. Meanwhile, whisk sauce ingredients together and store in a mason jar.
5. Add kale to a large bowl. Massage oil and sea salt into the leaves. Add sliced tomatoes.
6. Divide kale between 2 bowls. Add sliced tomatoes, patties, and drizzle tahini sauce on top.

WEEK ONE

MONDAY

Spring Rolls with Spicy Peanut Sauce

Makes 4 Servings

Calories 360 | Protein 15 | Carbs 48 | Fat 14

INGREDIENTS

Spring Rolls

- 1/2 Tbsp. sesame oil
- 8 oz. block of tempeh OR 12 oz. shrimp (cooked and deveined)
- 1 cup matchstick carrots
- 1/2 cup red cabbage, chopped
- 1 bunch mint
- 1 bunch cilantro
- Salt and pepper, to taste

Peanut Sauce

- 3 Tbsp. creamy peanut butter, no added sugar
- 1/2 Tbsp. sesame oil
- 2 Tbsp. coconut aminos or gluten-free soy sauce
- 1-2 Tbsp. water, as needed
- 1/2 tsp. garlic powder
- 1/2 tsp. ground ginger
- Red pepper flakes, to taste

DIRECTIONS

1. In a medium skillet, warm sesame oil until melted. Add your protein (shrimp or tempeh) and sauté on medium-high heat. Cook the shrimp for about 4 minutes, careful not to overcook (since they are precooked). For the tempeh, cook for about 4 minutes until golden brown, then flip and cook the other side for another 4 minutes. Remove from heat once finished and set aside.
2. On a clean surface lay out all of your ingredients – cucumber, cabbage, carrots, mint, cilantro, tempeh and rice noodles. Fill a wide bowl or shallow pan with about 1 inch of water and submerge a spring roll wrapper until it starts to soften, about 15 seconds. Remove from water before it becomes completely pliable – it will continue to soften and if it's too soft it will be easily rippable and difficult to maneuver.
3. Place the wrapper on a flat surface and gently layer in a little bit of each ingredient. Typically 1-2 slices of each veggie and a few leaves of the greens will fill it up. Fold in the sides of the paper – start on the bottom, then each of the sides, and finishing with the top. The paper should stick together easily. Repeat until you run out of ingredients – you should have enough to make 6-8 rolls. Set rolls to the side.
4. In a small mixing bowl, add peanut butter, oil and soy sauce and microwave for about 10 seconds to melt. If still too thick, continue to microwave in 10 second increments until the oils are runny and easy to mix. Remove from the microwave and add the seasoning, mixing well. Add water here as needed to attain your preferred consistency.
5. Let the peanut butter sauce mixture cool, then dip your rolls and enjoy!



Spring Rolls with Spicy Peanut Sauce

WEEK ONE

TUESDAY

Sheet Pan Meal

Makes 4 Servings

Calories 360 | Protein 15 | Carbs 48 | Fat 14

INGREDIENTS

- 4 servings protein of choice
- 8 cups veggies

DIRECTIONS

1. Follow cooking times found on page 10.

WEEK ONE

WEDNESDAY

Lentil + Curry Cauliflower

Makes 4 Servings

Calories: 380 | Protein: 16 | Fat: 19 | Carbs: 39

INGREDIENTS

- 2 Tbsp. olive oil
- 1 onion, diced
- 1 Tbsp. minced garlic
- 2 ½ cups lentils, uncooked
- 8-oz. can tomato paste
- 1–16.7-oz. can full-fat coconut milk, divided
- 2 1/2 cups water
- 2 tsp. garam masala
- 1 tsp. garlic powder
- 1 tsp. cumin
- 1/2 tsp. ground ginger
- 4 cups cauliflower
- Sea salt and pepper, to taste

DIRECTIONS

1. In a medium skillet, heat olive oil over medium heat. Add in onion and garlic and sauté until fragrant. Put in slow cooker.
2. Add lentils, tomato paste, 1 ½ cups of the coconut milk, water and seasoning to slow cooker on low for 3 to 4 hours, or until tender.
3. When ready to serve, steam cauliflower until tender. Add to medium bowl and mash with fork until well blended. Add reserved coconut milk and sea salt to taste and serve with lentils.

WEEK ONE

THURSDAY

Mock Tuna Salad

Makes 4 Servings

Calories: 230 | Protein: 10 | Fat: 8 | Carbs: 32

INGREDIENTS

- 2–14 oz. BPA-free can chickpeas, drained
- 1/2 cup hummus
- 1 cup diced red onion
- 2 cup diced celery
- 2 lemon, juiced
- 2 tsp. sea salt
- 2 tsp. garlic powder

DIRECTIONS

1. In a medium bowl, mash chickpeas with the tine of a fork.
2. Add remaining ingredients and stir to combine.
3. Serve with veggies or atop lettuce leaves.

WEEK ONE

SATURDAY

Breakfast Hash

Makes 4 Servings

Calories: 380 | Protein: 19 | Fat: 23 | Carbs: 26

INGREDIENTS

- 1 medium sweet potato
- 5 eggs
- 1 bell pepper, diced
- ¼ cup red onion, diced
- 1 Tbsp. coconut oil
- Salt and pepper, to taste

DIRECTIONS

1. Set oven to broil. Place cast iron pan on medium heat and melt coconut oil in a cast iron pan.
2. Add bell pepper and onion to pan and sauté for about 5 minutes, until cooked. Add breakfast sausage and sauté another 5-8 minutes until browned.
3. Julienne the sweet potato (or use a cheese grater) and add to pan. Cook for about 8-10 minutes, until softened.
4. Carefully so that the eggs stay intact, crack each egg so that they are evenly distributed in each quadrant of the pan and so that they rest on top of the vegetables.
5. Move pan to the oven to the oven and let cook for 2-3 minutes, until eggs are cooked to your desired consistency.
6. Remove from oven, top with salt and pepper, and enjoy!

Sweet Potato Black Bean Burger

Makes 4 Servings

Calories: 340 | Protein: 16 | Fat: 11 | Carbs: 47

INGREDIENTS

- 1 15-oz. can black beans, drained and rinsed
- 2/3 cup mashed sweet potato
- 2/3 cup cooked brown rice
- 1/2 cup walnuts, chopped
- 1/2 cup finely diced onion
- 2 ½ tsp. ground cumin
- 1 tsp. smoked paprika
- Salt and pepper, to taste
- 3/4 cup raw gluten-free oats

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Combine all ingredients (except oatmeal) in the base of a food processor or blender. Process until smooth.
3. Add in oats and shape into 8 patties.
4. Place on a 9×13 sheet pan spritzed with nonstick spray and bake at 375 degrees for 25 to 30 minutes, or until browned.

