

TLS® Rapid Results Vegetarian 14-Day Meal Plan for Women: Days 1-7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Omelet: 6-8 egg whites Non-fat cooking spray as needed 1 cup spinach 1 medium tomato 1 cup asparagus 2 tbsp reduced fat cheddar cheese ½ medium orange	½ cup low-fat cottage cheese ¾ cup berries 1 cup herbal tea <i>Optional:</i> ½ packet stevia 1 squirt lemon juice	Spinach egg scramble: Non-fat cooking spray as needed 4 egg whites 1 cup spinach leaves ½ roma tomato (diced) 2 tbsp low-fat feta cheese 1 tbsp fresh basil (chopped) 2 slice vegetarian turkey bacon	½ grapefruit 4-6 oz plain fat-free Greek yogurt 15 raw unsalted almonds 1 cup herbal tea <i>Optional:</i> ½ packet stevia 1 squirt lemon juice	Vegetable frittata: <i>Sauté together:</i> 1 tbsp extra virgin olive oil ½ cup broccoli (chunked) ½ bell pepper (cubed) ¼ cup onions (chopped) ½ cup mushrooms (sliced) ¼ cup carrots (shredded) ½ medium tomato (diced) <i>Whip and pour over sauteed vegetables:</i> 3 egg whites, 1 whole egg, 2 tsp fat-free milk cook in frying pan over low heat. Top with 1 tbsp low-fat cheddar cheese.	4-6 oz plain, non-fat Greek yogurt ¼ cup berries ¼ cup bran	Mushroom omelet: 4-6 egg whites 1 cups mushrooms (sliced) 2-3 tbsp green onion (chopped) 1 oz low-fat cheddar cheese
Snack	10 unsalted cashews ½ cup low-fat cottage cheese 1-2 cups of herbal tea <i>Optional:</i> ½ packet stevia 1 squirt lemon juice	1 hard boiled egg 1 cup carrot sticks	1 ExtendBar ½ cup almond, rice or low-fat milk	Hummus deviled eggs: 2 eggs hard boiled (cut in half and discard yolks) 1/4 cup hummus <i>Fill egg halves and refrigerate.</i> <i>Top with:</i> 1 tsp slivered almonds	¼ cup cottage cheese ¼ cup pineapple (diced) 1 tbsp raisins 15 raw unsalted almonds	1 cup celery sticks 1 cup carrots sticks 2 tbsp unsweetened peanut butter	Stuffed tomatoes: 1 medium tomato (cut in half and scoop insides) <i>Mix together and stuff into tomato halves:</i> ¼ cup low-fat cottage cheese ½ medium cucumber (shredded) 1 tsp slivered almonds <i>Sprinkle with:</i> ⅓ tsp paprika ⅓ tsp dried dill
Lunch	Mixed green salad 1½ cup mixed greens ½ medium tomato 2 medium carrots (diced) ½ small cucumber (sliced) ½ cup chickpeas 1 tbsp low-fat shredded parmesan 1 tsp vinaigrette	Hummus and veggie lettuce wraps: ½ cup plain hummus ½ cup tomatoes (chopped) ¼ cup green onion (chopped) ½ small cucumber (sliced) 2 tbsp of parsley 4 large lettuce leaves	Portobello tofu pizza: 1 large portobello mushroom cap (upside down for crust) <i>Top with:</i> ½ cup tomato sauce ½ tbsp onion (diced) 2 tbsp of low-fat mozzarella cheese 4 oz tofu <i>Bake: 350°F for 10-15 minutes</i>	Veggie burger: <i>Mix together & pan fry in patty:</i> 4-6 oz veggie ground burger 2 tsp green onions (minced) 2 tsp parsley ½ tsp mustard 1 dash of low-salt soy sauce black pepper to taste <i>Top with:</i> 1 slice (1 oz) low-fat cheddar cheese <i>Side:</i> ½ cup black beans <i>Stew together:</i> 1 cup okra (sliced) ½ cup tomatoes (diced) ½ cup onions (chopped)	4-6 oz vegetarian deli turkey 1½ cups mixed greens ¼ cup black olives ½ cup artichoke hearts ½ medium tomato (diced) ½ medium cucumber (sliced) 1 tbsp low-fat feta cheese	Turkey and broccoli rolls: 4-6 oz vegetarian deli turkey (wrap) <i>Top with mixture of:</i> 2 tbsp plain non-fat yogurt 2 tbsp sour cream 1 tsp mustard ¼ cup fresh basil leaves 1 cup of broccoli spears (cook and roll in turkey) <i>Side:</i> ½ cup fresh green beans 1 celery stalk (sliced) 1 tbsp sunflower seeds 1 tbsp olive oil	Turkey bacon salad: 3 oz of vegetarian turkey 1 oz vegetarian bacon 3 cups romaine lettuce (shredded) ⅓ cup mandarin oranges ½ cup red onion (chopped) ⅓ cup kidney beans ⅓ cup chickpeas 1 tbsp low-fat dressing

