

## *The 5-Star Pro~Recovery Diet © Menu Plan*

*Each meal has the 5-Star Pro~Recovery Diet © foods ... Bon Appetite*

*Protein ... Fats ... Complex Carbs ... with a splash of Super Foods*

### *Menu 1 - Vegan:*

#### *- Breakfast*

*Quinoa Breakfast Bowl: 1 cup cooked quinoa, 1tbs melted coconut oil mixed in, 1/4 cup sprouted/roasted chopped walnuts, 1/2 cup mixed seasonal berries (strawberries, blueberries, raspberries, blackberries), 1/2 cup plain coconut yogurt - stir all together, slice toasted sprouted multigrain toast with organic no sugar peanut butter Protein: Quinoa (1 cup) - 8.1g, mixed nuts - 5g, multigrain bread - 2.5g, 2tbsp peanut butter - 7g = 22.6*

#### *- Lunch*

*Salad: Couple large handfuls of mixed greens, 1/2 cup chickpeas, 1/2 cup black beans 1/2 cup cherry tomatoes sliced in half, 1/2 avocado chopped, 1/4 cup chopped red pepper, 1/4 cup chili lime peanuts, 1-2 tbsp hemp seeds, 1/4 cup street corn, avocado lime dressing (**recipe attached**) Protein: mixed greens - 1.1g, chickpeas (1/2 cup) - 8g, walnuts (1/4 cup) - 8.6g, avocado - 3.4g, chili lime peanuts - 7g, hemp seeds (2tbsp) - 5g = 33.1g*

#### *- Snack*

*Celery with organic nut butter (almond, peanut, cashew)- garnish with pomegranate arils  
Sprouted and roasted cashews -1/4 cup  
Protein: 2 tbsp peanut butter - 7g, 1/4 cashew - 10.3g = 17.3g*

#### *- Dinner*

*Tempeh Tacos: 3 corn tortillas, prepared tempeh/sweet potato taco recipe (**recipe attached** / part of meal plan prep on Sunday), avocado, cilantro, mixed greens or cabbage, pico de gallo, cilantro and squeeze of lime. Serve with Mexican style rice Protein: 1 taco 14g x 3 = 42g*

### *Menu 2 - Vegan:*

#### *- Breakfast*

*Homemade nut granola (**recipe attached**) with plain coconut yogurt with mixed fruit, 2 tbsp chia seeds, sprouted multigrain toast with cashew butter.  
Protein: 1/2 cup granola - 20g, chia seeds - 3.3g, multigrain bread - 2.5g, cashew butter*

(2 tbsp) - 5.6g = 30.8

- Lunch

*Chickpea sandwich (smashed chickpeas with onions, celery, and avocado (**recipe attached**) - another great one to meal prep on Sunday for the week), include a layer or two of leafy greens or sprouts on multigrain sprouted bread to complete the sandwich.*

*Navel orange, celery with peanut butter and pomegranate arils*

*Protein: Chickpeas (6oz) - 12g, multigrain bread - 5g peanut butter (1 tbsp) - 3.5g = 20.5g*

- Snack

*Chia Banana Bread Bites (**recipe attached**)*

*Protein: 2 bites - 10g*

- Dinner

*Vegetarian Chili (**recipe attached** - makes a lot for future lunches and meals and freezes well) includes: Coconut /avocado oil, minced garlic, chopped onion, mushrooms, green and red bell pepper, chopped carrots, jalapeño, corn, cumin, coriander, chili powder, sea salt, diced tomatoes, kidney beans, black beans, red beans, burger wheat, and cilantro.*

*Protein: = 34g*

**Menu 3 - Vegan:**

- Breakfast

*Tempeh breakfast tacos ( scrambled tofu, roasted potatoes, avocado, black beans and salsa (**recipe link**), fresh fruit bowl*

*Protein: 2 tacos 20.7g*

<https://shaneandsimple.com/easy-vegan-breakfast-tacos/#tasty-recipes-11612-jump-target>

- Lunch

*Leftover chili*

*Protein: 34g*

- Snack

*1/2 peanut butter banana sandwich*

*Protein: 13.3g*

- Dinner

*Quinoa black bean mango bowl (quinoa, black beans, red beans, red peppers, onions, mangos, pumpkin seeds, diced jalapeño, squeezed lime,*

*Protein: quinoa (1 1/2cup) - 12g, black beans (1/2 cup) 9.3g, red beans (1/2 cup) -*

9g, pumpkin seeds (1 tbsp) - 2.2g = 32.5