WEEK ONE

SUNDAY

Veggie Detox Bowl

Makes 4 Servings

Calories: 280 | Protein: 12 | Fat: 8 | Carbs: 42

INGREDIENTS

- 8 cups spinach
- 2 cups cooked quinoa
- 1 cup black beans
- 1 cup mashed sweet potato
- ½ cup hummus

DIRECTIONS

1. Add all ingredients to a bowl and enjoy.

WEEK TWO

MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Meal Replacement Protein Shake	Veggie Detox Bowl	Sheet Pan Meal	Snack Protein Shake + Optional (pg.11)
TUE.	Meal Replacement Protein Shake	Lemon Garlic Farro with Roasted Vegetables	BBQ Black Bean Meatballs + 1 cup Veggies	Snack Protein Shake + Optional (pg.11)
WED.	Overnight Oats Four Ways	Sheet Pan Meal	Roasted Vegetable & Quinoa Bake	Snack Protein Shake + Optional (pg.11)
THU.	Overnight Oats Four Ways	Lemon Garlic Farro with Roasted Vegetables	BBQ Black Bean Meatballs + 1 cup Veggies	Snack Protein Shake + Optional (pg.11)
FRI.	Meal Replacement Protein Shake	Roasted Vegetable & Quinoa Bake	Mediterranean Cauliflower Crust Pizza	Snack Protein Shake + Optional (pg.11)
SAT.	Protein Pancakes + 1 cup Berries	Out to Eat	Quinoa & Kale Power Salad	Snack Protein Shake + Optional (pg.11)
SUN.	Avocado Boats + 1 cup Berries	Out to Eat	Quinoa & Kale Power Salad	Snack Protein Shake + Optional (pg.11)

WEEK TWO

GROCERY LIST

PRODUCE	PROTEIN	DAIRY
<input type="checkbox"/> 2 cups mushrooms <input type="checkbox"/> 2 bell peppers <input type="checkbox"/> 1 bunch asparagus <input type="checkbox"/> 2 12 oz. cherry tomatoes <input type="checkbox"/> 4 Tbsp. lemon juice <input type="checkbox"/> 1 red onion <input type="checkbox"/> 2 cups spinach <input type="checkbox"/> 1/2 zucchini <input type="checkbox"/> 1-2 bunches arugula <input type="checkbox"/> 4 cups kale <input type="checkbox"/> 4 clementine oranges <input type="checkbox"/> 1 orange <input type="checkbox"/> 2 avocados <input type="checkbox"/> 2 cups berries <input type="checkbox"/> 12 cups veggies	PROTEIN	DAIRY
	SPICES	DRY
	<input type="checkbox"/> 4 servings protein of choice	<input type="checkbox"/> 3 cups feta cheese <input type="checkbox"/> 5 large eggs <input type="checkbox"/> 1 cup unsweetened nut milk <input type="checkbox"/> Additional unsweetened nut milk (for protein shakes)
FROZEN	CANNED + JARRED	CONDIMENTS + OILS
<input type="checkbox"/> Fruit (for protein shakes) <input type="checkbox"/> Caulipower Pizza Crust	<input type="checkbox"/> 1 15 oz. can of black beans <input type="checkbox"/> 3 Tbsp. tomato paste <input type="checkbox"/> 1 15 oz. can white beans <input type="checkbox"/> 1 cup of green olives <input type="checkbox"/> 2 Tbsp. roasted red peppers <input type="checkbox"/> 1 15 ounce can chickpeas	<input type="checkbox"/> 2/3 cup olive oil <input type="checkbox"/> 1/2 Tbsp. coconut oil <input type="checkbox"/> 1/2 cup low-sugar BBQ sauce <input type="checkbox"/> 4 Tbsp. pesto <input type="checkbox"/> 1 Tbsp. white wine vinegar <input type="checkbox"/> 2 1/2 cups vegetable stock

Don't forget to include ingredients for snacks and protein shakes!

WEEK TWO

MONDAY

Sheet Pan Meal

Makes 4 Servings

Calories: 400 | Protein: 35 | Fat: 14 | Carbs: 26

INGREDIENTS

- 4 servings protein of choice
- 8 cups veggies

DIRECTIONS

1. Follow cooking times found on page 10.

Lemon Garlic Farro with Roasted Vegetables

Makes 4 servings

Calories: 510 | Protein: 21 | Fat: 24 | Carbs: 55

INGREDIENTS

- 1/3 cup pine nuts
- 1 cup mushrooms, chopped
- 1 bell pepper, chopped
- 1 bunch asparagus, chopped
- 12 oz. cherry tomatoes, halved
- 2 tsp. garlic powder
- 2 Tbsp. olive oil
- 1 1/2 cup farro
- 1/2 cup feta cheese
- Salt and pepper, to taste

Dressing

- 2 Tbsp. olive oil
- 2 Tbsp. lemon juice
- Salt and pepper, to taste
- 2 Tbsp. minced basil

DIRECTIONS

1. Preheat oven to 425 F. In a large sheet pan, add mushrooms, bell pepper, asparagus, tomatoes and pine nuts. Add in olive oil and mix until veggies and nuts are covered. Spread veggies on an even layer to avoid overlapping, and roast for about 40 minutes.
2. While the veggies are roasting, bring 4 cups water to a boil. Once boiling, add in farro, reduce heat, cover, and let simmer for about 40 minutes, until water has evaporated.
3. In a small bowl add the olive oil, lemon juice, salt and pepper. Whisk until all the ingredients are thoroughly mixed.
4. Once veggies are ready, remove from the oven and add to a large mixing bowl or sauté pan. Mix in dressing and farro, and top with feta cheese. Serve immediately and enjoy!

