

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](#)



Men's 7 Day Vegetarian Meal Plan

Day 1

Breakfast: Calories 512, Fat 16gr, Carbohydrates 66gr, Protein 26gr	
<p>Protein Smoothie 1 cup blueberries 1 cup strawberries 1-1/2 cups spinach 15 gr. protein powder 2 slices whole wheat bread 2 tsp Raw coconut oil- on toast</p> <p>Blend smoothie- protein powder, berries, water, and ice. Toast slices of bread and spread on coconut oil.</p>	<p>Optional Protein Powder Types/ Brands- Nutribiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer- if you use Vega, only take with blueberries and 1 tsp flax oil for this meal. Great source of minerals, antioxidants and much more! Pea Protein any brand Sun Warrior Protein Soy Protein</p>
Snack: Calories 254, Fat 10gr, Carbohydrates 18gr, Protein 23gr	
<p>3/4 cup cottage cheese- lowfat 12 raw almonds 1/2 fresh peach</p>	<p>Combine cottage cheese, almonds, and sliced peaches. Or eat separate.</p>
Lunch: Calories 503, Fat 14gr, Carbohydrates 60gr, Protein 31gr	
<p>Stirfry 1/3 cup Seitan 3 cups broccoli, chopped 1 cup snow peas, whole 3 Tbsp. sesame seeds 1-1/3 cup bell pepper, chopped 3/4 cup celery, chopped 1/4 cup onion 1/2-3/4 cup brown rice, cooked 1 tsp. toasted sesame oil 1 tsp. regular sesame oil Celtic/Himalayan salt to taste Garlic powder or fresh garlic to taste Ginger (optional) Hot pepper (optional) Soy sauce</p>	<p>Sauté tofu, seitan, vegetables 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 simmer for 2 minutes.</p> <p>Boil rice and salt in water until soft. Al Dente style preferably (slightly chewy)</p>

Snack: Calories 260, Fat 9gr, Carbohydrates 20gr, Protein 25gr

1 ½ 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 or may look different.

Dinner: Calories 529, Fat 17gr, Carbohydrates 71gr, Protein 24gr

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 oz. guacamole/avocado
1 Tbsp. Green onion
½ cup fresh tomatoes diced or salsa for salad dressing
1 oz. Vegan cheese "Follow Your Heart" brand

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 510, Fat 15gr, Carbohydrates 41gr, Protein 54gr

Wrap/scrambled eggs

2 cups Egg whites
2 low carb tortilla
3/4 cup pineapple
1/8 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 240, Fat 8gr, Carbohydrates 19gr, Protein 23gr

22 gr. Protein powder
1/2 cup Almond milk
6 pecans raw
1 apple
Dash of 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 492, Fat 16gr, Carbohydrates 66gr, Protein 25gr

BBQ Satay

3 oz. cup Seitan
2 tsp Olive oil
1 Tbsp. white onions
1 Tbsp. BBQ sauce
1/3 cup brown rice, cooked
4 cups baby Spinach (pre washed & bagged)
Lots of veggies- Cucumber, 1/2 cup bell peppers,
1/2 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 271, Fat 11gr, Carbohydrates 18gr, Protein 25gr

2 tsp. raw sunflower seeds
30 raisins
21 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 472, Fat 12gr, Carbohydrates 35gr, Protein 56gr

2-3 Veggie Patties/Burgers (total of 35gr of protein)
2 oz cheese
1 slice whole grain bread
Onions, tomatoes, lettuce, mustard
4 cups Mixed green salad
Home made salad dressing- use 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 511, Fat 15gr, Carbohydrates 66gr, Protein 28gr

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 overnight, 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 223, Fat 10gr, Carbohydrates 16gr, Protein 18gr

2 Tbsp. Hummus
1/2 cup Cucumber
1/2 cup broccoli
1 cup carrots
1 cup red bell pepper
1 Hard boiled egg white w/ seasoning

Dip veggies in hummus or eat by themselves for a high fiber snack. Eat egg with salt or seasoning.

Lunch: Calories 495, Fat 15gr, Carbohydrates 65gr, Protein 28gr

Black Bean Soup

3/4 cup Black beans
2 oz. Seitan
1 Tbsp. red onion- chopped
1 fresh tomato- chopped
4 sprigs of cilantro
Dash of chili powder
1-1/2 oz. Avocado- cubed
1 cup steamed 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 and cilantro on top. Enjoy broccoli with lemon, salt and pepper.

Snack: Calories 268, Fat 12gr, Carbohydrates 17gr, Protein 23gr

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 496, Fat 16gr, Carbohydrates 59gr, Protein 29gr

Curried Chickpeas

3/4 oz can chickpeas (garbanzo beans)
1/4 cup TVP textured vegetable protein
1-2 Tbsp. onion
1/2 clove garlic
1 tsp. Curry powder or to taste
Dash fresh ginger, grated
Salt to taste
1/2 cup diced tomatoes
4 cups mixed green salad
8 raw almonds
1/2 cup strawberries
4 oz. avocado
1/2 cup cucumbers Home made salad dressing –
fresh squeezed 1/2 lemon, herbs, a drizzle of
honey, 1 Tbsp. olive oil, water and salt. Toss
together and ready to eat!

