

SAMPLE

by Kardena Pauza

Vegetarian Meal Plans for Men & Women



**THE EASIEST FAT BURNING
VEGETARIAN DIETS!**

About Kardena Pauza

Hi! My name is Kardena Pauza, and I'm a personal trainer and certified nutrition expert. I've also been married to my wonderful husband Mark Pauza for 3 years, and I'll tell you a funny story about how I met him in a minute.

Like most of my personal training clients (and probably just like you!), I was brought up on the S.A.D. diet (as I like to call it). That stands for Standard American Diet.

In fact, I probably ate one of the unhealthiest diets in the world, even though I lived in the USA where I had every healthy food available to me!

I grew up on pizza, burgers, burritos, ice cream, soda, and my "world famous" kool-aid (that I made with extra sugar). As you can imagine, this diet caused me to gain weight, break out in acne, and feel completely miserable and lazy all the time.

However, something happened in my teenage years that helped me start connecting food with how I felt. There were a few embarrassing moments when I got violently sick after eating factory farmed meat and at age 18 I stopped eating beef and drinking milk. But it would still be a few years later until I stopped eating chicken, turkey and fish as well.

One day on another long car ride to my grandmother's house, I decided to skip the gas station road-trip munchies that I usually bought and I ate apples and drank water instead. When we arrived, I felt amazing, unlike in the past when the fast food left me feeling nauseous and fatigued for hours.

By paying attention to my body, I was slowly figuring out that the S.A.D. diet was the worst thing I could feed my body. And as I began my career in health and fitness I continued to study nutrition every chance I had.

Finally, in 2003 I completely changed my life by adopting a meat-free diet. And since then, I've been living the vegetarian lifestyle and loving it. At first I made many common vegetarian eating mistakes, but since then I've developed [a simple, high-energy diet meal plan](#) that has helped me build the body of my dreams.

And I'm here to show you how to do it as well. Once you get started with a meat-free diet (and even dairy-free and egg-free), you'll be amazed at how much mental and physical energy you can have all day long.

You'll no longer feel sluggish or tired after eating big heavy meals. You won't fall asleep at your desk. You won't be a zombie at work or at home when your kids want to play. And best of all, the body fat will just melt right off of you thanks to your new diet.

As you can imagine, people have a lot of preconceived notions about a vegetarian diet and think that it will just make them weak, tired, pale, and sickly looking. But that is NOT the case if you eat the right foods.

One day at the gym, I met a charming young man named Mark Pauza. Like most busy young men, Mark was working long hours at his software job and eating the factory-farmed, processed foods typical of the S.A.D. diet. As a result, he was tired and overweight. He had lost his vitality and energy. So I shared with him my secrets to eating a vegan diet. And in just a few short weeks, Mark had lost over 37 pounds and the side effects that go along with being overweight – such as excessive sweating and body odor.



Mark Before

Mark After

Today, Mark and I live the vegetarian lifestyle to the fullest. And I want to share this lifestyle with you. But don't worry if this sounds extreme or complex, because it's not. It's actually quite simple to adopt a meat-free diet. And if you don't want to drop dairy or eggs, we'll show you how to eat those foods in a healthy way as well.

However, once you try going completely animal-free, I know you'll be hooked on the new vitality and energy in your life.

I look forward to helping you, and please let me know if you have any questions!

See you in the kitchen,

Kardena Pauza

Author, [Easy Veggie Meal Plans](#)



The Female 7 Day Veggie Meal Plan

Day 1

Breakfast: Calories 352, Fat 11gr, Carbohydrates 44gr, Protein 21gr	
<p>Protein Smoothie 1 cup blueberries ½ cup Strawberries 1 cup spinach 14gr. Protein powder Optional Protein Powder Brands- Nutribiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer- Pea Protein any brand Sun Warrior Protein Soy Protein 1 tsp. Flax oil 1 slice whole wheat bread 1 tsp Raw coconut oil- on toast</p>	<p>If you use Vega, only take with blueberries and 1 tsp flax oil for this meal. Great source of minerals, antioxidants and much more!</p> <p>Blend smoothie- protein powder, blueberries, strawberries, spinach and flax oil, water, and ice. Toast 1 slice of bread and spread on coconut oil</p>

