

The background of the entire image is a close-up, macro photograph of several green lentils. The lentils are a vibrant green color with a slightly wrinkled texture. They are arranged in a way that creates a sense of depth, with some in sharp focus in the foreground and others blurred in the background. The lighting is soft, highlighting the natural texture of the lentils.

Lumen

High-
protein








plant-
based

meal plan






Day 01

Recipes: **P. 03-05**

-  Tofu veggie scramble
-  Edamame and pumpkin seeds
-  Lentil & chickpea bowl
-  Tempeh snack plate
-  Stuffed bell peppers with tempeh & quinoa






Day 02

Recipes: **P. 06-08**

-  Oatmeal with protein
-  Dried chickpeas & edamame
-  Red bean salad
-  Protein smoothie
-  Tofu stir fry

Day 03






Recipes: **P. 09-11**

-  Smoothie bowl
-  Almonds & apple
-  Tempeh & sweet potato bowl
-  Cottage cheese & strawberries
-  Vegan chili




Health benefits

P. 12-13

Legend

-  Breakfast
-  Lunch
-  Dinner
-  Snack
-  Dessert

Day 01

 Carbs	121g
 Protein	124g
 Fat	71g

Tofu veggie scramble

- 1.5 cups firm tofu
- 1 cup spinach
- 1/2 cup tomatoes
- 1/4 cup onion
- 1 tsp olive oil for cooking
- 1 slice Ezekiel bread
- 1/8 avocado

33.5g carbs | 43g protein | 25g fat

Edamame and pumpkin seeds

- 1/2 cup shelled edamame (cooked)
- 1 tbsp pumpkin seeds

10g carbs | 14g protein | 7g fat

Lentil & chickpea bowl

- 1/2 cup cooked lentils
- 1/2 cup cooked chickpeas
- 1 cup steamed broccoli
- 1 tsp olive oil, lemon juice, and spices

33g carbs | 23g protein | 11g fat

Tofu

veggie

scramble

🍏 Tempeh snack plate

1/2 cup cubed tempeh
(lightly pan-seared with a dash of tamari or spices)
1/4 cup sliced cucumbers and cherry tomatoes

10g carbs | 18g protein | 7g fat




🍽️ Stuffed bell peppers with tempeh & quinoa

1 medium bell pepper
1/2 cup tempeh crumbles (extra protein)
1/4 cup cooked quinoa (adjusted for balance)
1 cup spinach, 1 garlic clove, and spices
sautéed in 1 tsp olive oil

35g carbs | 26g protein | 21g fat



Day 02

 Carbs	145g
 Protein	112g
 Fat	65g

Oatmeal with protein

- 1/2 cup oats
- 1 scoop plant protein powder
- 1/4 cup blueberries
- 1 tsp almond butter

30g carbs | 26g protein | 10g fat

Dried chickpeas & edamame

- 1/4 cup dried chickpeas
- 1/2 cup steamed edamame

38g carbs | 19g protein | 7g fat

Red bean salad

- 1/2 cup red beans
- 1/4 avocado
- 1 cup mixed greens with cherry tomatoes
- 1/2 tbsp olive oil and lemon juice

28g carbs | 13g protein | 15g fat

Red bean

salad



Protein smoothie

1 cup unsweetened almond milk
1/4 cup silken tofu
2 tbsp hemp seeds
1/2 tsp chia seeds

7g carbs | 21g protein | 7g fat




Tofu stir fry

1 cup tofu
1 cup zucchini
1 cup snap peas
1/4 cup cooked brown rice
1 tsp sesame oil
Tamari sauce, to taste

42g carbs | 33g protein | 26g fat



Day 03

 Carbs	120g
 Protein	95g
 Fat	58g

Smoothie bowl

- 1 scoop plant-based protein
- 1/2 banana
- 1/4 cup frozen berries
- 1 tbsp almond butter
- 1 tsp chia seeds

28g carbs | 26g protein | 12g fat

Almonds & apple

- 1/2 apple
- 10 almonds

15g carbs | 6g protein | 8g fat

Tempeh & sweet potato bowl

- 1/2 cup baked tempeh
- 1/2 medium sweet potato
- 1 cup kale
- 1 tsp olive oil
- Preferred spices to taste