Rinse and drain chickpeas. Sauté oil, onions,
ginger, seitan, seasoning/spices and garlic for 5
minutes. Place onion mixture with all
ingredients warm on stove and ready to eat.



Day 4

Breakfast: Calories 500, Fat 16gr, Carbohydrates 39gr, Protein 60gr

Omelet/Scramble

2 cup Egg whites
3 Tbl. Green Onion
1-2 Tbl. Tomatoes
Dash Italian herbs
Dash Garlic powder
Salt as needed

1/8 cup soy cheese
1.5 tsp. olive oil
2 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 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, and sliced peaches. Or eat separate.

Lunch: Calories 485, Fat 11gr, Carbohydrates 35gr, Protein 29gr

2-3 Veggie Patties/Burgers (equaling 32gr. of protein and 7 gr. of fat)

Fresh sprouts
Thinly sliced cucumbers
Thinly sliced onion
Tomato sliced
1 oz cheese
1 slice whole grain bread
Mustard- optional
1 oz. Avocado- spread on bread like mayo.
Season avocado with herb salt.

Spread avocado on piece of bread like mayo spread, season with salt and herbs, layer warmed 1-2 veggie patties, then onion, tomato, cucumber, and sprouts.

Snack: Calories 260, Fat 9gr, Carbohydrates 20gr, Protein 25gr

1 1/2 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 482, Fat 13gr, Carbohydrates 56gr, Protein 40gr

Lentil Vegetable Soup

$\frac{3}{4}$ cup Lentils
 $\frac{3}{4}$ cup dry TVP (textured Vegetable Protein)
 $\frac{1}{4}$ cup carrots chopped
 $\frac{1}{4}$ cup celery chopped
1 Tbl. red onion diced
1/2 clove garlic minced
2 cups vegetable stock and 2 cups water
1-2 Tbl tamari to taste (soy sauce) or to taste
2 oz. Avocado
1 tsp. olive oil
Herbes de provence

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. Remember you can triple this recipe to make some great 2nd and 3rd meals!



Day 5

Breakfast: Calories 490, Fat 18gr, Carbohydrates 59gr, Protein 23gr

Smoothie

1 large Banana
 18 gr. Protein powder
 1 Tbl. Peanut butter/almond butter
 1 cup Kale
 1 fresh peach
 2 tsp Raw Coconut Oil
 Water
 Stevia for sweetener
 Dash Cinnamon

Blend together all ingredients with enough water to make it pourable/drinkable, can add ice.

Snack: Calories 266, Fat 8gr, Carbohydrates 21gr, Protein 23gr

2 servings string cheese (16 gr. of protein)
 1 apple
 2 hard boiled egg whites

Lunch: Calories 492, Fat 16gr, Carbohydrates 66gr, Protein 25gr

BBQ Satay

3 oz. cup Seitan
 2 tsp Olive oil
 1 Tbsp. white onions
 1 Tbsp. BBQ sauce
 1/3 cup brown rice, cooked
 4 cups baby Spinach (pre washed & bagged)
 Lots of veggies- Cucumber, 1/2 cup bell peppers,
 1/2 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 240, Fat 8gr, Carbohydrates 19gr, Protein 23gr

22 gr. Protein powder
 1/2 cup Almond milk
 6 pecans raw
 1 apple
 Dash of Pumpkin spice

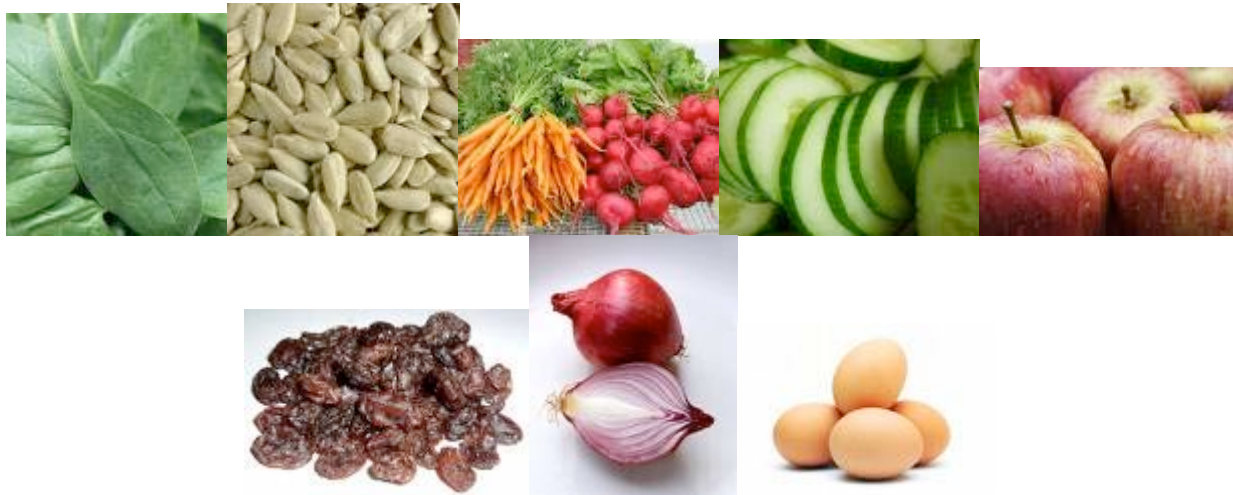
Blend or hand mix protein powder and almond milk together and drink, add ice or more water if need be. Eat apple and pecans separate or you can blend in with smoothie if you have access to a blender.

