

4-WEEK WHOLE FOODS PLANT-BASED MEAL PLAN



WHAT IS A **PLANT-BASED DIET**?

What is a Plant-Based Diet? Is it vegetarian? Vegan? Can you eat meat? Well, the truth is that, the definition of a plant-based diet defers on who you ask. Generally, it is an eating method that emphasises on **eating more real, whole foods that comes from plants**. To me, plant-based **does not** mean completely eliminating lean sources of protein.

A plant-based diet promotes **INCLUSIVITY** over **EXCLUSIVITY**. So I'm not asking you to completely eliminate a food group, or restricting what you can eat such as no carbs or low fat, but rather, it's about consuming a well-balanced diet that emphasises on the consumption of healthy real plant-foods such as whole grains, fruits, vegetables, nuts, beans, legumes, healthy fats, while reducing the intake of unhealthy plant foods as well as animal products. That's what this **4-Week Whole Food Plant-Based Meal Plan** is all about! I've created this meal plan to be mostly plant-based, but with one meat recipe on every alternate day.

If you have been struggling to make a transition to eat better or you have failed in all sorts of different diets out there, then the plant-based approach may suit you. Even if you do 70/30 plant-based eating, your body will feel a difference. You will be less bloated, have more energy, you'll have better focus and your cravings for junk foods will reduce. This is a **holistic approach** to better health, but in a simple and actionable way that won't overwhelm you, plus this is **LONG TERM**.

7 SIMPLE STEPS TO MAKE THAT TRANSITION

- 1 Eat more **veggies**, more often whenever you can.
- 2 Emphasise **real whole foods** versus processed ones.
- 3 Fill up on a **salad or veggie-heavy soup** before your main meal.
- 4 Switch your typical portion sizes for meat with **vegetables**. So your plate should be filled up with vegetables first.
- 5 Snack on **nuts and seeds** for more fibre and protein. But be aware of your portion!
- 6 Drink **unsweetened coffee and tea**, or cut down the amount of added sugar.
- 7 Enjoy sweets and treats in **smaller amounts** and avoid stocking them up at home!

WEEK 1 - WEEK 2
MON, WED & FRI



INGREDIENTS SERVES 3

- 1) 1 ½ cups Oats – **525Cals**
- 2) 1 ½ cups Soy Milk* – **197Cals**
*Or other plant-based milk
- 3) 2 tbsps. Peanut Butter – **188Cals**
- 4) 3 large Bananas – **315Cals**
- 5) ¼ cup Goji Berries – **88Cals**
- 6) 1 ½ tbsps. Chia Seeds – **90Cals**

BREAKFAST
OVERNIGHT OATS

Cals Per Serving : 468Cals

STEPS

- 1) In a bowl, mix oats, milk, peanut butter, goji berries and chia seeds together.
- 2) Now let's transfer the overnight oatmeal, either into jars or bowls.
- 3) Cover and place in the fridge overnight.
- 4) The next morning, top it up with sliced bananas or any other fruits and serve it for breakfast.

***The overnight oats will keep well in the fridge for up to 3 days.*

LUNCH

VEGAN BLACK BEANS & CORN WRAP

Cals Per Serving : 278Cals (consume 1-2 wraps)

STEPS

VEGAN BLACK BEANS & CORN WRAP

- 1) Start by dicing the onion and bell pepper.
- 2) In a bowl, simply mix all the ingredients together; black beans, corn, bell pepper and onion. Season with salt and pepper.
- 3) To assemble, grab one tortilla and spread about 2 tbsps. of tomato paste on it.
- 5) Scoop about 1/4 cup of the mixed ingredients and spread it onto one side of the tortilla.
- 6) Carefully roll it up and press down firmly. Enjoy!