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack	1 cup celery sticks 2 tbsp unsweetened peanut butter or almond butter	½ cup cottage cheese 15 raw unsalted almonds	½ cup plain hummus Eat with: 1 cup mixed greens 1 cup of mixed vegetables (carrots, celery, broccoli)	Veggie/tofu lettuce wraps: 2-4 oz firm tofu (small cubes or slices) ½ small avocado (sliced) ½ medium zucchini (sliced length-wise) ½ medium yellow squash (sliced length-wise) ½ medium tomato (sliced) 2 large lettuce leaves	TLS Protein Shake (Chocolate) Mix with: 1 cup almond, rice or fat-free milk	1 bag Extend Crisps ½ cup almond, rice or low-fat milk	Blend together: 3 oz firm tofu 2 tbsp dry onion soup mix ½ tsp olive oil Eat with: 2 cups cucumbers (sliced) ¾ cups zucchini (sliced)
Dinner	4-6 oz tofu (sautéed) 2 cups spinach (sautéed) Non-fat cooking spray as needed ½ cup yellow squash (chunked) ½ cup unsweetened applesauce	Sauté together: 4-6 oz seitan ½ cup onion (minced) ½ bell pepper (cubed) ½ cup portabella mushroom (sliced) Non-fat cooking spray as needed Place over: 1 cup spaghetti squash (cooked)	Black bean and romaine heart salad: 2 cups romaine hearts ¼ small red onion (diced) ¼ cup olives ¾ cup black beans 1 oz low-fat feta cheese Mix together the following: 1 tbsp extra virgin olive oil 1 tbsp lemon juice 1 tsp fresh oregano pinch of salt and pepper	4-6 oz baked tofu 1 cup green beans 1 medium sweet potato (baked) 1 tsp cinnamon	Grilled vegetarian sausage with spaghetti squash: 4-6 oz vegetarian sausage Side dish: 1 cup spaghetti squash ½ cup tomato sauce Side salad: ½ cups mixed greens ½ medium tomato (sliced) ½ small cucumber (sliced) ¼ cup olives 15 unsalted cashews	Caribbean jerked tofu: 4-6 oz firm tofu (sliced ½" thick) 1 tsp of Caribbean jerk seasoning 1 tsp of olive oil Cover tofu with jerk seasoning and olive oil and bake at 400° F for 1 hour, turning after 30 min: Sauce: Mix together, heat and pour over tofu: 1 tsp mustard ½ cup pineapple juice ½ tsp corn starch Side: 1 cup Brussels sprouts 2 cups mock mashed potatoes Whip together: 4 cups cauliflower florets (cooked) ½ tsp fat-free milk ½ tsp fat-free sour cream	Stir-fry: Sauté together: 4-6 oz seitan 1½ tbsp low-salt soy sauce 1 tsp garlic (minced) ¼ cup onion (sliced) 1 tsp sesame oil 1 tsp ginger (minced) 1 cup broccoli florets

TLS® Rapid Results Vegetarian 14-Day Meal Plan for Women: Days 8-14

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	4-6 oz plain, fat-free Greek yogurt 1tbsp chopped almonds 1 cup berries <i>Optional:</i> ½ packet stevia 1 squirt lemon juice	Bacon & egg breakfast cup: 4 slices vegetarian bacon (wrap around sides and bottom of 2 muffin tin cups) Mix together and add to muffin cups: 4 egg whites ½ cup spinach Bake at 350°F for 20-30 minutes. Top with: 1 oz low-fat cheddar cheese	Artichoke omelet: <i>Slightly sauté together:</i> ½ cup artichoke hearts (halved) ¼ cup bell pepper (diced) ¼ cup olives (sliced) 1 tsp fresh oregano 1 tsp fresh basil (chopped) 2 tsp fresh garlic (minced) Non-fat cooking spray as needed Cook and then cover with vegetables: 6-8 egg whites Sprinkle over omelet: 1 tbsp low-fat parmesan cheese	<i>Combine in blender:</i> 3 oz low fat