

5-Day High Protein Wellness Meal Plan

Day 1		
Meal Time	Meal	Meal Details
9:00 AM	Visceral Fat Burn Smoothie	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
1:00 PM	White Eyed Bean Stew Protein Bowl	White Eyed Beans, Quinoa, Green beans, Raw Carrots and Capsicums.
7:00 PM	Cabbage Soup	Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.
~1,650 kcal ~110g protein		

Day 2		
Meal Time	Meal	Meal Details
9:00 AM	Visceral Fat Burn Smoothie	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
1:00 PM	West African Peanut Stew Bowl	Beans, quinoa, carrots, lemon, peanuts, cilantro, sweet potatoes, vegetable broth, salt and pepper.
7:00 PM	Hearty Quinoa Gut Cleanse Soup	Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.
~1,500 kcal ~95g protein		

Day 3		
Meal Time	Meal	Meal Details
9:00 AM	Visceral Fat Burn Smoothie	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
1:00 PM	Green Mung and Tempeh High Protein Bowl	Sprouted Mung, Tempeh, Edamame and Carrots. Dressing: Lemon Tahini.
7:00 PM	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
~1,600 kcal ~105g protein		

Day 4		
Meal Time	Meal	Meal Details
9:00 AM	Visceral Fat Burn Smoothie	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
1:00 PM	Tempeh Rendang Bowl	Tempeh, rendang sauce with Edamame, Sautéed Spinach and Green Bell Peppers.
7:00 PM	Tomato Basil Soup	Tomatoes, Onion, Basil, Vinegar, Black Pepper.
~1,550 kcal ~100g protein		

Day 5		
Meal Time	Meal	Meal Details
9:00 AM	Visceral Fat Burn Smoothie	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
1:00 PM	Tofu and Veggie Noodle Bowl	Tofu and Veggie noodles, chickpeas, edamame, spinach with Chilli sauce.
7:00 PM	Courgette, Lemon, Mint Soup	Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.
~1,650 kcal ~115g protein		