

7-DAY MEAL PLAN

PLANT BASED



TEAM ELITE 21 DAY CHALLENGE

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DAY 1

1278 Calories • 112g Carbs (36g Fiber) • 74g Fat • 60g Protein

BREAKFAST	LUNCH	SNACK	DINNER
155 Cal	214 Cal	463 Cal	447 Cal
Vanilla Shake and Greens 1 serving • 155 Cal	Sautéed Brussel Sprouts with Onion and Garlic 1 serving • 214 Cal	Yogurt with Blueberries, Walnuts & Banana 1 serving • 463 Cal	Stewed Tomato Black Beans 1 serving • 447 Cal (Make 3 serving , eat 1 serving now, save 2 serving for leftovers)

DAY 2

1275 Calories • 129g Carbs (30g Fiber) • 62g Fat • 63g Protein

BREAKFAST	LUNCH	SNACK	DINNER
155 Cal	447 Cal	553 Cal	121 Cal
Chocolate Shake and Greens 1 serving • 155 Cal	Stewed Tomato Black Beans 1 serving • 447 Cal (Leftovers, eat 1 serving)	Chunky Monkey Overnight Oats 1 serving • 553 Cal	Coconut Curried Sweet Potatoes 1 serving • 121 Cal

DAY 3

1359 Calories • 131g Carbs (42g Fiber) • 72g Fat • 65g Protein

BREAKFAST	LUNCH	SNACK	DINNER
155 Cal	447 Cal	463 Cal	295 Cal
Vanilla Shake and Greens 1 serving • 155 Cal	Stewed Tomato Black Beans 1 serving • 447 Cal (Leftovers, eat 1 serving)	Yogurt with Blueberries, Walnuts & Banana 1 serving • 463 Cal	Big Bad Bean Burrito 1 serving • 295 Cal (Make 3 serving , eat 1 serving now, save 2 serving for leftovers)

DAY 4

1337 Calories • 137g Carbs (31g Fiber) • 62g Fat • 73g Protein

BREAKFAST	LUNCH	SNACK	DINNER
155 Cal	295 Cal	553 Cal	335 Cal
Chocolate Shake and Greens 1 serving • 155 Cal	Big Bad Bean Burrito 1 serving • 295 Cal (Leftovers, eat 1 serving)	Chunky Monkey Overnight Oats 1 serving • 553 Cal	Baked Korean Sweet Potatoes 1 serving • 188 Cal Sea Salt Edamame 1 serving • 147 Cal

DAY 5

1195 Calories • 121g Carbs (32g Fiber) • 59g Fat • 63g Protein

BREAKFAST	LUNCH	SNACK	DINNER
155 Cal	295 Cal	463 Cal	282 Cal
Vanilla Shake and Greens 1 serving • 155 Cal	Big Bad Bean Burrito 1 serving • 295 Cal (Leftovers, eat 1 serving)	Yogurt with Blueberries, Walnuts & Banana 1 serving • 463 Cal	Lentils with Zucchini and Roasted Garlic 1 serving • 282 Cal (Make 3 serving , eat 1 serving now, save 2 serving for leftovers)

DAY 6

1308 Calories • 130g Carbs (26g Fiber) • 61g Fat • 75g Protein

BREAKFAST	LUNCH	SNACK	DINNER
155 Cal	282 Cal	553 Cal	317 Cal
Chocolate Shake and Greens 1 serving • 155 Cal	Lentils with Zucchini and Roasted Garlic 1 serving • 282 Cal (Leftovers, eat 1 serving)	Chunky Monkey Overnight Oats 1 serving • 553 Cal	Green Pea Salad 2 cups • 317 Cal

DAY 7

1386 Calories • 162g Carbs (32g Fiber) • 54g Fat • 80g Protein

BREAKFAST	LUNCH	SNACK	DINNER
155 Cal	282 Cal	463 Cal	486 Cal
Vanilla Shake and Greens 1 serving • 155 Cal	Lentils with Zucchini and Roasted Garlic 1 serving • 282 Cal (Leftovers, eat 1 serving)	Yogurt with Blueberries, Walnuts & Banana 1 serving • 463 Cal	Lemony Lentil and Greens Soup 1 serving • 486 Cal

RECIPES

Vanilla Shake and Greens



Ingredients

Scaled to 1 serving

- 1 serving Life by Seacret Greens (10 g)
- 1 serving Life by Seacret Shake - Vanilla (31 g)
- 1 cup Water (237 g)