INGREDIENTS SERVES 3

- 1) 3 Medium Tortillas – **477Cals**
- 2) 1 can Black Bean, washed and drained - **185Cals**
- 3) 1/3 cup Corn, washed and drained – **40Cals**
- 4) 1 Red Bell Pepper, diced – **30Cals**
- 5) 1/2 Onion, diced – **23Cals**
- 6) 2 tbsps. Tomato Paste (per serving) – **26Cals**
- 7) Salt & Pepper to taste

WEEK 1 - WEEK 2
MON, WED & FRI



WEEK 1 - WEEK 2
MON, WED & FRI

DINNER

CHUNKY VEGETABLE BARLEY SOUP

Cals Per Serving : 400Cals

INGREDIENTS SERVES 2

- 1) 4 cups Vegetable Stock – **43Cals**
- 2) 1 medium Onion, diced – **44Cals**
- 3) 1 large (200g) Carrot, chopped – **82Cals**
- 4) 200g Sweet Potato, chopped – **172Cals**
- 5) 150g Broccoli Florets - **50Cals**
- 6) 1/3 cup (75g) uncooked Pearl Barley – **315Cals**
- 7) 1 can (400g) Chopped Tomatoes - **88Cals**
- 8) 1 tsp. Paprika* – **6Cals**

**Optional*

STEPS

- 1) Coat a large pot with olive oil over medium-high heat.
- 2) Cook onion for 3-4 minutes until slightly brown.
- 3) Add carrots, sweet potato and vegetable stock. Allow all the ingredients to cook for 10 minutes.
- 4) After 10 minutes, add in the pearl barley, and cook for another 30-40 minutes until barley is very tender.
- 5) After 30-40 minutes, add the chopped tomatoes, broccoli and paprika. Simmer for another 10 minutes and serve.

WEEK 1 - WEEK 2
TUES, THURS & SAT

BREAKFAST MUFFIN

Cals Per Serving : 155Cals (Nutty Banana) or 158Cals (Chocolate Peanut Butter)

INGREDIENTS 6 MUFINS

NUTTY BANANA

- 1) $\frac{3}{4}$ cup Oat Flour – **300Cals**
**Option: any other flour of your choice*
- 2) 1 tbsp. Chia Seeds + 3 tbsps. Water – **70Cals**
**This is to make the egg replacement*
- 3) $\frac{1}{2}$ cup Almond Milk – **20Cals**
**or other plant-based milk*
- 4) 2 tbsps. Maple Syrup – **104Cals**
- 5) 1 tbsp. Coconut Oil – **117Cals**
- 6) $\frac{1}{2}$ tsp. Vanilla Extract – **6Cals**
- 7) $\frac{1}{4}$ tsp. Baking Soda
- 8) 2 Medium Bananas – **210Cals**
**Roughly mash with a fork*
- 9) 3 tbsps. Crushed Almond Nuts – **105Cals**
**Option: other nuts of your choice*

CHOCOLATE PEANUT BUTTER

- 1) $\frac{3}{4}$ cup Oat Flour – **300Cals**
**Option: any other flour of your choice*
- 2) 1 tbsp. Chia Seeds + 3 tbsps. Water – **70Cals**
**This is to make the egg replacement*
- 3) $\frac{1}{2}$ cup Almond Milk – **20Cals**
**or other plant-based milk*
- 4) 2 tbsps. Maple Syrup – **104Cals**
- 5) 1 tbsp. Coconut Oil – **117Cals**
- 6) $\frac{1}{2}$ tsp. Vanilla Extract – **6Cals**
- 7) $\frac{1}{4}$ tsp. Baking Soda
- 8) $\frac{1}{4}$ cup unsweetened Cocoa Powder – **48Cals**
- 9) 3 tbsps. Peanut Butter – **282Cals**

STEPS

NUTTY BANANA

- 1) To make the egg replacement, mix 1 tbsp. of chia seeds with 3 tbsps. of water. Allow the mixture to sit for about 5 minutes until it becomes pudding like, just like a raw egg yolk.
- 2) In a large bowl, mix in all the dry ingredients, oat flour and baking soda.
- 3) In another bowl, mix in all the wet ingredients, milk, maple syrup, coconut oil, vanilla extract, chia mixture and mashed bananas.
- 4) Combine the dry and wet ingredients. Then add in the crushed almond nuts.
- 5) Scoop the batter into 6 muffin-tin and top them up with a little more crushed almond nuts, just for presentation.
- 6) Bake in a pre-heated oven at 180°C or 350°F for about 15 minutes, until a toothpick inserted comes out clean.
- 7) Allow the muffins to cool down for 5 – 10 minutes before consuming or storing them for the next day.

