

Your Weekly Meal Plan and FAQ

Congratulations! You have decided to do something to improve your health and ordered our weekly meal plan that covers all your nutritional needs.

The meal plan is laid out for you in bite-size info clips that makes following it easy. As a result of following the meal plan you will:

- Get more energy
- Lose excessive weight
- Boost your immune system
- Get generally healthier
- Save money

You will see the best results when you are consistent with following the meal plan. If you fall off, that might happen – you are only human! Try to get back to the track the next meal. Keep in mind that your body thanks you for having better fuel in it – you are doing something that is truly good for you! **Order our 4-week meal plan, if you want:**

- New meal combinations each week
- 5-7 new recipes each week
- All new recipes you try be properly balanced
- Personal customer support
- Discount of 30% on a weekly plan

TheMealPlan's meal plan starts at 2000 kcal as daily intake –e.g. physically active adult woman. Determine your daily calorie requirement here http://www.my-calorie-counter.com/Calorie_Calculator.asp#

Need more calories?

Increase whole grains' and legumes' intake. For example, if you wish to consume 300-500 kcal more, prepare your morning cereal with 80-100g (2.82-3.53oz) grains and add a total of 50g (1.76oz) more grains and legumes to lunches and dinners. You can eat as much more non-starchy vegetables and salads as you like.

Need fewer calories?

If you need to cut down your calorie intake by about 300 kcal, decrease the consumption of nuts, oils, grains and legumes by 25%. **NB!** Do not eat less seeds (flax, sesame, hemp).

Certainly do not exclude (when eating strictly plant-based):

Item	Why important?	How to use?
Agar-agar	Essential iodine source	Add it to your cereal, smoothies, or desserts
Sesame seeds	Essential calcium source	Add the seeds to breakfasts, lunches, and dinners. Prefer unhulled seeds, grind before use for maximum nutrient absorption
Sunflower seeds	Essential source for selenium	Sprinkle on your meals or eat as is
Brazil nuts	Essential source for selenium	Eat as is
Poppy seeds	Essential source for calcium	Included in recipes
Cinnamon	Essential source for calcium	Included in recipes
Nutritional yeast	Has cheesy flavour, important source for B vitamins, especially B12	Sprinkle on lunches and dinners. Try not to heat it – it'll promote vitamin loss
Flax seeds	Essential source for Omega3 amino acids	Grind before use for max nutrient absorption. Included in recipes. Store ground seeds in fridge.
Hemp seeds	Ideal ratio of Omega 3 and 6 amino acids	Grind, if unhulled. Store in fridge

Do not eat more of those (especially, if you want to lose weight):

Nuts, seeds, fats/oils, starchy vegetables (potatoes, pumpkin, sweet potatoes, parsnip), corn, grains, legumes.

NB! You can eat as much as you like – non-starchy vegetables and leafy greens.**Storage tips:**

Our meal plan has been put together in such a way that you only need to cook once a day, in the evening – the same meal will be your lunch the next day. We do not recommend preparing meals a long time ahead and store them in the fridge as the nutritional value of such food would decrease substantially and also would cause ailments for people with sensitive bellies.

When storing rice, remember to place it in the fridge within an hour after it's done. Certainly do not reheat rice twice.

Store cookies and muffins in freezer and warm up in oven whenever needed.

Substitutions for those eating meat, eggs and fish (for a smooth transition):

3-4 times a week, replace grains and legumes in lunches and dinners as follows (per one meal, choose one):

- 80g (2.82oz) poultry, heat treated with no added oil, no skin
- 100g (3.53oz) boiled pork (145g, 5.11oz raw)
- 80g (2.82oz) oven beef (115g, 4.06oz raw)
- 100g (3.53oz) salmon, heat treated with no added oil (130g, 4.59oz raw)
- 1 boiled egg + 55g (1.94oz) poultry, heat treated with no added oil, no skin **OR** 70g (2.47oz) boiled pork (102g, 3.6oz raw) **OR** 55g (1.94oz) oven beef (80g, 2.82oz raw) **OR** 70g (2.47oz) salmon, heat-treated with no added oil (90g, 3.17oz raw).