WEEK TWO

TUESDAY

Black Bean BBQ Meatballs

Makes 4 Servings

Calories: 510 | Protein: 9 | Fat: 10 | Carbs: 54

INGREDIENTS

Meatballs

- 1/2 cup oat flour
- 1/2 gluten free oats
- 1/2 15 oz. can of black beans
- 1 tbsp. olive oil
- 1 tbsp. tomato paste
- 1 Tbsp. onion powder
- 1 Tbsp. garlic powder
- 1/4 cup cilantro, minced
- 1 Tbsp. basil, minced
- Water as needed
- 2 tsp. paprika

BBQ Sauce

- 1/2 Tbsp. coconut oil
- 1/2 cup low-sugar BBQ sauce
- Red chili flakes, to taste

DIRECTIONS

1. In a food processor, add oats and pulse until it forms a flour-like consistency. Add the rest of the meatball ingredients and continue to pulse until it forms a paste, about 3-5 minutes.
2. Transfer mixture to a small bowl and start rolling it into small, 1 inch balls.
3. Once all balls are formed, melt 1/2 Tbsp. on a sauté pan over medium heat. Add meatballs and lightly toast, stirring frequently so the balls cook evenly – about 5 minutes total.
4. Mix in BBQ sauce and red chili flakes and stir until all balls are evenly coated. Continue to cook the balls another 4-5 minutes, until thoroughly cooked. Remove from heat and enjoy!

Overnight Oats Four Ways

Makes 1 Serving

INGREDIENTS

- 1/3 cup gluten-free oats
- 2/3 cup unsweetened nut milk (almond, cashew, coconut, etc)

1. PB & J

- 1 Tbsp. peanut butter
- 1/2 cup chopped strawberries
- 1 serving Life Time vanilla protein powder

2. MOCHA CHIP

- 1 square 90% dark chocolate, chopped
- 1 scoop Cafe Mocha Life Greens
- 1 serving Life Time chocolate protein powder

3. BLUEBERRY LEMON CHEESECAKE

- 1/3 cup blueberries
- 2 Tbsp. lemon zest
- 1 serving Life Time vanilla protein powder

4. CHUNKY MONKEY

- 1/2 banana, sliced
- 1 Tbsp. chopped walnuts
- 1 square 90% dark chocolate, chopped
- 1 serving Life Time chocolate protein powder

DIRECTIONS

1. Mix oats, milk, and protein powder in a 16oz jar with a lid.
2. Place lid on jar and thoroughly shake. Put in the refrigerator overnight (or 8 hours).
3. Prior to serving, add remaining toppings and stir.

** Don't forget to add ingredients to your grocery list depending on which overnight oats recipe you choose!*

*** Make 4 servings of Overnight Oats and keep in the fridge*



BBQ Black Bean Meatballs

WEEK TWO

WEDNESDAY

Roasted Vegetable & Quinoa Bake

Makes 4 Servings

Calories: 510 | Protein: 21 | Fat: 24 | Carbs: 55

INGREDIENTS

- 1 bell peppers, sliced
- 1/2 medium red onion, sliced
- 1 cup quinoa, uncooked
- 1 15 oz. can white beans, drained and rinsed
- 1 cup of green olives
- 1 cup mushrooms
- 2 cups spinach
- 2 Tbsp. lemon juice
- 1/4 cup basil
- 8 oz. feta cheese
- Salt and pepper
- Olive oil

DIRECTIONS

1. Preheat the oven to 400 F.
2. In a dutch oven or cast iron skillet, coat the bottom with olive oil. Layer the onion, mushrooms and peppers on the bottom. Sprinkle with salt and pepper, then cook for about 30 minutes, until vegetables are roasted.
3. While the vegetables are in the oven, bring 2 cups of water to boil. Once boiling, add quinoa and reduce heat to a simmer. Allow the quinoa to cook until the water is fully evaporating, making sure to stir periodically to reduce burning.
4. In a medium bowl, add quinoa, beans, olives, spinach, lemon juice, basil, salt and pepper, and half of the feta and mix thoroughly.
5. When the veggies are ready, remove from the oven and add in the mixture from the bowl, spreading it out evenly. Top with the remaining feta, and return to the oven for another 20 minutes. Broil on low for another 5 minutes to grill the cheese, then remove and enjoy!

WEEK TWO

FRIDAY

Mediterranean Cauliflower Crust Pizza

Makes 4 Servings

Calories 540 | Protein 12 | Carbs 51 | Fat 35

INGREDIENTS

- 4 Tbsp. pesto
- 1/2 zucchini, chopped
- 1-2 bunches arugula
- 2 Tbsp. chopped roasted red peppers
- 6-8 cherry tomatoes, halved
- 2 Tbsp. sliced red onion
- 1/2 cup feta cheese
- [Caulipower Pizza Crust](#)
- Salt and pepper, to taste

DIRECTIONS

1. Preheat the oven to 425° F.
2. Put pizza crust on a flat surface and evenly spread pesto over the entire pizza. Top with arugula, zucchini, peppers, tomatoes, onion and feta.
3. Bake for 13-15 minutes or until crust is crispy and golden-brown. Slice into pieces and enjoy!

WEEK TWO

SATURDAY

Protein Pancakes

Makes 2 Servings

Calories: 170 | Protein: 14 | Fat: 8 | Carbs: 10

INGREDIENTS

- 1 large (organic) egg
- 1 scoop Life Time Fitness vanilla whey protein powder
- 2 Tbsp. organic coconut flour
- ¼ cup unsweetened vanilla almond milk
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda

DIRECTIONS

1. Beat all ingredients together on low until protein powder is dissolved.
2. Spray skillet with non-stick coconut oil spray
3. Pour mix onto skillet to desired pancake size and fry on medium heat until thoroughly cooked.
4. You should end up with about 2 big pancakes, or 4 small pancakes. Amount varies slightly by desired size of pancake.

Quinoa & Kale Power Salad

Makes 4 Servings

Calories 485 | Protein 13 | Carbs 67 | Fat 19

INGREDIENTS

Salad

- 1 cup quinoa, cooked
- 4 cups chopped kale, ribs removed
- 1 15 ounce can chickpeas (garbanzo beans), drained
- 4 clementine oranges, peeled and sliced halve wise
- ¼ cup dried cranberries
- ¼ cup slivered almonds

Dressing

- 3 Tbsp. olive oil
- 1 Tbsp. white wine vinegar
- Juice of 1 orange
- 1 tsp. garlic powder
- Salt and pepper, to taste

DIRECTIONS

1. In a large bowl, mix in all of the salad ingredients.
2. In a small bowl, gently mix the dressing ingredients until fully combined. Drizzle over the salad mixture and enjoy!