CHOCOLATE PEANUT BUTTER

- 1) To make the egg replacement, mix 1 tbsp. of chia seeds with 3 tbsps. of water. Allow the mixture to sit for about 5 minutes until it becomes pudding like, just like a raw egg yolk.
- 2) In a large bowl, mix in all the dry ingredients, oat flour, baking soda and cocoa powder
- 3) In another bowl, mix in all the wet ingredients, milk, maple syrup, coconut oil, vanilla extract, chia mixture and peanut butter.
- 4) Combine the dry and wet ingredients.
- 5) Scoop the batter evenly into 6 muffin-tin.
- 6) Bake in a pre-heated oven at 180°C or 350°F for about 15 minutes, until a toothpick inserted comes out clean.
- 7) Allow the muffins to cool down for 5 – 10 minutes before consuming or storing them for the next day.

For Complete Guide : Watch “3 Skinny Breakfast Muffins”
<https://youtu.be/LkicedG3L54>

LUNCH

SOBA NOODLE & EDAMAME SALAD WITH STIR-FRIED MIXED VEGETABLES

Cals Per Serving : 330Cals (Soba Noodle & Edamame Salad) & 114Cals (Mixed Vegetables)

STEPS

SOBA NOODLE & EDAMAME SALAD

- 1) Bring a pot of water to a boil. Cook the soba noodles very quickly just for about 5 minutes or until tender. Then immediately drain and plunge the noodles into cold water. Drain and set the noodles aside.
- 2) Steam the frozen edamames for 5 - 7 minutes until they are bright green and tender. Allow it to cool down before removing the edamame shells. Set aside.
- 3) Finely slice the carrots and spring onions.
- 4) In a large bowl, combine all ingredients together. Then mix in the sesame oil, sesame seeds and chilli flakes.
- 5) Gently toss to combine. This dish is also delicious chilled.

STIR-FRIED MIXED VEGETABLES

- 1) In a pan, heat oil over medium-high heat. Stir in the garlic and sauté very quickly for 1 to 2 minutes until lightly brown.
- 2) Then stir in all the vegetables and cook until vegetables are tender. If you need to, add in a little bit of water.
- 3) Finally, mix in soy sauce and season with salt.

INGREDIENTS SERVES 3

SOBA NOODLE & EDAMAME SALAD

- 1) 180g Soba Noodles, uncooked – **604Cals**
- 2) 1 cup Unshelled Edamame – **240Cals**
- 3) 1 tbsp. Sesame Seeds – **30Cals**
- 4) 2 tsps. Sesame Oil – **80Cals**
- 5) 1/2 cup Carrots, shredded – **26Cals**
- 6) 1/4 cup Spring Onions, chopped – **8Cals**
- 7) 1/2 tbsp. Chilli Flakes

STIR-FRIED MIXED VEGETABLES

- 1) 1 large head Broccoli – **170Cals**
- 2) 2 medium Carrots – **64Cals**
- 3) 1 cup Mushroom, sliced – **22Cals**
- 4) 1 Red Bell Pepper – **31Cals**
- 5) 3 cloves Garlic – **12Cals**
- 6) 1 tsp. Sesame Oil – **40Cals**
- 7) 1 tsp. Soy Sauce – **3Cals**
- 6) 1 tsp. Chilli Flakes