Directions

1. Shake in cup or blend ingredients with ice.
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Sautéed Brussel Sprouts with Onion and Garlic



Ingredients

Scaled to 1 serving

- 3 tsp Olive oil (14 g)
- 3 1/2 tbsp chopped Onions (35 g)
- 2 cup Brussels sprouts (176 g)
- 1 cloves, minced Garlic (3 g)
- 1 dash Salt (0.4 g)
- 1 dash Pepper (0.1 g)

Directions

1. Sauté in oil in hot pan over medium-high heat. Add chopped onion and brussel sprouts and cook until brussel sprouts brown (caramelize) and are tender. Add garlic at the end and cook until fragrant, 30 seconds to a minute. Salt and pepper to taste
 2. Enjoy!
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Yogurt with Blueberries, Walnuts & Banana



Ingredients

Scaled to 1 serving

- 2 oz Blueberries (57 g)
 - 1/3 medium (7" to 7-7/8" long) Banana (39 g)
 - 1.8 oz Walnuts (51 g)
 - 1 serving Coconut Milk Yogurt Alternative, Unsweetened Vanilla (150 g)
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Stewed Tomato Black Beans



Ingredients

Scaled to 3 servings

- 4 1/2 tbsp Vegetable oil (63 g)
- 1 1/2 medium (2-1/2" dia) Onions (165 g)
- 1 1/2 cup, chopped or sliced Tomatoes (270 g)
- 1 1/2 cup Tomato sauce (368 g)
- 1 1/2 can Canned black beans (638 g)
- 1 1/2 tbsp Salt (27 g)

Directions

Directions are for original recipe of 2 servings

1. Heat oil in a pan over medium heat and then add chopped onion; cook until translucent.
2. Add chopped tomato and add tomato sauce.
3. Finally, add the can of beans and bring to a boil, reduce heat to a simmer and let stew for about 20 minutes. Season with salt and enjoy!

Chocolate Shake and Greens



Ingredients

Scaled to 1 serving

- 1 serving Life by Seacret Shake - Chocolate (32 g)
- 1 serving Life by Seacret Greens (10 g)
- 1 cup Water (237 g)

Directions

1. Shake ingredients in cup or blend with ice.

Chunky Monkey Overnight Oats



Ingredients

Scaled to 1 serving

- 1/3 cup Oatmeal (27 g)
- 1/3 cup Almond milk (80 g)
- 2/3 cup Greek yogurt (160 g)
- 1 tbsp Peanut butter (16 g)
- 1/2 medium (7" to 7-7/8" long) Banana (59 g)
- 1 serving Mini Chocolate Chips (14 g)

Directions

1. In a jar or bowl combine all ingredients together. Cover the jar or bowl and place in the fridge overnight or for at least 4 hours. Remove from fridge, mix, and enjoy!
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Coconut Curried Sweet Potatoes



Ingredients

Scaled to 1 serving

- 1/2 cup, cubes Sweet potato (67 g)
- 1/2 tbsp Coconut oil (6.8 g)
- 1/4 tbsp Curry powder (1.6 g)
- 1/4 tsp Salt (1.5 g)

Directions

Directions are for original recipe of 4 servings

1. Preheat oven to 415 degrees F.
 2. In a large mixing bowl toss sweet potato cubes, melted coconut oil, curry powder, and sea salt until sweet potatoes are thoroughly coated with coconut oil and spices.
 3. In a large baking dish, evenly spread out coated sweet potato cubes and place on middle rack in oven.
 4. Set timer for 45 minutes, flipping potatoes every 15 minutes to avoid burning.
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Big Bad Bean Burrito



Ingredients

Scaled to 3 servings

- 6 leaf outer Lettuce (168 g)
- 3 tortilla Tortillas (72 g)
- 3/4 cup Salsa (194 g)
- 1 1/2 cup Refried beans (363 g)
- 1 1/2 fruit, without skin and seed Avocados (204 g)

Directions

Directions are for original recipe of 1 serving

1. Peel & slice avocado.
 2. Stir refried beans in a saucepan over medium-low heat until hot, 2 to 4 minutes.
 3. Warm tortilla in a skillet over low heat until softened, 1 to 2 minutes. Transfer tortilla to a plate.
 4. Layer lettuce onto tortilla. Spread warmed refried beans, avocado slices, and salsa on top of lettuce. Roll tortilla around the fillings into a burrito shape.
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Baked Korean Sweet Potatoes