Protein Pancakes

WEEK TWO

SUNDAY

Avocado Boats

Makes 2 Servings

Calories: 170 | Protein: 9 | Fat: 19 | Carbs: 8

INGREDIENTS

- 2 avocados
- 4 medium eggs

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Cut avocados in half lengthwise, de-pit, and scoop about a spoonful of avocado flesh from the center making room for the egg.
3. Place avocado halves in a small baking dish, and crack an egg into each—ideally adding yolk first and then egg white until avocado half is filled.
4. Bake for 15-20 minutes, or until egg whites have set.

Lentil Meatballs + Quinoa

Makes 4 Servings

Calories: 330 | Protein: 16 | Fat: 7 | Carbs: 53

INGREDIENTS

- 2 Tbsp. ground flaxseed
- 3 Tbsp. water
- 2 cups cooked lentils
- 1 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 1 ½ Tbsp. Italian seasoning
- 2 Tbsp. tomato paste
- Sea salt and black pepper to taste
- 1 Tbsp. coconut flour
- 1/2 cup gluten-free oats
- 2 ½ cups vegetable stock
- 1 ¼ cups quinoa, uncooked

DIRECTIONS

1. Make “flax egg” by soaking flax in 3 tablespoons of water for 5 minutes.
2. In a blender or food processor, add olive oil, garlic, flax egg, Italian seasoning, tomato paste, salt and pepper, coconut flour, lentils and raw oats. Pulse/blend until mixture is smooth but still somewhat chunky.
3. Roll into 10 equal-sized small balls.
4. Line a 9×13 baking pan with aluminum foil. Bake meatballs for 20 minutes at 350 degrees, until browned.
5. Meanwhile, add vegetable stock to small saucepan and add quinoa.
6. Simmer on low for 20 minutes or until cooked through, and fluff with fork.
7. Serve meatballs with quinoa. Two meatballs and ¾ cup quinoa is a serving.

WEEK THREE

MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Meal Replacement Protein Shake	Lentil Meatballs and Quinoa + 1 cup Veggies	Sheet Pan Meal	Snack Protein Shake + Optional (pg.11)
TUE.	Egg Bake	Sheet Pan Meal	Lemony Falafel Salad	Snack Protein Shake + Optional (pg.11)
WED.	Meal Replacement Protein Shake	Lemony Falafel Salad	Brinner Bowl	Snack Protein Shake + Optional (pg.11)
THU.	Egg Bake	Lentil Meatballs and Quinoa + 1 cup Veggies	Vegetarian Spaghetti and Meatballs	Snack Protein Shake + Optional (pg.11)
FRI.	Meal Replacement Protein Shake	Vegetarian Spaghetti and Meatballs	Ancient Grain Bowl with Avocado Crema	Snack Protein Shake + Optional (pg.11)
SAT.	Breakfast Sweet Potato + 1 cup Berries	Ancient Grain Bowl with Avocado Crema	Out to Eat	Snack Protein Shake + Optional (pg.11)
SUN.	Avocado Boats + 1 cup Berries	Out to Eat	Rainbow Vegetarian Chili	Snack Protein Shake + Optional (pg.11)

WEEK THREE

GROCERY LIST

PRODUCE	DRY	DAIRY
<input type="checkbox"/> 1 yellow onion <input type="checkbox"/> 4 bell peppers <input type="checkbox"/> 5 cups broccoli <input type="checkbox"/> 2 cups mushrooms <input type="checkbox"/> 8 cups mixed greens <input type="checkbox"/> 1 1/2 cup red cabbage <input type="checkbox"/> 3 1/2 cups cherry tomatoes <input type="checkbox"/> 1 cucumber <input type="checkbox"/> 1/2 red onion <input type="checkbox"/> 1 lemon <input type="checkbox"/> 1/2 cup red potato <input type="checkbox"/> 8 cups spinach <input type="checkbox"/> 1 medium spaghetti squash <input type="checkbox"/> 3 sweet potatoes <input type="checkbox"/> 6 cups kale or spinach <input type="checkbox"/> 3 avocados <input type="checkbox"/> 2 Tbsp. lime juice <input type="checkbox"/> 1 banana <input type="checkbox"/> 2 zucchinis <input type="checkbox"/> 2 carrots <input type="checkbox"/> 2 cups berries <input type="checkbox"/> 12 cups veggies	<input type="checkbox"/> 2 Tbsp. oat flour <input type="checkbox"/> 2 Tbsp. pine nuts <input type="checkbox"/> 1 1/2 cups cooked quinoa <input type="checkbox"/> 1 Tbsp. chia seeds	<input type="checkbox"/> 16 eggs <input type="checkbox"/> 1/4 cup full-fat plain Greek yogurt <input type="checkbox"/> Additional unsweetened nut milk (for protein shakes) <input type="checkbox"/> Optional: 1/4 cup cheese
	SPICES	PROTEIN
	<input type="checkbox"/> 5 Tbsp. garlic powder <input type="checkbox"/> 3 tsp. cumin <input type="checkbox"/> 3 tsp. smoked paprika <input type="checkbox"/> 1/2 cup parsley <input type="checkbox"/> 1 large bunch cilantro <input type="checkbox"/> 3 garlic cloves <input type="checkbox"/> 1 Tbsp. dill <input type="checkbox"/> 3 Tbsp. chili powder <input type="checkbox"/> 1/2 tsp. ground cinnamon	<input type="checkbox"/> 4 servings protein of choice <input type="checkbox"/> 12 oz. tempeh <input type="checkbox"/> 14 oz. extra firm tofu, drained
FROZEN	CANNED + JARRED	CONDIMENTS + OILS
<input type="checkbox"/> Frozen fruit (for protein shakes)	<input type="checkbox"/> 2 15 oz. cans cooked chickpeas <input type="checkbox"/> 2 cups pasta sauce (no sugar added) <input type="checkbox"/> 2 Tbsp. creamy peanut butter <input type="checkbox"/> 2 15 oz. can diced tomatoes <input type="checkbox"/> 1 15 oz. can kidney beans <input type="checkbox"/> 1 15 oz. can black beans	<input type="checkbox"/> 3 Tbsp. olive oil <input type="checkbox"/> 1 Tbsp. tahini <input type="checkbox"/> 5 Tbsp. coconut oil <input type="checkbox"/> 1/2 Tbsp. sesame oil <input type="checkbox"/> 1/2 Tbsp. hot sauce <input type="checkbox"/> 2 cups low sodium vegetable broth

Don't forget to include ingredients for snacks and protein shakes!

