

90-DAY WEIGHT LOSS CHALLENGE TO A NEW YOU (FULL **VEGAN** MEAL PLAN)

MONDAY / WEDNESDAY / FRIDAY MEALS

| | MEALS & INGREDIENTS | STEPS | TOTAL CALS |
|--|---|---|-------------------|
| Breakfast | AVOCADO TOAST 1) ¼ an Avocado (80cals) 2) 2 medium slices of Whole Wheat Toasts (180cals) 3) *Option: 1tsp of lemon, onion slices, chillie flakes, cherry tomatoes etc. Drink: Green Tea / Apple Cider Vinegar (0 cals) | - Slice and mash the avocado up and spread it onto your toast! - You can top it up with a touch of lemon juice, onion slices, chillie flakes, tomatoes, anything really! | 260Cals |
| Snack | YOGHURT PARFAIT 1) 125g of Soy Yoghurt (98.75cals) 2) 25g of cashew nuts (149cals) *Option: Other nuts such as almond, pistachio, walnut etc. 3) 100g of Grapes (67cals) *Option: Other fruit of your choice, 1 piece | - You can have them as separate snacks or mix them together to make a Yoghurt Parfait. | 314.75Cals |
| Lunch (Please watch my "Under 300-Calorie Lunch To Go" for the complete guide.) | RAINBOW COUS COUS 1) 40g of uncooked Whole Wheat Couscous / 90g cooked (103cals) *Option: Quinoa, brown rice, sweet potato. 2) 100g of sliced Tomatoes / 1 medium tomato (18cals) 3) ¼ can or 60g of drained & rinsed Red Beans (56cals) 4) ¼ can or 60g of drained & rinsed Chickpeas (65.5cals) 5) 50g of frozen Sweet Corn & Peas (41cals) 6) 1 tsp of Lemon for flavour **Option: You may add or change other vegetables or beans of your choice, add garlic or onion for extra flavour! | - Cook the 40g of couscous with 80ml of water . - Allow the frozen sweet corn and peas to thaw. - Under low heat, lightly heat up the red beans and chickpeas. - Once all the ingredients are ready, just mix them into a large lunch box container, drizzle with some lemon and it's ready to go! | 283.5Cals |

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| <p>Snack <i>(Please watch my "Under 100-Calories Snacks" video for the complete guide.)</i></p> | <p>CHOOSE A Vegan SNACK from the "Under 100-Calorie Snack" Video A) Garlic Roasted Chickpeas (184cals) 1) 1 teaspoon of olive oil (40cals) 2) ½ can or 120g of drained Chickpeas (144cals) 3) ½ teaspoon of Garlic Powder <i>*You can add more garlic powder according to your preference.</i></p> <p><i>OR Other snacks of your choice, adjust calories accordingly.</i></p> | <p><i>(Please watch my "Under 100-Calories Snacks" video for the complete guide.)</i></p> <p><i>**Consume 2 servings from your chosen snack. If you want to reduce your calories or you are not that hungry, then have 1 serving.</i></p> | <p>184Cals</p> |
| <p>Dinner</p> | <p>CHICKPEAS SPINACH CURRY WITH CHAPATI (Serves 2) 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) <i>*Option: Brown Rice</i> <i>**Add ¼ tsp of salt for extra flavour</i></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> |