Snack: Calories 256, Fat 7gr, Carbohydrates 38gr, Protein 14gr	
<p>1/2 cup cottage cheese- lowfat 9 raw almonds 1 fresh peach ½ apple</p>	<p>Combine cottage cheese, almonds, apple and sliced peaches.</p>

Lunch: Calories 385, Fat 12gr, Carbohydrates 44gr, Protein 21gr	
<p>Stirfry 1/4 cup Seitan 2 cups broccoli ¼ cup onion ½ cup brown rice cooked 2/3 cup snow peas ½ cup celery 1 cup bell pepper 1 tsp. Toasted sesame oil 1 tsp regular sesame oil 2 tsp. sesame seeds Celtic/ Himalayan salt to taste Garlic powder or fresh garlic to taste Ginger- optional Hot pepper- optional Soy sauce</p>	<p>Sauté seitan, broccoli, bell peppers, celery, snow peas and onion together in a small amount of oil and water. Add sesame oils, salt, ginger, hot pepper, soy sauce and garlic to taste and sauté 2 minutes. Boil rice and salt in water until soft. Al Dente style preferably (slightly chewy)</p>

Snack: Calories 233, Fat 7gr, Carbohydrates 22gr, Protein 21gr

1 cup soy beans frozen (non-GMO preferably)
½ fresh cucumber sliced
1 Tbl green onion
Soy sauce, garlic powder or onion powder



Buy precooked fresh/frozen soy beans already shelled. Warm up soy beans (if needed) in boiling water for 5 or less minutes then drain off water. Add chopped cucumbers, onions and seasonings to soybeans (edamame). It's ready to eat!

Buying non-GMO soybeans: The only way to know for sure the soybeans are not Genetically Modified Organisms is by the labeling on the package. Most companies know these days that non-GMO is important to customers so they are putting it on their packaging. The label may look like the image above but may look different.

Dinner: Calories 353, Fat 11gr, Carbohydrates 44gr, Protein 25gr

Mexican Salad

¾ cup Black Beans (canned, low sodium)
4 cups Salad greens- romaine lettuce or mixed field greens (bagged and prewashed)
3 sprigs Cilantro chopped
1 Tbl. guacamole/ avocado
1 Tbl pumpkin seeds
1 Tbl. Green onion
½ cup fresh tomatoes diced or salsa for salad dressing
1 oz- Vegan Cheese (no casein) "Follow Your Heart Cheese"

Chop lettuce, cilantro, green onion, and tomatoes in bowl. Add cooked black beans, guacamole, pumpkin seeds, and crumble cheese on top.



Day 2

Breakfast: Calories 354, Fat 10gr, Carbohydrates 30gr, Protein 36gr	
Wrap/scrambled eggs 1 cup Egg whites 1 low carb tortilla 3/4 cup pineapple 1/8 cup/1 oz. low fat Monterey jack cheese Vegetables- onion, cilantro, bell peppers, tomatoes/salsa	Scramble eggs with or without vegetables. Place in tortilla and add cheese & veggies (if added fresh). Add seasonings or salsa.

Snack: Calories 244, Fat 8gr, Carbohydrates 17gr, Protein 20gr	
10 gr. Protein powder Almond milk 4 pecans raw ½ apple Dash Pumpkin spice	Blend or hand mix protein powder and almond milk together and drink, add ice or more water if need be. Eat apple and pecans separate or you can blend in with smoothie if you have access to a blender.

Lunch: Calories 379, Fat 11gr, Carbohydrates 51gr, Protein 19gr	
BBQ Satay 2 oz.. Seitan 2 tsp Olive oil 1 Tbl white onions 2 Tbl Bbq sauce 1/3 cup brown rice cooked 3-4 cups baby Spinach (pre washed & bagged) ¼ avocado Lots of veggies- Cucumber, ½ cup bell peppers, ¼ cup fresh corn cut off the cob, onions, sprinkle of pumpkin seeds	Sauté onions in olive oil for 3-5 minutes, add seitan and BBQ sauce to onions and cook until lightly brown and sauce is thickened up. Prepare salad with selected veggies. You can pour seitan mixture on top of salad and toss to add bbq flavor to salad. Remember you can cook a double portion to have enough food for 1-2 more meals. Can add rice to salad or eat separate.