WEEK 1 - WEEK 2
TUES, THURS & SAT

WEEK 1 - WEEK 2
TUES, THURS & SAT

ONE POT FISH & RICE SOUP OR BARLEY & BEEF STEW

Cals Per Serving : 338Cals (One Pot Fish & Rice Soup) & 418Cals (Barley & Beef Stew)

INGREDIENTS

ONE POT FISH & RICE SOUP (Serves 3)

- 1) 4 cups Fish/Vegetable Broth - **48cals**
- 2) 400g White Fish Fillet - **410cals**
**or any other fish of your choice*
- 3) 1/2 cup Uncooked Wild Rice, rinsed - **286cals**
- 4) 1/2 can Black Beans, rinsed and drained - **110cals**
- 5) 1/2 can Diced Tomatoes - **64cals**
- 6) 1/2 cup Corn - **66Cals**
- 7) 1 tsp. Cumin Powder - **8Cals**
- 8) 1 tsp. Garlic Powder - **10Cals**
- 9) 1 tsp. Cayenne Powder - **6Cals**
- 10) 1 tsp. Mixed Herbs - **6Cals**
- 11) 1 tsp. Salt

OR

BARLEY & BEEF STEW (Serves 2)

- 1) 1/2 cup Pearl Barley, uncooked - **350cals**
- 2) 300g Beef Ribs - **360cals**
- 3) 1 Carrot, chopped - **20cals**
- 4) 1 cup Celery, chopped - **14cals**
- 5) 1 cup Mushroom, sliced - **16cals**
- 6) 1 small Onion, chopped - **25cals**
- 7) 1/2 tbsp. Unsalted Butter - **51cals**
- 8) 2 cups of Water
- 9) 1/2 tsp. Dried Basil Leaves
- 10) Salt & Pepper to taste

STEPS

ONE POT FISH & RICE SOUP

- 1) Start by prepping the rice. Fill a large pot with 4 cups of broth and the uncooked rice.
- 2) Cover, bring to a boil and allow the rice to almost cook for about 25 to 30 minutes. Adjust the cooking time, depending on the rice you're using.
- 3) Once the rice is almost ready, stir in all the ingredients – fish, black beans, diced tomatoes, corn and all the spices.
- 4) Allow all the ingredients to simmer for another 10 – 15 minutes until the fish and rice are fully cooked and the soup thickens slightly.
- 5) Stir occasionally and serve hot.

BARLEY & BEEF STEW

- 1) In a pot, melt butter over medium-high heat.
- 2) Add in the beef pieces to sear. Season with salt and pepper. Set aside.
- 3) In the same pot, sauté the onions until fragrant and slightly brown, just for about 5-6 minutes.
- 4) Stir in the mushrooms and cook very quickly until slightly tender, for about 2-3 minutes.
- 5) Then add the beef back into the pot. Add 2 cups of water, sprinkle with basil leaves and allow the beef to gently simmer under low heat until very tender, for about 20-30 minutes. Don't forget to stir occasionally.
- 6) Once the beef is tender, add in the remaining ingredients - barley, celery and carrots. Continue cooking all the ingredients until they are tender for another 20 - 30 minutes. Serve warm.

For Complete Guide : Watch “3 Healthy RICE Recipes” & “4 Superfood BARLEY Recipes”
https://youtu.be/YFY_MWis27I & <https://youtu.be/ybyl9zINdDc>

WEEK 3 - WEEK 4
MON, WED & FRI

BREAKFAST

CHIA PUDDING

Cals Per Serving : 312Cals (Tropical Mango) or 369Cals (Banana Peanut Butter)

INGREDIENTS SERVES 2

TROPICAL MANGO

- 1) 1/4 cup Chia Seeds – **280Cals**
- 2) 1 cup Soy Milk – **131Cals**
**or other plant-based milk*
- 3) 1 tsp. Maple Syrup – **17Cals**
- 4) 1 cup Mango puree – **140Cals**
- 5) 1 tbsp. Pumpkin Seeds – **56Cals**

