











Beef up without meat

This 7-day menu plan will help you gain muscle mass in the healthiest way possible



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Power porridge made with organic oats and calcium-fortified soya milk. Add cashew nuts, raisins plus 1tbsp ground flaxseeds for omega-3s Fruit juice	Smoked tofu and mushrooms on wholemeal toast with grilled tomatoes Apricot and cashew smoothie – packed with calcium and protein	Whole wheat breakfast cereal made with soya milk – add apple, blueberries and raspberries. Toast with nut butter and yeast extract Fruit juice	Scrambled tofu (crumble plain tofu into a pan with finely chopped onion, turmeric and herbs. Season to taste) with baked beans on wholemeal toast Fruit juice	Muesli made with soya milk. Add nuts (Brazil nuts, hazelnuts) and fruit (banana, apple, pear), plus 1tbsp ground flaxseeds Fruit smoothie	Vegan sausage sandwich made with a toasted multigrain bagel Fruit juice 	The Full Monty! Vegan sausages, grilled tomatoes, fried mushrooms, baked beans and hash browns Fruit juice
SNACK	Mixed nuts & seeds; almonds, hazelnuts, walnuts, cashews, sunflower and pumpkin seeds Fresh fruit	Low-fat oat flapjack (look for one with walnuts or apricots – or make your own) Fresh fruit	Oat cakes with mushroom or yeast paté and chery tomatoes Fresh fruit 	Low-fat hummus and raw vegetable sticks (carrot, celery and cucumber) Fresh fruit	Wholemeal crispbread with marmite and/or cashew nut butter Fresh fruit	Flapjack and a banana Fruit smoothie plus 1tbsp ground flaxseeds	Exotic fresh fruit salad (mango, pineapple, grapes, kiwi and papaya)
LUNCH	Wholemeal 'Sub' sandwich made with 'chicken style' soya pieces or vegan sausage, vegan mayonnaise, cucumber, tomato and lettuce Fruit soya yoghurt 	Homemade pizza (ready-made base topped with tomato paste and thinly sliced onion, courgette, mushroom and herbs, sprinkled with nutritional yeast flakes or vegan cheese) Fresh fruit	Chunky vegetable and lentil soup with two wholemeal rolls filled with salad leaves and omega-3 vinaigrette (mix olive oil, flax oil, balsamic vinegar, Dijon mustard, garlic and maple syrup – keeps in fridge for 2 weeks) Fruit soya yoghurt	Giant spicy bean burger with salad in a wholemeal bap served with a heap of crunchy coleslaw (shredded carrot and cabbage with raisin, cashews, pine nuts and vegan mayonnaise) Fresh fruit	Wholemeal pitta bread stuffed with falafel, sliced tomatoes, lettuce, cucumber, olives and tahini (sesame seed paste – a good source of calcium) Fruit soya yoghurt	Baked sweet potato with spicy chilli beans and a spoon of plain soya yoghurt served with salad leaves dressed with an omega-3 vinaigrette Fresh fruit salad 	Nut Roast with roast potatoes, sweet potatoes and parsnips and steamed shredded cabbage or curly kale, carrot and/or peas and gravy. Baked apple stuffed with raisins and cinnamon
SNACK	Seaweed peanut crackers (seaweed is a good source of iodine) Fresh fruit	Mixed nuts, seeds and dried fruit (cashew nuts, almonds, hazelnuts, walnuts, sunflower, pumpkin seeds, raisins and apricots)	Cereal bar Fresh fruit 	Flapjack Fresh fruit	Mixed nuts, seeds and dried fruit 	Trail mix Fresh fruit 	A few squares of dark chocolate – good source of iron
DINNER	Shepherd's Pie made with soya mince, mushrooms and red lentils topped with a mix of mashed potato, sweet potato and swede Serve with rich onion gravy and broccoli or curly kale	Chunky Portabella Mushroom Stroganoff made with onions, garlic, pepper, soya 'cream' and a splash of white wine Serve with a heap of brown rice 	Wholemeal pasta bake (broccoli, leek, green beans, onion and mushroom, borlotti or other beans, steamed and baked with pasta in a rich tomato sauce and topped with nutritional yeast flakes or vegan parmesan)	Thai green curry (stir fried onion, broccoli, green beans/mange tout and baby corn with readymade sauce e.g. World Foods Thai Green Curry Sauce and coconut milk) serve with brown rice	Hearty Vegetable Hot Pot made with soya mince, potatoes, carrots, onions, garlic with Quick 'n' Easy Dumplings 	Chick Pea Balti with brown rice and lime pickle Serve with Raita dip (soya yoghurt, diced cucumber and mint) and a wholemeal chapatti	Bubble and squeak (use the leftovers from the roast) with vegan sausages, beans and/or pickle 

CALORIES Daily total of 2,600 calories (1430-1950 from carbohydrates; 260-390 from protein; 390-780 from fat)

Figures based on The Food and Agriculture Organisation and World Health Organisation's joint recommendation that 55-75 per cent of total energy comes from carbohydrates, 15-30 per cent from fat and 10-15 per cent from protein. Joint WHO/FAO expert consultation (2003). Diet, Nutrition and the Prevention of Chronic Diseases (PDF). Geneva: World Health Organisation. Pages 55-56. ISBN 92-4-120916-X
Our meal plans are intended for guidance only. The information presented here is not intended as medical advice nor does it replace medical advice. If you have any concerns, please speak to your doctor.