WEEK THREE

MONDAY PREP

Sheet Pan Meal

Makes 4 Servings

Calories: 400 | Protein: 35 | Fat: 14 | Carbs: 26

INGREDIENTS

- 4 servings protein of choice
- 8 cups veggies

DIRECTIONS

1. Follow cooking times found on page 9.

Sausage and Egg Bake

Makes 4 Servings

Calories: 295 | Protein: 22 | Fat: 18 | Carbs: 9

INGREDIENTS

- 10 eggs
- ½ onion, diced
- 1 bell pepper, diced
- 1 cup broccoli, chopped
- 1 cup mushrooms, diced
- Salt and pepper, to taste
- Optional: ¼ cup cheese

DIRECTIONS

1. Heat oven to 350° Grease 8" round baking dish
2. Stir in all ingredients. Sprinkle a light layer of cheese over the top.
3. Bake uncovered for 30-35 minutes or until golden brown and fully cooked (pierce with fork to check doneness—if fork comes out clean, it's done!)

WEEK THREE

TUESDAY

Lemony Falafel Salad

Makes 4 Servings

Calories: 400 | Protein: 35 | Fat: 14 | Carbs: 26

INGREDIENTS

Falafel

- 3 Tbsp. garlic powder
- 1 15 oz. can cooked chickpeas, drained
- 1 tsp. cumin
- 1 tsp. smoked paprika
- ½ tsp. salt
- 2 Tbsp. oat flour
- 2 tsp. olive oil
- 1/2 cup parsley
- 1/2 cup cilantro

Salad

- 8 cups mixed greens
- 1 1/2 cup red cabbage, thinly sliced
- ½ cup cherry tomatoes, halved
- ¼ cup cucumber, chopped
- 2 Tbsp. pine nuts
- 1/2 red onion, thinly sliced

Dressing

- 1 Tbsp. tahini
- Juice of 1 lemon
- 1 Tbsp. olive oil
- 1 garlic clove, pressed
- 1 Tbsp. dill, chopped
- 1-2 Tbsp. water, as needed
- Salt and pepper, to taste

DIRECTIONS

1. Place all falafel ingredients into a food processor and pulse until everything is combined. Add water 1 tsp. at a time as needed, but be careful not to add too much – dough shouldn't be too runny.
2. Transfer mixture to a small bowl and form into 1 inch balls with your hands. Gently flatten so they appear more like small pancakes. You should have enough to make 8-10 falafel.
3. In a medium saute pan, melt 1 Tbsp. coconut oil. Add the falafel and saute about 4-5 minutes on each side, until golden.
4. In a small mixing bowl, add all dressing ingredients and mix well. Add in more water depending on your preferred consistency – more water will make it more runny.
5. In a large mixing bowl, add all salad ingredients and dressing and mix thoroughly. Top with falafel and enjoy!

WEEK THREE

WEDNESDAY

Brinner Bowl

Makes 2 Servings

Calories: 425 | Protein: 17 | Fat: 30 | Carbs: 25

INGREDIENTS

- 1/2 cup red potato, diced
- 1 cup cherry tomatoes, diced
- 1 cup bell peppers, diced
- 2 cups spinach, chopped
- 1 1/2 tbsp. coconut oil
- 2 eggs

DIRECTIONS

1. Microwave potato for 3-5 minutes first). In a medium frying pan, melt 1/2 Tbsp. and sauté potato until crispy. Remove and set aside.
2. Melt another 1/2 Tbsp. of coconut oil in the frying pan and add cherry tomatoes, peppers and spinach. Sauté about 3-5 minutes. Add potatoes back in and set on very low, just enough to keep the mixture warm.
3. In a small frying pan, melt the rest of the coconut oil and turn temperature to low. Cook the egg over easy – gently crack egg and cook slowly until whites are firm and yolks are still runny. It may help to cover with a lid.
4. In a bowl, add veggie, then gently top with fried egg. Enjoy!



Brinner Bowl

WEEK THREE

THURSDAY

Vegetarian Spaghetti and Meatballs

Makes 4 Servings

Calories: 300 | Protein: 22 | Fat: 14 | Carbs: 31

INGREDIENTS

- 12 ounces tempeh, cut into small cubes
- 1 medium spaghetti squash, halved lengthwise and seeded
- 1 Tbsp. coconut oil
- 2 cups pasta sauce (no sugar added)
- 4 cups steamed broccoli, chopped
- 4 cups spinach, chopped
- 1 cup mushrooms, chopped

DIRECTIONS

1. Poke holes in the spaghetti squash and microwave for 5 minutes. Remove from microwave and carefully cut in half lengthwise. Remove seeds and rub olive oil and salt into the flesh.
2. Place flesh side down in microwave safe dish with ½ inch to 1 inch of water. Microwave in 3 minute increments until fork-tender, but not over-cooked.
3. When done, remove from water and pat dry. Allow 10 minutes to cool, and run a fork along the fleshy side to remove the strands from the skin and place in a 9 x 13 casserole dish.
4. Melt coconut oil in a sauté pan over medium heat. Add tempeh and sauté until golden brown, about 7 to 8 minutes, flipping halfway.
5. Add broccoli, spinach and mushrooms to the pan and cook until softened, about 7 minutes. Then add pasta sauce and reduce heat to low. Let simmer for about 5-10 minutes, and remove from heat.
6. Evenly distribute spaghetti squash and tempeh & veggie mixture into 4 bowls. Top with salt and pepper, and parmesan if preferred, and enjoy!