OR

BANANA PEANUT BUTTER

- 1) 1/4 cup Chia Seeds – **280Cals**
- 2) 1 cup Soy Milk – **131Cals**
**or other plant-based milk*
- 3) 1 tsp. Maple Syrup – **17Cals**
- 4) 1 Large Banana, mashed – **121Cals**
- 5) 2 tbsps. Peanut Butter – **188Cals**

STEPS

TROPICAL MANGO

- 1) Pour the mango puree evenly into two 8oz jars. Chill in the fridge.
- 2) In a bowl, mix together the chia seeds, milk and maple syrup. Stir until well combined.
- 3) Pour the chia mixture on top of the mango puree.
- 4) Cover and let it set overnight in the fridge.
- 5) In the morning, top it up with pumpkin seeds.
- 6) You can consume immediately or cover and bring it out with you!

BANANA PEANUT BUTTER

- 1) In a bowl, mix together the mashed banana, chia seeds, milk, maple syrup and peanut butter. Stir until well combined.
- 2) Divide equally into 2 jars. Cover and let it set overnight in the fridge.
- 3) In the morning, add any topping of your choice such as fresh fruits or nuts/seeds and enjoy!

LUNCH

BARLEY BEET SALAD & COCONUT CURRY PUMPKIN SOUP

Cals Per Serving : 314Cals (Barley Beet Salad) & 168Cals (Coconut Curry Pumpkin Soup)

INGREDIENTS

BARLEY BEET SALAD (Serves 2)

- 1) 1½ cup Cooked Barley – **289Cals**
- 2) 2 cups Baby Spinach – **20Cals**
- 3) ½ cup Purple Cabbage – **11Cals**
- 4) 2 Beetroot, cooked and sliced – **70Cals**
- 5) ¼ cup Fresh Mint leaves – **4Cals**
- 6) 2 tbsps. Vegan Cheese, crumbled – **47Cals**
**optional*
- 7) 1 tbsp. Dried Cranberries – **22Cals**
- 8) 1 tbsp. Apricot Seeds – **76Cals**
**choose any other dried fruits, nuts or seeds of your choice*
- 9) ½ tbsp. Olive Oil – **60Cals**
- 10) 2 tbsps. Lemon Juice – **8Cals**
- 11) 1 tsp. Maple Syrup – **17Cals**

COCONUT CURRY PUMPKIN SOUP (Serves 4)

- 1) 1kg Pumpkin, roasted, peeled & cubed – **260Cals**
**Option: Butternut Squash or any other winter squashes*
- 2) 1 medium Onion, diced – **40Cals**
- 3) 3 Garlic Cloves, minced – **15Cals**
- 4) 1 tbsp. Fresh Ginger, minced – **163Cals**
- 5) ½ cup Light Coconut Milk – **163Cals**
- 6) 3 cups Vegetable Stock – **45Cals**
- 7) 1 tbsp. Olive Oil – **119Cals**
- 8) 1 tsp. Curry Powder – **6Cals**
- 9) ½ tsp. Cumin – **4Cals**
- 10) ½ tsp. Turmeric – **4Cals**
- 11) 1 tsp. Coriander Seed – **5Cals**
- 12) 1 tbsp. Fresh Lemon Juice – **3Cals**
- 13) Salt & Pepper to taste

STEPS

BARLEY BEET SALAD

- 1) To make the salad dressing, in a bowl, mix together the olive oil, lemon juice and maple syrup.
- 2) For the salad, all you have to do is to assemble all the ingredients together in a large bowl. Then drizzle with the salad dressing and serve.

COCONUT CURRY PUMPKIN SOUP

- 1) In a large pot, heat olive oil over medium heat. Stir in the garlic, ginger and onion, cook for 1 to 2 minutes until slightly brown and fragrant.
- 2) Add in all the spices; curry powder, cumin, turmeric and coriander. Continue to stir for about 1 minute until spices become toasted and fragrant.
- 3) Then add in the pumpkin, vegetable stock and coconut milk. Bring to a boil, cover and simmer for about 10 minutes until pumpkin is tender.
- 4) Turn off the heat and puree all the ingredients with a hand blender until smooth.
- 5) Season with lemon, salt & pepper. Serve hot.