36g carbs | 21g protein | 12g fat

Smoothie

bowl



Cottage cheese & strawberries

1/2 cup plant-based cottage cheese

1/4 cup strawberries

7g carbs | 13g protein | 4g fat

Vegan chili

1/2 cup black beans

1/2 cup kidney beans

1 cup diced tomatoes

1/4 cup corn

1/2 tbsp olive oil

Preferred spices to taste

34g carbs | 29g protein | 22g fat



Health benefits of a high-protein, plant-based meal plan

Metabolic health is regulated by mediators, including insulin sensitivity, glycogen, and cortisol, which are affected by your lifestyle choices. These mediators determine your mitochondrial functionality and, through that, your ability to lose weight and maintain health in the long term.

Read on for more information on how the foods included in the 3-day meal plan impact key mediators from a functional nutrition perspective.

Magnesium and omega-3s for stress and mood regulation

Why?

Magnesium is particularly important for regulating the hypothalamic-pituitary-adrenal (HPA) axis, which controls cortisol release. Omega-3 fatty acids help lower inflammation and cortisol levels by reducing oxidative stress [1].

Managing cortisol is important because chronically elevated cortisol levels overwork your mitochondria, damaging their membranes and reducing their lifespan. It also makes your mitochondria over-dependent on carbs for fuel. Over time, they forget how to burn fat.

Protein, fiber,
and antioxidants
for blood sugar
regulation

What to eat

For magnesium:
Avocado, tofu, tempeh, hemp seeds, and pumpkin seeds.

For omega-3s:
Chia and hemp seeds.

Try out the tofu veggie scramble from day 1.

Why?

High-protein, fiber-rich foods with healthy fats slow carbohydrate absorption and help regulate postprandial blood glucose levels, which can improve insulin sensitivity over time. Moreover, polyphenols, including phenolic acids and flavonoids, can enhance insulin sensitivity by reducing oxidative stress and inflammation [2].

Insulin sensitivity refers to how much insulin is required to allow glucose into your cells. High insulin sensitivity means your body needs only a small amount of insulin to help glucose reach your mitochondria and support energy production for daily activities. It also promotes the storage of glucose as glycogen, ensuring quick energy production when the body needs a boost. Additionally, it allows for balanced blood glucose levels and stable energy levels, enables you to eat more carbs without gaining weight, and staves off metabolic disorders.

What to eat?

For protein:
Tempeh, tofu, lentils, and chickpeas.

For fiber:
Chia seeds and pumpkin seeds.

For antioxidants:
Berries.

Try out the tempeh & sweet potato bowl from day 2.

Simple and complex carbs for workout fueling and recovery

Why?

Simple and complex carbohydrates replenish glycogen before and after high-intensity workouts while minimizing sharp blood sugar spikes due to their fiber content.

Ideally, your glycogen levels should fluctuate without getting too high or too low. When your glycogen stores are just full enough, they can fuel your mitochondria quickly to provide energy boosts when needed. This is particularly important before high-intensity exercise like weightlifting to avoid muscle breakdown and enhance athletic performance. Topping up your glycogen following a workout also helps with recovery and repairing muscle tissue.

What to eat

For complex carbs:

Quinoa, brown rice, lentils, chickpeas, and sweet potato.

For simple carbs:

Blueberries, bananas, apples, and strawberries.

Try out the smoothie bowl from day 3.

Sources

[1] Madison, A. A., Belury, M. A., Andridge, R., Renna, M. E., Rosie Shrout, M., Malarkey, W. B., Lin, J., Epel, E. S., & Kiecolt-Glaser, J. K. (2021). Omega-3 supplementation and stress reactivity of cellular aging biomarkers: an ancillary substudy of a randomized, controlled trial in midlife adults. *Molecular psychiatry*, 26(7), 3034–3042. <https://doi.org/10.1038/s41380-021-01077-2>

[2] Paquette, M., Medina Larqué, A. S., Weisnagel, S. J., Desjardins, Y., Marois, J., Pilon, G., Dudonné, S., Marette, A., & Jacques, H. (2017). Strawberry and cranberry polyphenols improve insulin sensitivity in insulin-resistant, non-diabetic adults: a parallel, double-blind, controlled and randomised clinical trial. *The British journal of nutrition*, 117(4), 519–531. <https://doi.org/10.1017/S0007114517000393>