WEEK THREE

FRIDAY

Ancient Grain Bowl with Avocado Crema

Makes 4 Servings

Calories: 420 | Protein: 21 | Fat: 21 | Carbs: 44

INGREDIENTS

- 12-14 oz. extra firm tofu, drained
- 1 sweet potato, peeled and cubed
- 2 cloves garlic, minced
- 1 Tbsp. coconut oil
- 1 can chickpeas, drained
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1 ½ cups cooked quinoa
- 6 cups kale or spinach, chopped
- 2 cups cherry tomatoes, halved

Tofu Marinade

- 1 Tbsp. olive oil
- ½ Tbsp. sesame oil
- 1 tsp. paprika
- 1/2 Tbsp. hot sauce

Dressing

- 1 medium avocado
- 1/2 cup cilantro, chopped
- 1/4 cup full-fat plain Greek yogurt
- 2 Tbsp. lime juice
- 1 tsp. cumin
- Pinch of salt

DIRECTIONS

1. Preheat the oven to 400°F and grease a large baking sheet.
2. Mix marinade ingredients in a small bowl, then add the tofu and mix until thoroughly coated. Set aside for about 30 minutes.
3. Add sweet potato, garlic and chickpeas and sprinkle with chili powder and garlic powder. Then roast 35 minutes.
4. After tofu is done marinating, add to a medium pan and sauté over medium heat until cooked through, about 10 minutes each side.
5. While tofu is cooking, add all dressing ingredients to a food processor and blend until a creamy dressing is formed.
6. Combine the quinoa, veggies, chickpeas, and tofu in a large bowl, top with dressing, and enjoy!

WEEK THREE

SATURDAY

Breakfast Sweet Potato

Makes 2 Servings

Calories: 300 | Protein: 9 | Fat: 13 | Carbs: 42

INGREDIENTS

- 2 small sweet potatoes
- 1 medium banana, sliced
- 2 Tbsp. creamy peanut butter
- 1 Tbsp. chia seeds
- 1/2 tsp. ground cinnamon
- Other potential toppings: coconut flakes, flax seeds, avocado, eggs, red pepper flakes, etc

DIRECTIONS

1. Take your sweet potato and poke holes over its entirety. Then wrap in a moist paper towel and microwave for about 8-10 minutes, until fully cooked.
2. Allow the sweet potato to cool a bit before handling. Once cooled, carefully cut it in half and top with your chosen toppings. Enjoy!



Breakfast Sweet Potato

WEEK THREE

SUNDAY

Avocado Boats

Makes 2 Servings

Calories: 170 | Protein: 9 | Fat: 19 | Carbs: 8

INGREDIENTS

- 2 avocados
- 4 medium eggs

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Cut avocados in half lengthwise, de-pit, and scoop about a spoonful of avocado flesh from the center making room for the egg.
3. Place avocado halves in a small baking dish, and crack an egg into each—ideally adding yolk first and then egg white until avocado half is filled.
4. Bake for 15-20 minutes, or until egg whites have set.

Vegetarian Rainbow Chili

Makes 4 Servings

Calories: 390 | Protein: 22 | Fat: 4 | Carbs: 68

INGREDIENTS

- 2 15 oz. can diced tomatoes
- 1 15 oz. can kidney beans
- 1 15 oz. can black beans
- 2 cups low sodium vegetable broth
- 1 red bell pepper
- 1 yellow bell pepper
- 2 cups spinach, finely chopped
- ½ yellow onion, chopped
- 2 medium zucchinis, chopped
- 2 medium carrots, chopped
- 1 Tbsp. garlic powder
- 2 Tbsp. chili powder
- ½ tsp. cumin
- 1 Tbsp. cilantro
- 1 Tbsp. paprika
- ½ Tbsp. coconut oil

DIRECTIONS

1. In a large pot, melt coconut oil. Then add the onion, peppers, and carrots and cook until vegetables are tender, about 10 minutes.
2. Add your seasonings (garlic, chili powder, cumin, and smoked paprika) and spinach. Continue to cook, stirring frequently, about 1 minutes.
3. Next, add the tomatoes, beans, and broth. Stir to combine and reduce heat to a simmer. Allow mixture to simmer, stirring occasionally, for 30 minutes. Remove from heat and allow to cool slightly
4. For a thicker, less chunky texture, remove about half of the chili and pulse in a blender for a short amount of time – about 5-10 seconds. Then pour the blended mixture back into the pot and mix in evenly. Add in cilantro and mix in.
5. Enjoy immediately, or freeze for future use.

WEEK FOUR

MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS/ DESSERT
MON.	Meal Replacement Protein Shake	Rainbow Vegetarian Chili	Vegetarian Harvest Bowl	Snack Protein Shake + Optional (pg.11)
TUE.	Strawberry Rhubarb Overnight Oats	Vegetarian Harvest Bowl	Mexican Quinoa Skillet	Snack Protein Shake + Optional (pg.11)
WED.	Meal Replacement Protein Shake	Mexican Quinoa Skillet	Orange "Chicken" and Broccoli	Snack Protein Shake + Optional (pg.11)
THU.	Strawberry Rhubarb Overnight Oats	Orange "Chicken" and Broccoli	Sheet Pan Meal	Snack Protein Shake + Optional (pg.11)
FRI.	Meal Replacement Protein Shake	Sheet Pan Meal	Out to Eat	Snack Protein Shake + Optional (pg.11)
SAT.	Protein Pancakes + 1 cup Berries	Mexican Zucchini Boats	Mediterranean Cauliflower Crust Pizza	Snack Protein Shake + Optional (pg.11)
SUN.	Avocado Boats + 1 cup Berries	Mexican Zucchini Boats	Brinner Bowl	Snack Protein Shake + Optional (pg.11)