For Complete Guide : Watch “4 Superfood BARLEY Recipes” & “3 VEGAN Slimming Soups”

<https://youtu.be/ybyl9zINdDc> & <https://youtu.be/61HoJtjm8fk>



WEEK 3 - WEEK 4
MON, WED & FRI

DINNER

TEMPEH CHILLI CON CARNE *WITH RICE*

Cals Per Serving : 421Cals

INGREDIENTS SERVES 4

- 1) 1 tbsp. Olive Oil, divided – **119Cals**
- 2) 1 cup Tempeh, cubed – **320Cals**
- 3) 2 tsps. Soy Sauce – **6Cals**
- 4) 1 Red Bell Pepper, diced – **37Cals**
- 5) 1 cup Zucchini, cubed - **19Cals**
- 6) 1 Carrot, diced – **25Cals**
- 7) 2 Garlic Cloves, minced – **8Cals**
- 8) 1 medium Onion, diced – **46Cals**
- 9) 1 can Diced Tomatoes – **32Cals**
- 10) 1 can Black Beans – **378Cals**
- 11) 1 tbsp. Smoked Paprika – **20Cals**
- 12) ½ tsp. Cumin Powder – **8Cals**
- 13) ¼ tsp. Cayenne Powder – **1Cal**
- 14) 2 sprigs Coriander, roughly chopped – **1Cal**
- 15) 1 cup Cooked Wild Rice – **166Cals**

STEPS

- 1) Using half a tablespoon of olive oil, sauté the tempeh until it is lightly golden brown, about 3-5 minutes.
- 2) Then add in the soy sauce, and sauté for another minute, until the soy sauce is sticky and dissolved. Set aside.
- 3) With the remaining half a tbsp. of olive oil, sauté all the vegetables – garlic, onion, zucchini, carrot and bell pepper.
- 4) Add the seasonings - smoked paprika, cumin powder and cayenne pepper.
- 5) Then add in the black beans, chopped tomatoes and tempeh.
- 6) Allow all the ingredients to simmer for 20 – 30 minutes until the sauce thickens. Don't forget to stir occasionally and if necessary, add some water.
- 7) Garnish with coriander and serve with rice.

WEEK 3 - WEEK 4
TUES, THURS & SAT

BREAKFAST

OPEN-FACED BAKED TEMPEH SANDWICH

Cals Per Serving : 273.5Cals

INGREDIENTS

TEMPEH SANDWICH

- 1) 100g Tempeh, thinly sliced – **194Cals**
- 2) 4 slices Whole-Grain Toast – **280Cals**
- 3) 1 Tomato, sliced – **22Cals**
- 4) 1/4 cup Baby Spinach – **4Cals**

MARINADE SAUCE FOR TEMPEH

- 1) 1/2 tbsp. Soy Sauce – **4Cals**
- 2) 1 tsp. Olive Oil – **40Cals**
- 3) 1 Garlic Clove, minced – **3Cals**

STEPS

- 1) Marinade the tempeh for 15 - 20 minutes to pack in more flavours.
- 2) Lay them out on a tray and bake at 180°C in a pre-heated oven for about 15 -20 minutes.
- 3) Once the tempeh is done, assemble the open-faced sandwich and serve.

