

8-WEEK BIKINI BODY CHALLENGE VEGAN / VEGETARIAN MEAL PLAN

MONDAY / WEDNESDAY / FRIDAY MEALS

	MEALS & INGREDIENTS	STEPS	PER SERVING
Breakfast <i>(Please watch "Make-Ahead Healthy Breakfasts" video for the complete guide)</i>	DREAMY OATS 1) ½ cup (125g) of Greek Yoghurt – 100Cals <i>*Vegan: Choose a dairy-free yoghurt</i> 2) 1/3 cup (30g) of Oats – 111Cals 3) 2 tbsp (30ml) of any Milk of your choice – 13Cals 4) 1 cup (150g) of Frozen Mixed Berries – 43.5Cals <i>**Or any fresh / frozen fruits of your choice</i> 5) ½ tbsp (6g) of Mixed Seeds – 33Cals <i>**Option: Other seeds or dried fruits of your choice</i>	1) In a bowl, mix greek yoghurt, oats, milk and mixed seeds together. 2) Assemble the 'Dreamy Oats', either in a large glass or jar, by alternating between the oat mixture and frozen berries. 3) Place it in the fridge overnight and serve it for breakfast the next morning.	300.5Cals
Snack <i>(Please watch "Full Vegan Meal Plan" video for the complete guide.)</i>	PEANUT BUTTER ENERGY BAR (SERVES 9) 1) 113.5g of Peanut Butter – 697cals 2) 150g of Honey (495cals) or Maple Syrup – 390cals 3) 80g of Dry Uncooked Oatmeal – 302cals 4) 15g of Mix seeds – 88cals <i>**Option: Other dried fruits or nuts</i>	1) Mix the peanut butter and honey / maple syrup in a pan under low heat until it's all nicely mixed. Don't cook! 2) Remove from the heat, add the oatmeal and mixed seeds and mix it up evenly. 3) Transfer the mixture into a small square tin and press it down. 4) Allow it to chill in the fridge for an hour or until it's firmed and slice it into 9 bars.	175.5Cals (using Honey) 164Cals (using Maple Syrup)
Lunch <i>(Please watch "Low Calorie Gluten-Free</i>	TOMATO RICE & BLACK BEANS (Serves 2) 1) ½ cup (100g) of uncooked White or Brown Rice / a combination of both – 355Cals	1) Cook rice according to instructions. 2) In a pan, heat olive oil over medium-high heat. 3) Add garlic and bell pepper. Stir-fry for 3-4 minutes	292Cals

<p><i>Vegetarian Dinner" video for the complete guide.)</i></p>	<p>**Weigh approx. 240g once cooked</p> <p>2) ½ can (200g) Chopped Tomatoes, juice reserved – 50Cals</p> <p>3) 1 tsp Olive Oil – 40Cals</p> <p>4) 2 cloves Garlic, minced – 8Cals</p> <p>5) 1 large (170g) Bell Pepper, chopped – 45Cals</p> <p>6) ½ can (130g) Black Beans, rinsed and drained – 74Cals</p> <p>7) 1 tsp Ground Cumin – 8Cals</p> <p>8) ½ tsp Chilli Powder – 4Cals</p> <p>9) A little but of Salt for seasoning</p>	<p>until fragrant and bell pepper starts to soften.</p> <p>4) Then mix in the black beans, chilli powder, cumin, salt and cook for another 1 minute to combine all the ingredients together.</p> <p>5) Next, add half a can of chopped tomatoes and bring to a boil under low heat. Cook for another 5-7 minutes, until the beans have absorbed much of the liquid.</p> <p>6) Finally mix in the rice and combine all the ingredients, stirring for 1-2 minutes until the rice is warm and serve immediately.</p>	
<p>Snack <i>(Please watch "Make-Ahead Healthy Breakfasts" video for the complete guide.)</i></p>	<p>BANANA MUFFIN (SERVES 12)</p> <p>1) 2/3 cup (60g) of Oats (222Cals)</p> <p>2) 2 medium very ripe Bananas, mashed (178Cals)</p> <p>3) ½ cup (243g) of unsweetened Applesauce (328Cals)</p> <p>4) 2 large Eggs (156Cals)</p> <p><i>*Vegan: You may omit the eggs.</i></p> <p>5) ½ cup (125g) of Greek Yoghurt (100Cals)</p> <p><i>*Vegan: Choose a dairy-free yoghurt</i></p> <p>6) 1 tsp of Vanilla Extract (12Cals)</p> <p>7) 1 tbsp of Baking Powder</p> <p>8) ¼ tsp of Baking Soda</p> <p>9) 45g of Whole Almond Nuts, coarsely chopped / Seeds / Dried Fruits (259cals)</p> <p>Baking Tool Needed: 12 Muffin Cups & Cooking Spray</p>	<p>1) Mix the dry ingredients in a large bowl. Combine the oats, baking powder, baking soda and coarsely chopped almond nuts together.</p> <p>2) In a separate bowl, mix the wet ingredients. Combine mashed bananas, applesauce, eggs, greek yoghurt and vanilla extract together. Make sure it's all evenly mixed and smooth.</p> <p>3) Fold the wet mixture into the dry mixture. Mix all the ingredients up until evenly coated.</p> <p>4) In the meantime, pre-heat the oven to 200 celsius / 400 fahrenheit.</p> <p>5) Spray 12 muffin cups with a little bit of cooking spray.</p> <p>6) Divide the mixture evenly into the 12 muffin cups and bake for 10-12 minutes until the banana muffin is lightly brown.</p> <p>7) Remove from the oven, and allow the banana muffins</p>	<p>210Cals (for 2 servings)</p>