cottage cheese 3 oz low fat Greek yogurt 1 cup strawberries 1 tsp olive oil Blend until smooth and creamy	Bacon & sweet potato hash browns: 2 slices vegetarian bacon (cooked until crisp) ½ cup onions (diced) (cooked in same skillet until tender) Add: 1 medium sweet potato (peeled and grated) ½ tbsp garlic (minced) Sauté total mixture for 10-15 minutes. Serve with: 1 egg (sunny side up)	Eggs florentine: <i>In baking pan, combine:</i> 1 oz vegetarian deli meat ¾ cup spinach (cooked) 4 oz egg whites (pour into middle of spinach uncooked) dash of nutmeg salt and pepper to taste Bake at 450°F until eggs are set. Sprinkle over egg/spinach: 1 tablespoon low-fat mozzarella cheese 1 tbsp red bell pepper (chopped) Bake until cheese has melted.	Zucchini hash: <i>Cook together:</i> 1 oz extra virgin olive oil 4 oz vegetarian sausage 1 medium zucchini (cubed) ½ onion (slivered) 1 cup mushrooms (chopped) 1 medium clove of garlic (minced) 1 medium tomato (chunked) 1 tbsp fresh basil Top with: 2 oz egg whites (scrambled or fried) ½ cup low-fat feta cheese
Snack	1 medium zucchini (sliced in half) 1 tbsp pimiento (diced) 1 tbsp olives (chopped) 1 tbsp olive oil 2 oz low-fat mozzarella cheese Brush each half of zucchini with olive oil. Broil for 5 minutes (until tender). Combine cheese and olives. Spread on each zucchini half lengthwise. Broil again until cheese is melted.	1 cup cottage cheese ¼ cup pineapple (diced) 1 tbsp raisins 15 raw unsalted almonds	1 large carrot (½" slices) 2 oz firm tofu (chunked) ½ small onion (½" slices) 1 small zucchini (¾" lengthwise cuts) 1 small yellow squash (¾" lengthwise cuts) 1 tsp dried oregano ½ tsp dried basil 1 garlic clove (minced) 2 tbsp low-fat parmesan cheese 1-2 tbsp extra virgin olive oil salt and pepper to taste Mix ingredients together. Place on baking sheet, cover with foil. Roast at 400°F for 30 mins. Remove foil, roast for additional 15 min.	1 ExtendBar ½ cup almond, rice or low-fat milk	1 cup celery sticks 2 tbsp unsweetened peanut butter or almond butter	Guacamole & chips: <i>Combine in blender:</i> ½ medium avocado (ripe) ¼ cup chunky salsa 2 oz firm tofu chips: ½ medium cucumber (cut for dipping)	Hummus deviled eggs: 2 eggs hard boiled (cut in half and discard yolks) ¼ cup hummus Fill egg halves and refrigerate. Top with: 1 tsp slivered almonds
Lunch	4-6 oz grilled tofu 1 cups romaine lettuce ½ cup halved cherry tomatoes 1 small cucumber ¼ cup diced red onion (diced) 1 medium carrots (diced) 1 tbsp low-fat shredded parmesan 1 tsp vinaigrette	Lettuce wrap: 4-6 oz vegetarian deli meat 5 pieces of lettuce (2 cups) ½ cup tomato (sliced) 2 tbsp avocado ½ medium zucchini (sliced) ½ cup alfalfa sprouts salt and pepper to taste	4-6 oz baked tofu cocktail sauce Mix together: 2 tbsp tomato paste enough water to form sauce 1 tsp horseradish 1 tsp lemon juice celery salt to taste 1 dash Tabasco sauce Side Salad: 1 cup broccoli 1 cup cherry tomatoes 2 oz low-fat mozzarella balls 1 tbsp extra virgin olive oil	Cajun "fish" fillet(s): 4-6 oz firm tofu 1 tsp Cajun spice 1 tbsp paprika 1 small wedge of lemon Dust tofu with mixture of Cajun spice and paprika. Broil 5 min. per side until spices are browned. Switch oven to bake and bake an additional 30 minutes until tofu is firm. Garnish with lemon wedge. Side: 1 cup asparagus 1 cup carrots	Stuffed mushrooms: 8-10 large mushrooms 4-6 oz silken tofu 1 cup spinach (cooked) 1 tsp extra virgin olive oil 1 tsp garlic (minced) 2 tbsp low-fat parmesan cheese ½ cup tomato sauce 1 tsp Italian seasoning 1 tsp basil Remove stems of mushrooms and sauté with tofu, spinach, olive oil, and garlic; set aside. Lightly sauté mushroom caps in ½ tsp olive oil being careful not to lose mushroom shape. Stuff mushroom caps with spinach mixture. Sprinkle on cheese. Mix together remaining ingredients and heat for sauce.	