Dinner: Calories 445, Fats 18gr, Carbohydrates 38gr, Protein 34gr

Rainbow salad

4-5 cups fresh Spinach leaves
2 Tbl. sunflower seeds
1/2 cup Shredded carrots
1/2 cup Chopped cucumber
1/2 cup shredded apple
2 Tbl raisins
¼ shredded beets
1-2 Tbl chopped red onion
2 Tbl. Vinaigrette dressing
6 egg whites or 1 cup egg whites

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



Day 6

Breakfast: Calories 525, Fat 14gr, Carbohydrates 50gr, Protein 50gr

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 overnight, 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 253, Fat 7gr, Carbohydrates 22gr, Protein 29gr

1 heaping Tbl. sunflower seeds (raw, unsalted)
26 gr. protein powder
3/4 cup blueberries
Stevia/agave nectar for sweetener

Blend protein powder, sunflower seeds, and 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 503, Fat 14gr, Carbohydrates 60gr, Protein 31gr

Stirfry

1/3 cup Seitan
3 cups broccoli, chopped
1 cup snow peas, whole
3 Tbsp. sesame seeds
1-1/3 cup bell pepper, chopped
3/4 cup celery, chopped
1/4 cup onion
1/2-3/4 cup brown rice, cooked
1 tsp. Toasted sesame oil
Celtic/Himalayan salt to taste
Garlic powder or fresh garlic to taste.
Ginger (optional)
Hot pepper (optional)
Soy sauce

Sauté seitan, vegetables 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 simmer for 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, and sliced peaches. Or eat separate.

Dinner: Calories 496, Fat 16gr, Carbohydrates 59gr, Protein 29gr

Curried Chickpeas

3/4 oz. can chickpeas (garbanzo beans)
1/4 cup TVP textured vegetable protein
1-2 Tbsp. onion
1/2 clove garlic
1 tsp Curry powder or to taste
Dash fresh ginger, grated
Salt to taste
1/2 cup diced tomatoes
4 cups mixed green salad
8 raw almonds
1/2 cup strawberries
4 oz. avocado
1/2 cup cucumbers
Home made salad dressing- fresh squeezed 1/2 a lemon, herbs, a drizzle of honey, 1 Tbsp. olive oil, water and salt. Toss together and ready to eat!

Rinse and drain chickpeas. Sauté oil, onions, ginger, seitan, seasoning/spices and garlic for 5 minutes. Place onion mixture with all ingredients warm on stove and ready to eat.



Day 7

Breakfast: Calories 512, Fat 16gr, Carbohydrates 66gr, Protein 26gr

Protein Smoothie

1 cup blueberries
1 cup strawberries
1-1/2 cups spinach
15 gr. protein powder
2 slices whole wheat bread
2 tsp Raw coconut oil- on toast

Blend smoothie- protein powder, berries, water, and ice.
Toast slices of bread and spread on coconut oil.

Snack: Calories 226, Fat 6gr, Carbohydrates 21gr, Protein 19gr

1 serving string cheese
1 apple
2 hard boiled egg whites

Lunch: Calories 529, Fat 17gr, Carbohydrates 71gr, Protein 24gr

Mexican Salad

3/4 cup Black Beans (canned, low sodium)
4 cups Salad greens- romaine lettuce or mixed field greens (bagged and prewashed)
3 sprigs Cilantro chopped
1 oz. guacamole/ avocado
1 Tbsp. Green onion
1/2 cup fresh tomatoes diced or salsa for salad dressing
1 oz. Vegan cheese "Follow Your Heart" brand

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

Snack: Calories 240, Fat 8gr, Carbohydrates 14gr, Protein 20gr

4 Tbl. Hummus
1/2 cup Cucumber
1/2 cup broccoli
2 Hard boiled egg whites 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 490, Fat 15gr, Carbohydrates 46gr, Protein 52gr

Egg Burrito

2 cups Egg whites
2 low carb tortilla's 10 gr protein total
1/2 cup pineapple
1/8 cup low fat Monterey jack cheese
Vegetables- onion, cilantro, bell peppers, tomatoes/salsa
Side of vegetables- 1 cup steamed broccoli, 1/2 green beans, 1/2 cauliflower.. If you are still hungry, fill up on vegetables

Scramble eggs with or without burrito vegetables. Place in tortilla and add cheese & veggies (if added fresh). Add seasonings or salsa.
Season side vegetables with herbs and salt or a vinaigrette.



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](#)