See more hints under recipes, as not all recipes are suitable for substitution.

Certainly prefer organic over conventional – it is especially important when eating animal products. Should you have sensitive belly, make sure a dinner/lunch containing animal products is not followed by a dessert consisting of grains and/or sweet fruits, as it is very difficult for your body to digest animal protein and fruits at the same time – the fruit will just ferment in your stomach causing ailments as it cannot pass through the stomach quickly enough. It is better to eat the dessert before dinner as appetizer and then wait for about 15 minutes before starting the main meal or wait 3 hours after dinner to eat the dessert.

Supplements:

Vitamin D3 in liquid form – especially in winter when there's not enough sunlight. Dose according to your country's official recommendation.

Essential fatty acids DHA and EPA supplements for people on plant-based diet – fish oil, krill oil, and supplements made of algae.

Recommendations for cooking:

Leave the vegetables crunchy. Over-cooked food loses its nutritional value substantially and increases glycaemic load – your blood sugar would be risen too quickly causing flushes of weakness, sudden hunger, weight-gain, cardiovascular diseases, diabetes and cancer. Excess fluctuation in blood sugar causes desire for stimulants (coffee, sugar, and black tea), junk food and sweets.

Water intake:

- 25-30 ml per one kilo of your body mass (includes water obtained from food). Following the current meal plan you should drink an additional 20 ml of water per one kilo of your body mass (i.e. a woman weighing 54 kilos should drink 6 x 200 ml cups of water).
- If you exercise, then drink an additional 400-800 ml of water per one training hour.
- Drink a glass of warm water with lemon juice from half a lemon half an hour before breakfast. Drink a glass of warm water 30 minutes before each meal.
- Avoid drinking water with your meal as it dilutes gastric juices making the digestion troublesome.
- During a meal, you can drink a bit of red wine or warm herbal tea. Wait at least half an hour after a meal before drinking water.
- Should you be hungry at „wrong hour“, drink water first – most likely your body is thirsty, but you interpret it as hunger.
- If you have not drunk water before at all, begin gradually – half of the quantity at first, then increasing to full volume.
- Avoid excessive water consumption as it would carry vitamins out of your body.

Eating-out guide:

Sometimes it is inevitable to eat out. Try to choose buffet places and follow the simple plate-rule: ½ non-starchy vegetables (raw and cooked), ¼ whole grains and starchy vegetables, and ¼ protein (nuts, seeds, legumes, fish, eggs, or meat). Always start with putting lots of salad on your plate and then stack all other ingredients on that pile. Try to limit your oil-intake to a minimum. Eat nuts, seeds, avocados, and whole olives instead.

When in a regular dining place always ask the waiter about the ingredients and ask them to exclude all the oils/sugar they still can.

If you know that the protein part of the meal is going to be disproportionate, ask them to substitute some of the protein with vegetables.

See more hits on dining out <http://www.nutriplanet.org/2014/12/dining-out-on-plant-based-diet/>

Sensitive bellies' guide:

It is all about combining your foods right. Some simple rules:

- Eat fruits and acid berries alone. No fruits after a meal for 2-3 hours. Eat you berries' dessert 30 minutes before dinner, if you are the one with sensitive belly.
- Tomatoes should not be combined with any starch food. If you have problem with tomatoes, just leave them out from the recipes.
- Eat melons (watermelon included) alone.
- Do not combine different types of concentrated protein in one meal. No fish and chicken, no nuts and dairy, or beans and meat.

- No animal proteins and starches at the same meal (including grains, like rice, and starchy vegetables, like potatoes).
- Do not consume concentrated proteins with fats.

For further details please go to <http://www.nutriplanet.org/2014/02/combining-foods/>

Disclaimer:

This meal plan is not intended to be a substitute for professional medical advice. Users should seek their own professional counsel for any medical condition or before starting or altering any exercise or diet plan. It is your responsibility to know your health and nutritional needs. Should you need an individual meal plan due to health problems or special training, contact us via email at team@nutriplanet.org