Chef salad: 2 oz firm tofu 2 oz vegetarian deli meat 2 oz seitan 2 cups mixed greens 1 roma tomato (diced) ½ cup artichoke hearts (halved) ½ cup olives (sliced) 1 tbsp low-fat salad dressing 2 tbsp raisins	Spiced egg salad wraps: 4 oz egg whites (microwave) Mix with cooled eggs: 1 tbsp fat-free mayonnaise 1 tbsp fat-free yogurt ½ tsp curry powder ½ cup grapes (halved) ½ cup celery (chopped) ¼ cup onion (chopped) 15 unsalted almonds (chopped) Wrap: 2 large lettuce leaves Side: 1 cup celery sticks 1 cup carrot sticks

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack	Combine in blender: TLS Protein Shake (Vanilla) 1 tsp decaf coffee grounds 1 cup almond, rice or fat-free milk ice	1 hard boiled egg 15 unsalted almonds	1 medium apple 1 low-fat mozzarella cheese stick	1 cup broccoli florets 1 cup cauliflower florets 2 oz of slivered almonds Mix together and pour over veg: 2-3 tbsp extra virgin olive oil, pinch of basil, pinch of oregano, pinch of garlic	1 medium orange 15 walnuts	½ cup celery sticks ½ cup carrot sticks 2 tbsp unsweetened peanut butter	1 ExtendBar ½ cup almond, rice or low-fat milk
Dinner	Mushroom and spinach quiche: Mix: 4 oz egg whites 1½ cups spinach (cooked) ½ cup mushrooms (diced) ⅓ cup onions (optional) 1 teaspoon olive oil Bake at 350°F for 35-40 minutes. Sprinkle on top: 1 tbsp low-fat cheddar cheese. Side salad: 1 cup mixed greens ½ medium tomato (sliced) ½ small cucumber (sliced) ¼ cup olives 15 unsalted cashews	Tofu and vegetable stir-fry: 4-6 oz firm tofu 1 cup broccoli ¼ cup green onion ½ cup carrots (sliced) 1 cup yellow squash (sliced) ½ cup snow peas ¼ cup water chestnuts 2 tbsp soy sauce 1 tbsp olive oil	Nutty cordon bleu: 4 oz firm tofu cut into ½" thick slices 1 tsp spicy mustard (spread on one side of tofu) Lay on mustard: 1 oz vegetarian deli meat 1 slice reduced-fat swiss cheese Roll tofu to enclose mustard/deli meat/cheese. Combine: 1 oz powdered nuts ½ tsp Italian seasoning ½ tsp dried parsley Roll tofu in nuts and bake at 350°F (25 mins uncovered, then 15 mins covered with foil). Side: 1 cup asparagus 1 cup carrots	Vegetable soup: 3 oz seitan ½ cup onion (chopped) ⅓ cup tomato (chopped) ¼ cup tomato puree ½ cup black beans (canned) 1 oz fat-free mozzarella cheese ⅓ cup V8 juice 1 tsp olive oil Optional spices: Onion powder, chili powder, cilantro, red pepper, all spice, basil, nutmeg, sage, soy sauce, parsley In crock pot add browned seitan, V8, all vegetables, black beans, and 2 cups of water (adding desired spices). Thoroughly cook, stirring occasionally. Top with mozzarella cheese.	Tofu kabobs (makes 2-3): 4-6 oz firm tofu 1 bell pepper (cut in large chunks) ½ onion (chunked) ½ cup mushrooms ½ cup grape tomatoes Side: 1 medium zucchini (sliced) ¼ cup water chestnuts	4-6 oz veggie burger (seared) Stir-fry together as side: 1 cup fresh green beans (halved) ½ cup red bell pepper (sliced) ½ medium zucchini (sliced) ¼ cup onion (diced) ½ tbsp olive oil 2 tsp garlic (minced) 1 tbsp lemon juice	4-6 oz vegetarian sausage 2 cups kale (sautéed-crisp) 1 tbsp olive oil 1 cup carrots (steamed)