TOTAL CALORIES = 1453.75Cals

TUESDAY, THURSDAY, SATURDAY MEALS

***This Meal Plan is based on my "Full VEGAN Meal Plan". Please watch the video for full step-by-step guidance.*

| | MEALS & INGREDIENTS | STEPS | TOTAL CALS |
|-----------|--|---|---|
| Breakfast | <p>FRUITY OATMEAL</p> <p>1) 40g of Oatmeal (150cals) 2) 200ml of Almond Milk / Soya Milk (48cals) 3) 100g / 1 medium Bananas – peel and mashed (90cals)</p> <p><i>**Add your desired topping: Any fruits, nuts or seeds in moderation. Remember to add the calories in.</i></p> <p>Drink: Green Tea / Black Coffee or Tea / Apple Cider Viniger (0 cal)</p> | <p>If you like it hot:</p> <ul style="list-style-type: none"> - Cook the oatmeal with almond / soya milk under a slow heat for 5mins. - Add the mashed banana and keep stirring under you have a medium thick oatmeal. - Once the oatmeal is almost ready, top it up with your chosen topping. <p>If you like it cold and you have no time:</p> <ul style="list-style-type: none"> - Mix all the ingredients in and chill it in the fridge overnight. - Top it up with your chosen topping for breakfast the next day without heating it up! | <p>288Cals (without any topping)</p> |
| Snack | <p>OATY PEANUT BUTTER ENERGY BAR (Makes 9 bars)</p> <p>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)</p> <p><i>**Option: Other dried fruits or nuts</i></p> | <ul style="list-style-type: none"> - Mix the peanut butter and honey / maple syrup in a pan under low heat until it's all nicely mixed. Don't cook! - Remove from the heat, add the oatmeal and mixed seeds and mix it up evenly. - Transfer the mixture into a small square tin and press it down. - Allow it to chill in the fridge for an hour or until it's firmed and slice it into 9 bars. | <p>175.5Cals (using Honey)</p> <p>164Cals (using Maple Syrup)</p> |

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| Lunch | <p>CREAMY QUINOA SALAD</p> <p>1) 40g of Uncooked Quinoa, about 90g when it's cooked (136cals) <i>*Option: Cous cous, brown rice, sweet potato</i></p> <p>2) ½ can or 120g of drained chickpeas (145cals) <i>*Option: Any other beans</i></p> <p>3) 200g of sliced Tomatoes (43cals) <i>*Option: Any other Veggies</i></p> <p>4) 75g of Soy Yoghurt (37.5cals)</p> <p>5) 80g of Lettuce (12cals) <i>**Or as much lettuce as you want as Lettuce is considered "Free Food".</i></p> | <ul style="list-style-type: none"> - Cook the Quinoa with 200ml of water for 15-18mins under a slow heat - Gently heat up the chickpeas in a pan as well. - Mix all the quinoa, chickpeas and sliced tomatoes with soy yoghurt for a creamy salad! - Serve it with a side of lettuce. | 373.5cals |
| Snack | <p>BANANA SMOOTHIE</p> <p>1) 100g / 1 Medium Banana, Sliced & Frozen (90cals)</p> <p>2) 200ml of Almond Milk (48cals) <i>*Option: Use Soya Milk</i></p> <p><i>*You may also add 1 shot of coffee into the mixture as a pre-workout drink / snack.</i></p> | <ul style="list-style-type: none"> - Add all the ingredients into a smoothie blender, blend for 1-2 minutes until you have a thick mixture & it's ready! | 138cals |
| Dinner | <p>TOFU SCRAMBLE WITH MIXED VEGETABLES</p> <p>1) 175g of Firm Tofu, Drained (108cals)</p> <p>2) 200g of Mixed Vegetables of your choice (80cals) <i>*Or as much as you want!</i></p> <p>3) 1 tbs of Hoisin / Oyster Sauce (41cals) <i>*Option Soy sauce</i></p> <p>4) 40g of Uncooked Brown Rice, about 90g cooked (142cals)</p> <p>5) 1tsp of Olive Oil (40cals)</p> <p><i>**Recommended: Add garlic or onion for extra taste and flavour!</i></p> | <ul style="list-style-type: none"> - Slice the tofu into small cubes. - Heat up the pan, add olive oil and lightly stir fry the diced garlic. - Add the frozen mixed vegetables in (add them later if they are fresh). - Add in the tofu cubes and mix all the ingredients with the hoisin / oyster sauce. - You can choose to scramble your tofu up! - Add salt and pepper to taste! - Serve it hot with a side of brown rice! | 411cals |

TOTAL CALORIES: 1386CAL

****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 balance diet rich with protein, 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 the step-by-step guidance for all 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
- 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, organic, 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. Please see this website for high protein, low carb alternatives: <http://bembu.com/low-carb-and-high-protein-foods>
- 10) You MUST drink at least 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 kickstart 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 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.

**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! =)**