		to sit for 5-10 minutes before serving. **Store the Banana Muffins in the fridge for up to 5 days or in the freezer for up to 2 weeks.	
Dinner <i>(Please watch "Eat Soup & Stay Slim" video for the complete guide.)</i>	CHUNKY VEGETABLE BARLEY SOUP (Serves 3) 1) 4 cups Vegetable Stocks (43Cals) 2) 1 medium Onion, diced (44Cals) 3) 1 large (200g) Carrot, chopped in cubes (82Cals) 4) 200g of Sweet Potato, chopped in cubes (172Cals) 5) 150g of fresh or frozen Broccoli (50Cals) 6) 1/3 cup (75g) of uncooked Pearl Barley (315Cals) 7) 1 (400g) can of chopped Tomatoes, undrained (88Cals) 8) 1 teaspoon of Paprika (6Cals) **Optional	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, water and vegetable stock cubes. 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 1 can of chopped tomatoes, broccoli and paprika. Simmer for another 10 minutes and serve warm.	266.67cals

TOTAL CALORIES = 1244.67Cals + 200Cals allowance = 1444.67Cals

*****I have added 200 calories allowance in each day. The calories allowance can be used to increase the portion size slightly, to add another additional small snack into your meal plan, or you may allow yourself to a small reward snack as a treat. Use the calorie allowance wisely. =)***

TUESDAY, THURSDAY, SATURDAY MEALS

	MEALS & INGREDIENTS	STEPS	PER SERVING
Breakfast	<p>WHOLE-WHEAT TOAST WITH PEANUT BUTTER & BANANA</p> <p>1) 1 thick Whole-Wheat Toast (125Cals) 2) 1 tbsp Peanut Butter (94Cals) 3) 1 medium Banana, sliced (105Cals)</p>	<p>1) Spread peanut butter on toast and top it up with sliced bananas. Quick & Yummy!</p>	324Cals
<p>Snack (Please watch "Reduce Bloating: 3-Day Detox Plan" video for the complete guide.)</p>	<p>GREEN SMOOTHIE 4 Main Ingredients for a Simple & Delicious Smoothie!</p> <p>1) Choose Your GREEN VEGETABLE/S (50 – 100g) - Spinach, Kale, Zucchini, Bok Choy, Cabbage etc.</p> <p>2) Choose Your LIQUID/S (200 - 250ml) - Water, Soya Milk, Almond Milk, Coconut Water, Green Tea etc.</p> <p>3) Choose Your FRUIT or VEGETABLE (100 – 150g) - Banana, Tomato, Berries, Apple, Mango etc</p> <p>4) Choose Your ADD-ONS (1-2tbsp) - Goji Berry, Chia Seeds, Nuts, Mixed Seeds, Protein Powder etc.</p>	<p>I used 150g frozen Spinach (34.5Cals) + 100ml Soya Milk (50Cals) + 100ml Water + 150g frozen sliced Bananas (133Cals) + 1tbsp Goji Berries (22.5Cals)</p> <p>- Add all the ingredients into a smoothie blender and blend until smooth and thick.</p>	240cals
<p>Lunch (Please watch "Low Calorie Gluten-Free Vegetarian Dinner" video for</p>	<p>VEGETARIAN QUINOA LASAGNE (Serves 4)</p> <p>1) 1 cup Water 2) ½ cup (85g) Quinoa, uncooked – 313Cals *Options: Couscous, Barley or Rice</p>	<p>1) In a pan, combine water and quinoa and bring to a boil. Then reduce to a simmer, cover and cook for 15 mins.</p> <p>2) While waiting for the quinoa to cook, in a food processor, combine the tofu, beaten egg and lemon juice. Blend for 20 seconds or until you have a smooth and creamy mixture</p>	293.6cals