Snack: Calories 217, Fat 9gr, Carbohydrates 13gr, Protein 21gr	
1 ½ tsp. raw sunflower seeds 1 Tbl. raisins 18 gr. protein powder cinnamon Stevia/ agave nectar for sweetener if needed	Mix all ingredients in a small bowl, add a little water to make into a mixture you can eat with a spoon.

Dinner: Calories 385, Fat 11gr, Carbohydrates 35gr, Protein 29gr

2 Veggie Patties/Burgers (total of 20gr of protein)
1/8 cup/1 oz cheese
1 slice whole grain bread
Onions, tomatoes, lettuce, mustard
3-4 cups Mixed green salad
Home made salad dressing- fresh squeezed ½ a lemon, herbs, a drizzle of honey, 1 tsp olive oil and salt. Toss together and ready to eat!

Heat patties and place on 1 slice of bread with vegetable toppings. This is an open face sandwich.

Veggie Patties To Buy: Hearty and Natural Veggie Burger, Soyboy Okara Burgers, Whole Foods 365 Gourmet Burger, Boca Burger Chef Max's Favorite. Look for organic when available, low sodium (300 mg.) or less, 10 or more grams of protein, and no more than 4 grams of fat. Do not eat patties every day since they are higher in sodium. Watch out for burgers that have higher than 300 mg of sodium, no more than 4 grams of fat.



Day 3

Breakfast: Calories 360, Fat 11gr, Carbohydrates 42gr, Protein 23gr	
Oatmeal Uncooked 1/3 cup old fashioned Oats- dry 1 Nectarine 10 gr. protein powder 12 raisins 10 raw almonds Dash of cinnamon	Soak oats in an open bowl of water over night, instead of cooking. This keeps the fiber intact. In the morning dump out the water and add the rest of the ingredients. You may need to add a little water because of the protein powder.

Snack: Calories 226, Fat 9gr, Carbohydrates 28gr, Protein 14gr	
2 Tbl. Hummus ½ cup Cucumber w/ seasoning ½ cup broccoli 1 cup carrots 1 bell pepper 1 whole hard boiled egg	Dip Veggies in hummus or eat by themselves for a high fiber snack. Eat egg with salt or seasoning.

Lunch: Calories 363, Fat 11gr, Carbohydrates 45gr, Protein 21gr	
Black Bean Soup 2/3 cup Black beans 2 oz. Seitan 1 Tbl. red onion- chopped 1 fresh tomato- chopped 4 sprigs of cilantro Dash of chili powder 1 oz. Avocado 1 Cup broccoli	You can make more soup but the above is an estimate of your portion size. Warm up beans with seitan, onion, tomato, cilantro, and chili. Warm/cook for 10 min. or till veggies soften up. To serve, sprinkle avocado on top. Can enjoy over salad mix.

Snack: Calories 236, Fat 8gr, Carbohydrates 23gr, Protein 22gr	
1 Tbl. sunflower seeds (raw, unsalted) 18 gr. protein powder 3/4 cup blueberries Stevia/agave nectar for sweetener	Blend protein powder, sunflower seeds, blueberries in water OR if you can't blend or are short on time, put all ingredients in a bowl, mix and eat like cereal. Add a tiny dash of stevia to make it more sweet if need be. Should taste a bit like peanut butter and jelly.

Dinner: Calories 364, Fat 12gr, Carbohydrates 45gr, Protein 19gr

Curried Chickpeas

½ cup can chickpeas (garbanzo beans)
2 oz. TVP (textured vegetable protein)
1 Tbl. onion
1/2 clove garlic
1 tsp Curry powder
1 tsp fresh ginger grated
salt, to taste
½ cup diced tomatoes
4 cups Mixed green salad w/ 6 almonds
¼ avocado
¼ cup sliced strawberries
Home made salad dressing- fresh
squeezed ½ a lemon, herbs, a drizzle of
honey, 1 Tbl olive oil and salt. Toss
together and ready to eat!

