WEEK 02

# FUEL YOUR WEEK WITH TDM

Plant-powered meals prepped and ready to go

3 recipes + 1 dessert | High protein | Gut-friendly | Energy boosting

**WHAT'S INSIDE:** ENERGY · METABOLISM · STRENGTH · MOOD · GUT HEALTH

## BREAKFAST — 520 cal

### PB Banana Oatmeal with Berries

P: 19g · Fat: 17g · Fiber: 14g

ENERGY · MOOD · STRENGTH

**WHY IT WORKS:**

- Berries = anthocyanins for insulin balance
- Hemp seeds add omega-3s for brain health
- Chia seeds expand to keep you full longer
- Banana potassium supports muscle recovery

## LUNCH — 445 cal

### Asian Sesame Edamame Soba Salad

P: 22g · Fat: 14g · Fiber: 9g

STRENGTH · GUT HEALTH · ENERGY

**WHY IT WORKS:**

- Edamame = complete plant protein
- Purple cabbage supports detoxification
- Ginger supports digestion + reduces bloating
- Sesame oil = heart-healthy unsaturated fats

## DINNER — 465 cal

### Moroccan Chickpea Tagine + Couscous

P: 18g · Fat: 12g · Fiber: 14g

GUT HEALTH · ENERGY · MOOD

**WHY IT WORKS:**

- Olive oil = monounsaturated fats for heart health
- Warming spices boost metabolism naturally
- Dried apricots add iron and antioxidants
- High fiber keeps blood sugar stable

## DESSERT — 150 cal

### Chocolate Sweet Potato Brownies

P: 3g · Fat: 8g · Fiber: 4g

MOOD · ENERGY · METABOLISM

**WHY IT WORKS:**

- Cacao = rich in magnesium for sleep + stress
- Flaxseed = omega-3s + lignans for menopause
- Sweet potato = vitamin A for hormone support
- Minimal added sugar from natural sweetness

## SCIENCE BITES

**FLAXSEED + LIGNANS**
Lignans are phytoestrogens studied specifically for managing menopause symptoms and supporting estrogen balance.

**GUT HEALTH = EVERYTHING**
80% of your immune system lives in your gut. Feed it fiber, feel invincible.

**PLANT PROTEIN**
Easier to digest than animal protein. Less bloating, more en ergy for your workout.

**MEAL PREP = SELF CARE**
Sunday prep means zero decision fatigue. Your future self wi ll thank you.

Prep once. Eat well all week. Repeat.