Ingredients

Scaled to 1 serving

- 3/4 cup, cubes Sweet potato (100 g)
- 1/2 tbsp Canola oil (7 g)
- 1 dash Salt (0.4 g)
- 2 1/3 tsp Sesame seeds (7 g)

Directions

1. Preheat oven to 425 degrees F.
 2. Chop sweet potato into chunks and soak in water.
 3. Drain the sweet potato and pat dry. Combine with canola oil, salt and sesame seeds in a bowl.
 4. Place the sweet potato onto a baking sheet and let it bake until golden brown, about 20 minutes.
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Sea Salt Edamame



Ingredients

Scaled to 1 serving

- 1 dash Salt (0.4 g)
- 100 grams Soybeans

Directions

1. Cook edamame in microwave, about 2 minutes.
 2. Sprinkle salt over.
 3. Just eat the beans, not the pods.
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Lentils with Zucchini and Roasted Garlic



Ingredients

Scaled to 3 servings

3/4 cup Lentils (144 g)
3/8 tsp Turmeric (0.8 g)
1 1/2 tsp Salt (9 g)
3 cup Water (710 g)
1 1/2 tbsp Olive oil (20 g)
6 cloves, minced Garlic (18 g)
3/4 tsp, whole Cumin (1.6 g)
1/2 cup, chopped Onions (80 g)
3 cup, chopped Zucchini (372 g)
3/4 tbsp Coriander seed (3.8 g)
1/2 tbsp, ground Cumin (4.5 g)
3/8 tsp Paprika (0.8 g)
1 1/2 tbsp Fresh cilantro (1.5 g)

Directions

Directions are for original recipe of 4 servings

1. Place the lentils, turmeric, salt, and water in a large saucepan. Bring it to boil, skimming off any surface scum that collects on the top. Reduce the heat and simmer, covered, until the lentils are cooked, about 15 to 20 minutes. Transfer to a serving bowl. Cover the bowl and keep warm.
2. In a medium saucepan, heat the oil over medium heat. Add the garlic and sauté until golden brown. Add the cumin seeds—they should sizzle upon contact with the hot oil. Quickly add the onion and zucchini and cook for 10 to 15 minutes.
3. Add the ground coriander and cumin and continue to cook until the zucchini is cooked, about 10 minutes.
4. Remove the pan from the heat, add the paprika, and immediately pour over the hot lentils. Swirl lightly to mix and sprinkle on the fresh coriander leaves. Serve with your choice of Indian breads or rice.

Green Pea Salad



Ingredients

Scaled to 2 cups

1 cup Peas (134 g)
1/4 tsp Lemon juice (1.3 g)
1 cup Spinach (30 g)
1 oz Almonds (28 g)
1 tsp Olive oil (4.5 g)

Directions

1. Pop the kettle on to boil. Place peas in a heatproof bowl.
 2. Cover with boiling water and stand for 2-3 minutes or until peas are defrosted and bright green
 3. Drain peas and pat dry with paper towel. Drizzle with a little extra virgin olive oil. Squeeze over lemon. Season with salt and pepper if needed.
 4. Toss peas with spinach and almonds. Serve.
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Lemony Lentil and Greens Soup



Ingredients

Scaled to 1 serving

- 1/2 cup Lentils (96 g)
- 1/2 tbsp Olive oil (6.8 g)
- 1 shallot (medium) Shallots (43 g)
- 1 cup Chard (36 g)
- 2 cup Organic Vegetable Stock (480 g)
- 1/2 cup Water (118 g)
- 1 lemon yields Lemon juice (47 g)
- 1/8 tsp Crushed red pepper flakes (0 g)

Directions

Directions are for original recipe of 2 servings

1. Rinse lentils in a strainer and set aside to drain. Mince shallots and rough chop chard.
 2. Start by warming the olive oil in a large pot over medium heat. Add the shallot, sprinkle with a pinch of salt and cook for 3-4 minutes.
 3. Next, add the chopped greens and crushed red pepper (if using) then stir together. Cook for another 2-3 minutes, until the greens are slightly soft. Add the lentils to the pot along with the vegan chicken broth and water then turn heat to medium-high and bring to a boil. Cook for 30 minutes, or until lentils are tender, then turn heat to low.
 4. Squeeze lemon juice into the pot (careful of the seeds!) and stir together. Serve hot and enjoy!
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GROCERY LIST