<p><i>the complete guide.)</i></p>	<p>3) 2 tsp Olive Oil – 80Cals 4) 1 medium Onion, diced – 44cals 5) 1 clove Garlic, minced – 4Cals 6) 1 Jar (500g) basic traditional Pasta Sauce or tomato sauce– 176cals 7) ½ block (175g) Firm Tofu – 108.5Cals 8) 1 large Egg, beaten – 78Cals <i>*Vegan: Feel Free to omit the egg.</i> 9) Juice from half a Lemon – 6Cals 10) 1 large Zucchini, sliced – 54Cals 11) 1 large Bell Pepper, sliced – 45Cals 12) 1 large carrot (120g), diced – 50Cals 13) Season with salt and pepper 14) ½ cup (55g) Grated Cheese of your choice – 216Cals <i>**Parmesan, Cheddar, Mozzarella or Dairy-Free Cheese</i></p>	<p>and set it aside.</p> <p>3) Once quinoa is cooked, fluff with a fork and spread the quinoa evenly in an ovenproof dish.</p> <p>4) Preheat the oven to 180 Celsius / 350 Fahrenheit.</p> <p>5) In a pan, heat 1 tsp of olive oil over medium-high heat. Add onion and garlic and cook for 3-4 mins until fragrant and lightly brown. Add the carrots and cook for another 3-4 mins.</p> <p>7) Then add the pasta or tomato sauce. Stir for 3-4 mins until the sauce is hot, remove from heat and set it aside.</p> <p>8) Next, heat the remaining 1 tsp of olive oil over medium-high heat. Add bell pepper and zucchini, season with salt and pepper, and cook for 10 mins or until the vegetables are tender and set it aside.</p> <p>9) Final let's start to layer our lasagne. Spread half of the pasta sauce over the quinoa. Make a layer of half the vegetables, then all the creamy tofu mixture, then the remaining vegetables. Finish with the remaining pasta sauce and spread cheese evenly on top.</p> <p>10) Bake for 30-35 mins, until it's hot and the cheese is melted, bubbling and slightly browned around the edges.</p> <p>11) Remove from the oven and allow the lasagne to cool down for about 10 mins before serving.</p>	
<p>Snack <i>(Please watch "My Eat Clean Meal Plan" for the complete guide.)</i></p>	<p>CRUNCHY FRUIT SALAD 1) 100g Strawberries – 33Cals 2) 50g Blueberries – 29Cals 3) 50g Grapes – 34Cals 4) 20g Cashew Nuts, grinded – 120Cals</p>	<p>1) Combine all the ingredients in a bowl and serve! <i>**You may change the fruits and cashew nuts to any other fruits and nuts/seeds of your choice.</i></p>	<p>216cals</p>

<p>Dinner (Please watch "Eat Soup & Stay Slim" video for the complete guide.)</p>	<p>CHICKPEAS SPINACH CURRY WITH CHAPATI (Serves 2)</p> <ol style="list-style-type: none"> 1) ½ an onion, peeled and cut into quarters (22cals) 2) 5g of root ginger, peeled and roughly chopped (5cals) 3) 1 clove of garlic, sliced (4cals) 4) 1 1/2 teaspoons of Red Curry Powder (9cals) 5) 1 tsp of Olive Oil (40cals) 6) 1 can / 240g of rinsed and drained chickpeas (290cals) 7) 1 can of undrained chopped tomatoes (100cals) 8) 150g of fresh or frozen Spinach (42cals) 9) 150g of fresh or frozen Cauliflower (51cals) 10) 125ml of water 11) 1 Whole Wheat Chapati (130cals) <p><i>*Option: Brown Rice</i> **Add ¼ tsp of salt for extra flavour</p> <p>Calories per serving of Curry: 281.5cals</p>	<ul style="list-style-type: none"> - Place the onion, ginger and garlic into a food processor and blend into a purée. - Heat up a saucepan, add olive oil and add the puréed onion mix and curry powder to pan, sauté for 3 minutes. - Add in the chickpeas, tomatoes, cauliflower and simmer. - Then stir in the spinach, water, and salt. Cook until spinach is fully thawed and warm. Add more water if needed. - Served it hot with 1 medium Whole Wheat Chapati. Yummy! 	<p>411.5Cals (1 serving of curry with 1 medium chapatti)</p>
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TOTAL CALORIES: 1485.1Cals

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

IMPORTANT NOTES:

- 1) This Meal Plan is based on a balanced diet rich with lean meat, unrefined carbs, healthy fat, packed with fruits and vegetables, which helps for quick weight loss, to build lean muscles and to give you a flat tummy.
- 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) These meals are INTERCHANGEABLE. So you can have your snack for breakfast, breakfast for lunch etc.
- 7) Only use and prepare HIGH QUALITY, natural, clean and unprocessed food.
- 8) 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.
- 9) You can always mix your meal plan and create your own recipe by using other ingredients of your choice
- 10) You MUST drink at least 2.5L - 3L of water EVERY DAY.
- 11) Aim to eat every 3 – 4 hours throughout the day.
- 12) 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.
- 13) PRINT this meal plan and stick it on your fridge as a daily reminder to stay on track.
- 14) Keep a FOOD DAIRY of what you eat and how you feel as well, which is a crucial part to stay on track.
- 15) Have your BREAKFAST within one hour of you waking up to kick-start your metabolic rate.
- 16) WORKOUT 5 – 6 times a week between 45 – 60 minutes for maximum result. Please follow my “Workout Plan” for that.
- 17) You can add another small meal or increase your calories by 200 – 300cals on your workout days if needed.
- 18) STAY AWAY from alcohol, soda drinks, processed food, fast food and all junks!
- 19) Treat yourself to a REWARD MEAL once a week in moderation. This will avoid the risk of excessive intake of your favourite guilt treats.
- 20) 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! =)**