Rinse and drain chickpeas. Mix dry TVP with warm water and heat until moisture is gone. Sauté oil, onions, ginger, TVP, seasoning/spices and garlic for 5 minutes. Place onion mixture with all ingredients warm on stove and ready to eat.

Make salad topped with strawberries, avocado, almonds and dressing.



Day 4

Breakfast: Calories 385, Fat 13gr, Carbohydrates 33gr, Protein 34gr	
Omelet/Scramble 1 cup Egg whites 3 Tbl. Green Onion 1-2 Tbl. Tomatoes Dash Italian herbs Dash Garlic powder Salt as needed 1/8 cup/1 oz. soy cheese 1.5 tsp. olive oil 1 low carb tortilla 1 med peach	Sauté veggies for 3-5 min. with seasonings then add egg whites. Scramble until desired consistency. Add cheese. Eat with tortilla.

Snack: Calories 205, Fat 8gr, Carbohydrates 17gr, Protein 19gr	
3/4 cup cottage cheese- lowfat 10 raw almonds 1/2 fresh peach	Combine cottage cheese, almonds, and sliced peaches. Or eat separate.

Lunch: Calories 385, Fat 11gr, Carbohydrates 35gr, Protein 29gr	
2 Veggie Patties/Burgers (equaling 20gr of protein and no more than 4 grams of fat) Fresh sprouts Thinly sliced cucumbers Thinly sliced onion Tomato sliced 1 slice whole grain bread Mustard- optional 2 oz. Avocado- spread on bread like mayo. Season avocado with herb salt.	Spread avocado on piece of bread, season with salt and herbs, layer warmed 1-2 veggie patties, onion tomato, cucumber, and sprouts.

Snack: Calories 233, Fat 7gr, Carbohydrates 22gr, Protein 21gr	
1 cup soy beans frozen (non-GMO preferably) 1/2 fresh cucumber sliced 1 Tbl Green onion Soy sauce, garlic powder or onion powder	Buy precooked fresh/frozen soy beans already shelled. Warm up soy beans (if needed) in boiling water for 5 or less minutes then drain off water. Add chopped cucumbers, onions and seasonings to soybeans (edamame). It's ready to eat!

Dinner: Calories 352, Fat 13gr, Carbohydrates 36gr, Protein 27gr

Lentil Vegetable Soup

1/4 cup Lentils
1/2 cup TVP (Textured Vegetable Protein)
1/4 cup carrots
1 Tbl. red onion
1/2 clove garlic
2 cups vegetable stock and 2 cups water
1-2 Tbl tamari to taste (soy sauce) or to taste
1 tsp. olive oil
1 1/2 oz avocado
Herbes de province

Cook lentils in crock pot with vegetable stock and water or use canned precooked lentils. Watch out for extra sodium! Mix dry TVP with warm water and heat until moisture is gone. Saute carrots, onion, garlic, TVP, and seasoning/herbs. Then combine lentils and mixture. Sprinkle avocado on soup.



Day 5

Breakfast: Calories 367, Fat 11gr, Carbohydrates 50gr, Protein 17gr	
Smoothie 1 Banana ½ peach 12 gr. Protein powder 2 tsp. Peanut butter/almond butter 1 cup kale 1 tsp Raw Coconut Oil Water Stevia for sweetener- only a tiny amount needed Dash Cinnamon	Blend together all ingredients with enough water to make it pourable, can add ice.

Snack: Calories 226, Fat 6gr, Carbohydrates 21gr, Protein 19gr	
1 serving string cheese 1 apple 2 hard boiled egg whites	

Lunch: Calories 379, Fat 11gr, Carbohydrates 51gr, Protein 19gr	
BBQ Satay 2 oz.. Seitan 2 tsp Olive oil 1 Tbl white onions 2 Tbl Bbq sauce 1/3 cup brown rice cooked 3-4 cups baby Spinach (pre washed & bagged) ¼ avocado Lots of veggies- Cucumber, bell peppers, fresh corn cut off the cob, onions, sprinkle of pumpkin seeds	Sauté onions in olive oil for 3-5 minutes, add seitan and BBQ sauce to onions and cook until lightly brown and sauce is thickened up. Prepare salad with selected veggies. You can pour seitan mixture on top of salad and toss to add bbq flavor to salad. Remember you can cook a double portion to have enough food for 1-2 more meals. Can add rice to salad or eat separate.