VEGETABLES

Zucchini - 2 medium (392 g)
Summer squash, includes skin, raw

Shallots - 1 shallot (medium) (43 g)
Raw

Fresh cilantro - 1 1/2 tbsp (1.5 g)
Coriander leaves, raw

Spinach - 1 cup (30 g)
Raw

Sweet potato - 1 1/3 sweetpotato, 5" long (173 g)
Raw, unprepared

Chard - 1 cup (36 g)
Swiss, raw

Lettuce - 3 2/3 cup shredded (172 g)
Romaine or cos, raw

Tomatoes - 2 1/4 medium whole (2-3/5" dia) (277 g)
Red, ripe, raw, year round average

Garlic - 7 clove (21 g)
Raw

Brussels sprouts - 2 cup (176 g)
Raw

Peas - 1 cup (134 g)
Green, frozen, unprepared

Tomato sauce - 1 1/2 cup (368 g)
No salt added

Onions - 2 2/3 medium (2-1/2" dia) (293 g)
Raw

Soybeans - 1/2 cup (128 g)
Green, raw

FRUITS AND FRUIT JUICES

Lemon juice - 3 1/4 tbsp (49 g)
Raw

Avocados - 1 1/2 fruit, without skin and seed (204 g)
California, raw

Banana - 3 medium (7" to 7-7/8" long) (354 g)
Raw

Blueberries - 1 2/3 cup (247 g)
Raw

SOUPS AND SAUCES

Salsa - 3/4 cup (194 g)
Sauce, ready-to-serve

LEGUMES

Peanut butter - 3 tbsp (48 g)
Smooth style, with salt

Lentils - 1 1/4 cup (240 g)
Raw

Canned black beans - 2 1/2 cup (650 g)
Low sodium, drained

Refried beans - 1 can (444 g)
Canned, vegetarian

NUT AND SEED PRODUCTS

Almond milk - 1 cup (240 g)
Plain

Sesame seeds - 1 tbsp (9 g)
Seeds, whole, dried

Almonds - 1/4 cup whole kernels (36 g)
Nuts, blanched

Walnuts - 1 2/3 cup, chopped (208 g)
Nuts, black, dried

BREAKFAST CEREALS

Oatmeal - 1 cup (80 g)
Cereals, Quaker, dry rolled oats

BAKED PRODUCTS

Tortillas - 3 tortilla (72 g)
Ready-to-bake or -fry, corn

FATS AND OILS

Coconut oil - 1/2 tbsp (6.8 g)

Olive oil - 3 1/3 tbsp (45 g)
Salad or cooking

Canola oil - 1/2 tbsp (7 g)

Vegetable oil - 4 1/2 tbsp (63 g)
Natreon canola, high stability, non trans, high oleic (70%)

SWEETS

Mini Chocolate Chips - 3 serving (42 g)
Nestle

DAIRY PRODUCTS

Greek yogurt - 2 cup (480 g)

Plain, whole fat

BEVERAGES

Water - 10 1/2 cup (2.49 kg)

Plain, clean water

SPICES AND HERBS

Curry powder - 1/4 tbsp (1.57 g)

Spices

Crushed red pepper flakes - 1/4 tbsp (0.24 g)

Paprika - 1/4 tbsp (1.73 g)

Spices

Pepper - 1/4 tbsp (1.6 g)

Spices, black

Turmeric - 1/4 tbsp (1.7 g)

Spices, ground

Salt - 2 1/4 tbsp (41 g)

Table

Coriander seed - 3/4 tbsp (3.75 g)

Spices

Cumin - 3/4 tbsp, ground (6.8 g)

Spices, cumin seed

LIFE BY SEACRET

Life by Seacret Shake - Vanilla

4 servings (124 g)

Plant based protein shake

Life by Seacret Greens

7 servings (70 g) Greens Shake

Life by Seacret Shake - Chocolate

3 servings (96 g)

Chocolate flavored plant based protein

UNCATEGORIZED

Organic Vegetable Stock - 2 cup (480 g)

Low Sodium - Trader Joe's

**Coconut Milk Yogurt Alternative,
Unsweetened Vanilla - 4 serving (600 g)**

So Delicious Dairy Free