For Complete Guide : Watch “3 Healthy Ways to Enjoy Tempeh”
<https://youtu.be/Hm455GV3afs>

LUNCH

CHICKEN & FISH TANDOORI WITH CUCUMBER SALAD

Cals Per Serving : 482Cals (Chicken & Fish Tandoori) & 34Cals (Cucumber Salad)

WEEK 3 - WEEK 4
TUES, THURS & SAT

STEPS

TANDOORI

- 1) Cube the chicken breast into chunks and slice the fish.
- 2) In a blender, add the garlic and ginger along with a splash of water and blend to make a thick smooth paste.
- 3) In a separate bowl, add the blended garlic and ginger paste along with the rest of the marinade ingredients - oil, yoghurt, lemon juice and all the spices. Mix well.
- 4) Marinate the chicken cubes and fish slices. Leave for 15 - 20 minutes for the meat to soak the flavours.
- 5) Pre-heat the oven to 220°C / 420°F.
- 6) After 15 minutes, skewer the chicken with wooden skewers and place it on a baking tray.
- 7) If you don't have wooden skewers, you can just place the chicken and fish fillets onto the baking tray.
- 8) Bake in the oven for 15 - 20 minutes or until the meats are done.
- 9) Serve the tandoori chicken and fish with cucumber salad and chapati.

CUCUMBER SALAD

- 1) Add all the ingredients into a bowl. Mix well.
- 2) Allow it to chill in the fridge until it's ready to be served.

INGREDIENTS SERVES 4

TANDOORI

- 1) 400g Chicken Breast – **656Cals**
- 2) 400g Tilapia Fish – **384Cals**

FOR THE MARINADE

- 1) 1½ tbsps. Olive Oil – **178.5Cals**
- 2) ½ cup Plain Yoghurt – **77Cals**
- 3) 4 Garlic Cloves, roughly chopped – **18Cals**
- 4) 2 tbsps. Fresh Ginger, roughly chopped – **14Cals**
- 5) 2 tbsps. Lemon Juice – **8Cals**
- 6) 1 tsp. Ground Coriander – **5Cals**
- 7) 1 tsp. Ground Cumin – **8Cals**
- 8) 1 tsp. Ground Turmeric – **10Cals**
- 9) ½ tsp. White Pepper – **7Cals**
- 10) 1 tbsp. Paprika – **20Cals**
- 11) 1 tsp. Salt
- 12) 2 plain Chapati – **136Cals**

WITH

CUCUMBER SALAD

- 1) ½ cup Onion, chopped – **34Cals**
- 2) 1 cup Tomato, chopped – **32Cals**
- 3) 1 cup Cucumber, chopped – **16Cals**
- 4) ¼ cup Fresh Coriander, chopped – **20Cals**
- 5) 1 tsp. Red Chilli Powder – **24Cals**
- 6) 2 tbsps. Lemon Juice – **8Cals**
- 7) Salt to taste



WEEK 3 - WEEK 4
TUES, THURS & SAT

DINNER

BLACK BEAN, COCONUT & RICE

Cals Per Serving : 601Cals (with rice)

INGREDIENTS SERVES 3

- 1) 1 can (240g) Black Beans, washed & drained - **220Cals**
- 2) 200ml Coconut Milk - **467Cals**
- 3) 2 Potatoes, cubed - **260Cals**
- 4) 2 large Carrots, cubed - **260Cals**
- 5) 2 large Tomatoes, roughly chopped - **66Cals**
- 6) 1 Onion, chopped - **46Cals**
- 7) 1 Bell Pepper, chopped - **30Cals**
- 8) 1 Garlic Clove, minced - **4Cals**
- 9) 1 tsp. Mixed Herbs - **4Cals**
- 10) 1 tsp. Ground Cumin - **8Cals**
- 11) 1/4 tsp. Ground Cinnamon - **2Cals**
- 12) 1/2 tsp. Salt
- 13) 2 - 3 cups Water
- 14) 3 cups Brown Rice, cooked - **645Cal**

STEPS

- 1) Chop up all the vegetables.
- 2) In a large pot, cook the garlic until fragrant and golden brown.
- 3) Then add in all the vegetables and season with the herbs and spices. Mix well.
- 4) Pour the coconut milk and water and mix thoroughly.
- 5) Close the lid and let it cook for 20-25 minutes until all the ingredients are tender and cooked through.
- 6) You may choose to serve it with 1/2 to 1 cup of rice.