Snack: Calories 223, Fat 6gr, Carbohydrates 24gr, Protein 14gr	
11 gr. Protein powder ½ cup Almond milk 5 pecans raw 1 apple Dash Pumpkin spice Water/ice	Blend or hand mix protein powder and almond milk together and drink, add ice or more water if need be. Eat apple and pecans separate or you can blend in with smoothie if you have access to a blender.

Dinner: Calories 365, Fats 12gr, Carbohydrates 50gr, Protein 29gr

Rainbow salad

4 cups Spinach leaves
1 Tbl. sunflower seeds
¼ cup Shredded carrots
¼ cup Chopped cucumber
¼ cup shredded apple
1 Tbl raisins
¼ shredded beets
1-2 Tbl chopped red onion
2 Tbl. Vinaigrette dressing
3 egg whites or ½ cup egg whites

Make a beautiful salad and top with all veggies and egg whites.



Day 6

Breakfast: Calories 360, Fat 11gr, Carbohydrates 42gr, Protein 23gr	
Oatmeal Uncooked 1/3 cup old fashioned Oats- dry 1 Nectarine 10 gr. protein powder 12 raisins 10 raw almonds Dash of cinnamon	Soak oats in an open bowl of water over night, instead of cooking. This keeps the fiber intact. In the morning dump out the water and add the rest of the ingredients. You may need to add a little water because of the protein powder.
Snack: Calories 215, Fat 6gr, Carbohydrates 21gr, Protein 24gr	
1 Tbl. sunflower seeds (raw, unsalted) 22 gr. protein powder 3/4 cup blueberries Stevia/agave nectar for sweetener	Blend protein powder, sunflower seeds, blueberries in water OR if you can't blend or are short on time, put all ingredients in a bowl, mix and eat like cereal. Add a tiny dash of stevia to make it more sweet if need be. Should taste a bit like peanut butter and jelly.
Lunch: Calories 385, Fat 12gr, Carbohydrates 44gr, Protein 21gr	
Stirfry 1/4 cup Seitan 2 cups broccoli 1/4 cup onion 1/2 cup brown rice cooked 2/3 cup snow peas 1/2 cup celery 1 cup bell pepper 1 tsp. Toasted sesame oil 1 tsp regular sesame oil 2 tsp. sesame seeds Celtic/ Himalayan salt to taste Garlic powder or fresh garlic to taste Ginger- optional Hot pepper- optional Soy sauce	Sauté seitan, broccoli, bell peppers, celery, snow peas and onion together in a small amount of oil and water. Add sesame oils, salt, ginger, hot pepper, soy sauce and garlic to taste and sauté 2 minutes. Boil rice and salt in water until soft. Al Dente style preferably (slightly chewy)
Snack: Calories 256, Fat 7gr, Carbohydrates 38gr, Protein 14gr	
1/2 cup cottage cheese- lowfat 9 raw almonds 1 fresh peach 1/2 apple	Combine cottage cheese, almonds, apple and sliced peaches.

Dinner: Calories 364, Fat 12gr, Carbohydrates 45gr, Protein 19gr

Curried Chickpeas

½ cup can chickpeas (garbanzo beans)
2 oz. TVP (textured vegetable protein)
1 Tbl. onion
1/2 clove garlic
1 tsp Curry powder or to taste
1 tsp fresh ginger grated
salt, to taste
½ cup diced tomatoes
4 cups Mixed green salad w/ 6 almonds
¼ avocado
¼ cup sliced strawberries
Home made salad dressing- fresh
squeezed ½ a lemon, herbs, a drizzle of
honey, 1 Tbl olive oil and salt. Toss
together and ready to eat!

Rinse and drain chickpeas. Mix dry TVP with warm water and heat until moisture is gone. Sauté oil, onions, ginger, TVP, seasoning/spices and garlic for 5 minutes. Place onion mixture with all ingredients warm on stove and ready to eat.
Make salad topped with strawberries, avocado, almonds and dressing.