WEEK FOUR

GROCERY LIST

PRODUCE	DRY	DAIRY
<input type="checkbox"/> 4 cups brussels sprouts <input type="checkbox"/> 1 medium sweet potato <input type="checkbox"/> 6 radishes <input type="checkbox"/> 2 large carrots <input type="checkbox"/> 1 green onion <input type="checkbox"/> 2 small avocados <input type="checkbox"/> 1 red onion <input type="checkbox"/> 1 cup strawberries <input type="checkbox"/> 1 1/2 cup rhubarb <input type="checkbox"/> 1 yellow onion <input type="checkbox"/> 3 bell peppers <input type="checkbox"/> 6 cups steamed broccoli <input type="checkbox"/> 8 cups veggies <input type="checkbox"/> 8 large zucchini <input type="checkbox"/> 1-2 bunches arugula <input type="checkbox"/> 1 1/2 cup cherry tomatoes <input type="checkbox"/> 1/2 cup red potato <input type="checkbox"/> 2 cups spinach <input type="checkbox"/> 2 cups berries	<input type="checkbox"/> 1 cup uncooked quinoa <input type="checkbox"/> 2 1/3 cup gluten-free oats <input type="checkbox"/> 4 servings Life Time vanilla protein powder <input type="checkbox"/> 1 scoop Life Time vanilla whey protein powder <input type="checkbox"/> 1 cup white rice <input type="checkbox"/> 2 Tbsp. coconut flour <input type="checkbox"/> 1/4 tsp. baking powder <input type="checkbox"/> 1/4 tsp. baking soda	<input type="checkbox"/> 1 cup feta cheese <input type="checkbox"/> 4 cups unsweetened nut milk <input type="checkbox"/> 7 large egg <input type="checkbox"/> 1/2 cup cheddar cheese <input type="checkbox"/> Additional unsweetened nut milk (for protein shakes)
		PROTEIN
		<input type="checkbox"/> 14 oz. extra firm tofu. Chopped <input type="checkbox"/> 4 servings protein of choice
	SPICES	CONDIMENTS + OILS
	<input type="checkbox"/> 1 Tbsp. chili powder <input type="checkbox"/> 1 tsp. cumin <input type="checkbox"/> 1 tsp. oregano <input type="checkbox"/> 3 garlic cloves <input type="checkbox"/> 2 Tbsp. sesame seeds <input type="checkbox"/> 1 tsp. fresh ginger <input type="checkbox"/> 1 Tbsp. taco seasoning <input type="checkbox"/> 2 tsp. paprika <input type="checkbox"/> 2 tsp. garlic powder <input type="checkbox"/> 2 tsp. onion powder	<input type="checkbox"/> 7 Tbsp. olive oil <input type="checkbox"/> 1 Tbsp. sesame oil <input type="checkbox"/> 1 Tbsp. hoisin sauce <input type="checkbox"/> 1 Tbsp. honey <input type="checkbox"/> 1/4 cup low-sodium soy sauce or coconut aminos <input type="checkbox"/> 1 Tbsp. rice vinegar <input type="checkbox"/> 2 1/2 tsp. coconut oil <input type="checkbox"/> 1 Tbsp. Dijon mustard <input type="checkbox"/> 1 Tbsp. white wine vinegar
FROZEN	CANNED + JARRED	
<input type="checkbox"/> Caulipower Pizza Crust <input type="checkbox"/> Frozen fruit (for protein shakes)	<input type="checkbox"/> 1 15 oz. can chickpeas <input type="checkbox"/> 3 15-oz. cans black beans <input type="checkbox"/> 1 15-oz. can tomato sauce <input type="checkbox"/> 4 Tbsp. pesto <input type="checkbox"/> 1/2 cup sweet corn <input type="checkbox"/> 2 Tbsp. roasted red peppers <input type="checkbox"/> 1/2 cup salsa	

Don't forget to include ingredients for snacks and protein shakes!

WEEK FOUR

MONDAY

Vegetarian Harvest Bowls

Makes 6 Servings

Calories: 325 | Protein: 10 | Fat: 12 | Carbs: 45

INGREDIENTS

- 4 cups brussels sprouts, trimmed and halved
- 1 medium sweet potato, diced
- 6 radishes, chopped
- 2 large carrots, chopped
- 1/2 red onion, chopped
- 1/2 15 oz. can chickpeas, rinsed and patted dry
- 1/2 Tbsp. olive oil
- 1 tsp. paprika
- 2 tsp. garlic powder
- 2 tsp. onion powder
- 1/2 cup uncooked quinoa

Dressing:

- 1 green onion, minced
- 1 Tbsp. Dijon mustard
- 1 Tbsp. white wine vinegar
- 2 Tbsp. olive oil
- Salt and pepper, to taste

Optional:

1/4 cup sliced almonds, toasted

DIRECTIONS

1. Preheat your oven to 450°.
2. In a bowl or glass jar, combine the shallot, mustard, salt, pepper, vinegar and oil. Whisk or shake to combine.
3. On a rimmed metal baking sheet. Arrange the Brussels sprouts, sweet potato, radishes, onion and chick peas. Drizzle with olive oil and season with smoked paprika, garlic, onion powder, salt and pepper. Toss to coat and slide the pan onto the middle rack of your preheated oven. Roast for 20 minutes, rotating the pan halfway through roasting.
4. While vegetables are roasting, cook quinoa on stovetop. Add 1 cup of water to a small pot and add quinoa. Bring to boil, reduce heat and cover. Let simmer until water is evaporated. Set aside.
5. Evenly distribute all ingredients into 6 containers and top with dressing (if saving for leftovers, wait to add dressing until ready to eat). Top with toasted almonds.

WEEK FOUR

MONDAY

Strawberry Rhubarb Overnight Oats

Makes 4 Servings

Calories: 300 | Protein: 28 | Fat: 5 | Carbs: 38

INGREDIENTS

- 1 cup strawberries
- 1 1/2 cup rhubarb
- 1 Tbsp. water
- 1 1/3 cup gluten-free oats (1/3 cup for each serving)
- 2 2/3 cup unsweetened nut milk (almond, cashew, coconut, etc.) (2/3 cup for each serving)
- 4 servings Life Time vanilla protein powder

DIRECTIONS

1. In a small sauce pan, combine strawberries, rhubarb and water and simmer on medium heat for 5-7 minutes. Once softened, mash ingredients together and cook for another 10 minutes, stirring very frequently to prevent burning, until the mixture thickens.
2. Divide strawberry rhubarb mixture, oats, milk, and protein powder into four 16 oz. jars with lids.
3. Place lid on jar and thoroughly shake. Put in the refrigerator overnight (or 8 hours).
4. Prior to serving, add remaining toppings and stir.

WEEK FOUR

TUESDAY

Mexican Quinoa Skillet

Makes 4 Servings

Calories: 370 | Protein: 16 | Fat: 9 | Carbs: 59

INGREDIENTS

- 2 Tbsp. olive oil
- 1 onion, diced
- 1 red bell pepper
- 1 Tbsp. minced garlic
- 2 15-oz. cans black beans
- 1 15-oz. can tomato sauce
- 1/2 cup quinoa, uncooked and rinsed
- 1 Tbsp. chili powder
- 1 tsp. cumin
- 1 tsp. oregano
- 1 1/4 cups water
- Salt, to taste

DIRECTIONS

1. In a medium skillet, heat olive oil over low heat. Add in diced onion, red bell pepper and garlic. Sauté for 5 to 7 minutes or until translucent.
2. Add in beans, tomato sauce, quinoa, water and spices, and simmer on low for 30 minutes or until quinoa is tender.