SNACK

TRAIL MIX OR 3-INGREDIENT OAT BITE

Cals Per Serving : 140-170Cals (Trail Mix) & 180Cals (3 Oat Bites)

STEPS

TRAIL MIX

- 1) Simply choose a combination of nuts, seeds and dried fruits of your choice. Measure ¼ cup per serving.

3-INGREDIENT OAT BITE

- 1) Melt the maple syrup and peanut butter in a pan under low heat until smooth. Don't let it overheat!
- 2) Turn off the heat. Add in the oats. You can also add other ingredients such as sunflower seeds and goji berries. Mix them well.
- 3) Then simply shape them into bite-size balls.
- 4) Chill in the refrigerator for about one hour or until firm.

INGREDIENTS

TRAIL MIX (Serves 4)

- 1) ½ cup of Nuts
- 2) ¼ cup Seeds
- 3) ¼ cup Dried Fruits

OR

3-INGREDIENT OAT BITE (makes 24 Oat Bites)

- 1) 1 cup Rolled Oats, dry & uncooked – **340Cals**
- 2) ½ cup Peanut Butter – **778Cals**
- 3) ¼ cup Maple Syrup – **204Cals**
**optional add-ons*
- 4) 1 tbsp. unsweetened Cocoa Powder – **12Cals**
- 5) 1 tbsp. Sunflower Seeds – **47Cals**

WEEK 1 - WEEK 4



****As for SUNDAY, choose your favourite meals and have them together with one Reward Meal in MODERATION.**

IMPORTANT NOTES

- 1) This is a Whole Food Plant-Based Meal Plan based on a balanced diet rich with unrefined carbs, healthy fat, packed with vegetables. It's NOT Vegan or 100% Plant-Based.
- 2) You can watch my step-by-step guidance for all the meals and recipes on my "Healthy Meal Plan, Food & Nutrition" playlist on my YouTube channel:
www.youtube.com/user/joannasohofficial
- 3) Do NOT consume less than 1200cals for women and 1600cals for men in a day. Starving will NOT help to lose weight.
- 4) If you are a male, increase the portion size and keep to 1800cals – 2100cals per day.
- 5) You can choose to prepare your meals in BULK and have them for the next 2 – 3 days for convenience.
- 6) Only use and prepare HIGH QUALITY, natural, clean and unprocessed food.
- 7) Adjust the portion size and calories according to the product you use. Mine might be slightly different from yours. So read the food label carefully. If there isn't a food label, you can search up on the nutrients and calories online.
- 8) You can always mix your meal plan and create your own recipe by using other ingredients of your choice.
- 9) You MUST drink at least 2.5L - 3L of water EVERY DAY.
- 10) Make it a habit to PLAN & PACK your meals the night before and store them in the fridge for the next day; this will make your mornings easier, which will help to keep you on track.
- 11) PRINT this meal plan and stick it on your fridge as a daily reminder to stay on track.
- 12) Keep a FOOD DAIRY of what you eat and how you feel as well, which is a crucial part to stay on track.
- 13) Aim to WORKOUT 4 - 5 times a week between 30 - 45 minutes for maximum result. Please follow my "Ramadan Workout Plan" for that.
- 14) You can add another small meal or increase your calories by 200 – 300cals on your workout days if needed.
- 15) STAY AWAY from soda drinks, processed food, fast food and all junks!
- 16) It's always a good idea to talk with your doctor before starting your weight-loss journey. And that's especially important in this case if you have kidney disease, diabetes or other chronic health condition. You know your body better than I do!

**DON'T WAIT UNTIL YOU HAVE ACHIEVED YOUR GOAL TO BE PROUD OF YOURSELF,
BE PROUD OF YOURSELF FOR EVERY STEP YOU TAKE TOWARDS YOUR GOAL. ALL THE BEST! =)**