Day 7

Breakfast: Calories 352, Fat 11gr, Carbohydrates 44gr, Protein 21gr	
<p>Protein Smoothie 1 cup blueberries ½ cup Strawberries 1 cup spinach 14gr. Protein powder Optional Protein Powder Brands- Nutribiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer- Pea Protein any brand Sun Warrior Protein Soy Protein 1 tsp. Flax oil 1 slice whole wheat bread 1 tsp Raw coconut oil- on toast</p>	<p>If you use Vega, only take with blueberries and 1 tsp flax oil for this meal. Great source of minerals, antioxidants and much more!</p> <p>Blend smoothie- protein powder, blueberries, strawberries, spinach and flax oil, water, and ice. Toast 1 slice of bread and spread on coconut oil</p>

Snack: Calories 226, Fat 6gr, Carbohydrates 21gr, Protein 19gr
1 serving string cheese 1 apple 2 hard boiled egg whites

Lunch: Calories 353, Fat 11gr, Carbohydrates 44gr, Protein 25gr	
<p>Mexican Salad ¾ cup Black Beans (canned, low sodium) 4 cups Salad greens- romaine lettuce or mixed field greens (bagged and prewashed) 3 sprigs Cilantro chopped 1 Tbl. guacamole/ avocado 1 Tbl raw pumpkin seeds 1 Tbl. Green onion ½ cup fresh tomatoes diced or salsa for salad dressing 1 oz- Vegan Cheese (no casein) “Follow Your Heart Cheese”</p>	<p>Chop lettuce, cilantro, green onion, and tomatoes in bowl. Add cooked black beans, guacamole, pumpkin seeds, and crumble cheese on top.</p>

Snack: Calories 215, Fat 8gr, Carbohydrates 14gr, Protein 18gr	
3 Tbl. Hummus ½ cup Cucumber ½ cup brocolli 1 Hard boiled egg white w/ salt 1 whole hard boiled egg	Dip Cucumbers and broccoli in hummus for a high fiber snack. Eat egg whites with salt or seasoning.

Dinner: Calories 379, Fat 13gr, Carbohydrates 36gr, Protein 41gr	
Egg Burrito ¾ cup Egg whites 1 low carb tortilla ½ cup pineapple 1 1/2 oz. low fat Monterey jack cheese Vegetables- onion, cilantro, bell peppers, tomatoes/salsa Side of vegetables- 1 cup steamed broccoli, ½ green beans, ½ cauliflower.. If you are still hungry, fill up on vegetables	Scramble eggs with or without vegetables. Place in tortilla and add cheese & veggies (if added fresh). Add seasonings or salsa.



Stop Risking Your Health With 'S.A.D. Diets' Full of Tainted Meat and Factory Farmed Franken-Foods And...

“Discover How To Quickly Lose Weight The Healthy Way With New *SIMPLE, CHEAP, And EASY* Veggie Meal Plans”

You'll Also Learn How California Vegetarian Nutrition Expert and Former Ms. Fitness America, Kardena Pauza, Helped Her Husband Mark Lose 37 Pounds While Saving Money on Their Grocery Bill!



Mark before Kardena

Mark after Kardena!

The NEW Easy Veggie Meal Plans take the confusion out of vegetarian diets and show you how to lose belly fat fast by following simple, easy, and ***budget-friendly*** veggie meal plans, without sacrificing your health, wallet, or waistline to pre-packaged high-sodium processed foods or relying on dairy products for every meal.

I PROMISE you that you will learn how to eat a vegetarian fat loss diet that is healthy, cheap, environmentally friendly, and easy.

And I GUARANTEE that you will lose weight, save money, improve your health, increase your energy, and dramatically enhance your appearance in just a few short days after starting the Easy Veggie Meal Plans.

Living the Vegetarian Lifestyle will be the best thing you have ever done for your health and vitality, not to mention for your waistline. You'll eat foods you love while satisfying your sweet tooth and eating to satisfaction at every meal.

And when you eat the right vegetarian diet - full of healthy living foods, anti-oxidants, and nutrient-rich meals – you'll have more energy than a teenager, plus the complexion of a cover model and the healthiest body of anyone at any age.

Kardena Pauza
Author, [Easy Veggie Meal Plans](#)