WEEK FOUR

WEDNESDAY

Orange “Chicken” and Broccoli

Makes 4 Servings

Calories: 305 | Protein: 15 | Fat: 14 | Carbs: 32

INGREDIENTS

- 14 oz. extra firm tofu. chopped
- 1/2 Tbsp. olive oil
- 1/2 Tbsp. sesame oil
- 1/2 Tbsp. hoisin sauce
- 1/2 Tbsp. honey
- 6 cups steamed broccoli
- 2 garlic cloves, minced
- 2 Tbsp. toasted sesame seeds
- 1 tsp. fresh ginger
- ¼ cup low-sodium soy sauce or coconut aminos
- 1 Tbsp. rice vinegar
- 1 cup cooked white rice

Tofu Marinade

- 1/2 Tbsp. olive oil
- 1/2 Tbsp. sesame oil
- 1/2 Tbsp. hoisin sauce
- 1/2 Tbsp. honey

DIRECTIONS

1. In a small bowl, add a marinade ingredients and mix well. Then add tofu and stir until evenly distributed. Allow tofu to marinate for at least 30 minutes.
2. In a large skillet or wok, add olive oil and sesame oil and sauté tofu until evenly browned, about 4 minutes each side. Remove from skillet and set aside.
3. In the same skillet, add garlic and ginger and toast until fragrant.
4. Add in broccoli, tofu, hoisin sauce, honey, soy sauce, sesame seeds, and rice vinegar, cover, and simmer for about 10 minutes, or until the sauce has reduced.
5. Serve over a bed of rice, and enjoy!

Sheet Pan Meal

Makes 4 Servings

Calories 360 | Protein 15 | Carbs 48 | Fat 14

INGREDIENTS

- 4 servings protein of choice
- 8 cups veggies

DIRECTIONS

1. Follow cooking times found on page 10.

WEEK FOUR

SATURDAY

Protein Pancakes

Makes 2 Servings

Calories: 170 | Protein: 14 | Fat: 8 | Carbs: 10

INGREDIENTS

- 1 large (organic) egg
- 1 scoop Life Time Fitness vanilla whey protein powder
- 2 Tbsp. organic coconut flour
- ¼ cup unsweetened vanilla almond milk
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda

DIRECTIONS

1. Beat all ingredients together on low until protein powder is dissolved.
2. Spray skillet with non-stick coconut oil spray
3. Pour mix onto skillet to desired pancake size and fry on medium heat until thoroughly cooked.
4. You should end up with about 2 big pancakes, or 4 small pancakes. Amount varies slightly by desired size of pancake.

Mexican Zucchini Boats

Makes 4 Servings

Calories: 290 | Protein: 15 | Fat: 11 | Carbs: 33

INGREDIENTS

- 4-6 large zucchini, cut in half lengthwise
- 1 15 oz. can black beans, drained and rinsed
- 1/2 cup salsa
- 1/2 red bell pepper, cored and diced
- 1/4 red onion, diced
- 1/2 cup corn kernels
- 1 Tbsp. coconut oil
- 1 Tbsp. taco seasoning
- 1 tsp. paprika
- Sea salt, to taste
- 1/2 cup cheddar cheese

DIRECTIONS

1. Grease a 10x15 casserole dish with coconut oil and set to the side. Preheat oven to 400 F.
2. Once zucchini are halved, remove the center with a melon baller or spoon to form a small "dish". Place zucchini face up on the casserole dish.
3. In a large skillet, heat up the oil until melted. Add onion and red pepper and sauté for about 3 minutes, until slightly cooked. Add corn, beans, salsa and taco seasoning and let mixture simmer on low for about 10 minutes.
4. Carefully spoon the veggie mixture evenly into the zucchini boats. Once filled, top lightly with cheese.
5. Bake for 30 minutes, until cheese is melted. Then broil on low for 5 minutes to brown the cheese, but this is optional. Remove from oven and let cool.



Mexican Zucchini Burrito Boats

WEEK FOUR

SATURDAY

Mediterranean Cauliflower Crust Pizza

Makes 2 Servings

Calories 540 | Protein 12 | Carbs 51 | Fat 35

INGREDIENTS

- 4 Tbsp. pesto
- 1/2 zucchini, chopped
- 1-2 bunches arugula
- 2 Tbsp. chopped roasted red peppers
- 6-8 cherry tomatoes, halved
- 2 Tbsp. sliced red onion
- 1/2 cup feta cheese
- [Caulipower Pizza Crust](#)
- Salt and pepper, to taste

DIRECTIONS

1. Preheat the oven to 425° F.
2. Put pizza crust on a flat surface and evenly spread pesto over the entire pizza. Top with arugula, zucchini, peppers, tomatoes, onion and feta.
3. Bake for 13-15 minutes or until crust is crispy and golden-brown. Slice into pieces and enjoy!

WEEK FOUR

SUNDAY

Avocado Boats

Makes 2 Servings

Calories: 170 | Protein: 9 | Fat: 19 | Carbs: 8

INGREDIENTS

- 2 avocados
- 4 medium eggs

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Cut avocados in half lengthwise, de-pit, and scoop about a spoonful of avocado flesh from the center making room for the egg.
3. Place avocado halves in a small baking dish, and crack an egg into each—ideally adding yolk first and then egg white until avocado half is filled.
4. Bake for 15-20 minutes, or until egg whites have set.

Brinner Bowl

Makes 2 Servings

Calories: 425 | Protein: 17 | Fat: 30 | Carbs: 25

INGREDIENTS

- 1/2 cup red potato, diced
- 1 cup cherry tomatoes, diced
- 1 cup bell peppers, diced
- 2 cups spinach, chopped
- 1 ½ tbsp. coconut oil
- 2 eggs

DIRECTIONS

1. Microwave potato for 3-5 minutes (first). In a medium frying pan, melt ½ Tbsp. and sauté potato until crispy. Remove and set aside.
2. Melt another ½ Tbsp. of coconut oil in the frying pan and add cherry tomatoes, peppers and spinach. Sauté about 3-5 minutes. Add potatoes back in and set on very low, just enough to keep the mixture warm.
3. In a small frying pan, melt the rest of the coconut oil and turn temperature to low. Cook the egg over easy – gently crack egg and cook slowly until whites are firm and yolks are still runny. It may help to cover with a lid.
4. In a bowl, add veggie, then gently top with fried egg. Enjoy!

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