

# *Plant Based* Meal Plan

LOOKING FOR A PLANT  
BASED PLAN THAT IS  
NUTRIENT DENSE, FOCUSES  
ON WHOLE FOODS, AND IS  
SATISFYING? LOOK NO  
FURTHER!

# WEEK 1

## SUNDAY

- B** Chickpea scramble
- L** Edamame and green apple salad
- D** Loaded veggie bowl

## MONDAY

- B** Coconut milk yogurt and berries
- L** Mediterranean plate
- D** Left overs from the night before.

## TUESDAY

- B** Morning quinoa bowl
- L** Mediterranean plate
- D** Chickpea curry

## WEDNESDAY

- B** Coconut milk yogurt and berries
- L** Tempeh spinach salad
- D** Left overs from the night before.

## THURSDAY

- B** Morning quinoa bowl
- L** Tempeh spinach salad
- D** Lentil stew

## FRIDAY

- B** Chickpea scramble
- L** Vegan burrito bowl
- D** Left overs from the night before.

## SATURDAY

- B** Cinnamon blueberry smoothie
- L** Vegan burrito bowl
- D** Tempeh stir fry (make half recipe or store half in freezer for another day)

## SHOPPING LIST

### PRODUCE

- 3 yellow onions
- 4 red bell pepper
- 6 (128 g) cups baby spinach
- 6 cups (128 g) kale
- 2 cucumbers
- 2 heads of broccoli
- 4 large carrots
- 6 cloves garlic
- Ginger, 1 small root
- 4 cups (80 g) arugula
- 1/2 cup (74 g) cherry tomatoes
- 1/2 cup (57 g) shredded carrots
- 2 stalks celery
- 1 red onion
- 3 medium sweet potatoes
- 1 Green apple
- 2 lemons
- 1/2 cup (68 g) mixed berries
- 1/2 cup blueberries
- 2 medium peaches
- 1 avocado
- 1 banana
- 1/4 cup (42 g) shelled edamame
- 24 kalamata olives, pitted
- Fresh rosemary, small bundle

### GRAINS, BEANS, NUTS, LEGUMES

- 3, 15 oz cans chickpeas
- Hummus, 1 large container
- 12 oz (340 g) tempeh
- 1, 15 oz can black beans
- Chopped walnuts, 1 small container
- Sliced almonds, 1 small container
- Tahini, one small container
- Ezekiel bread
- Sprouted pita bread
- Sesame seeds, one small container
- Almond milk, 1 small container
- Almond butter, 1 small container
- 1/2 cup mixed dry roasted nuts
- 1/2 cup (85 g) quinoa
- 3.5 cups brown rice
- Hemp hearts, small container

### MISCELLANEOUS

- Cinnamon
- Bay leaf
- Thyme
- Turmeric
- Paprika
- Curry powder
- Ground ginger
- Cumin
- Garlic powder
- Sea salt
- Black pepper
- Maple syrup
- 2 cups coconut milk yogurt
- Dried goji berries
- Apple cider vinegar
- 2 15oz cans crushed tomatoes
- Pico de gallo
- Coconut aminos
- Canned coconut milk
- Coconut oil
- Avocado oil
- Olive oil
- Sesame oil
- Rice wine vinegar
- Nutritional yeast
- Sriracha
- Organic plant based protein powder

### DAILY AVERAGES

Calories: 1,250

Carbohydrate: 43 grams, Protein: 118 grams, Fat: 67 grams

# HOW TO MEAL PREP WEEK 1

- Pre-cook quinoa to be had with breakfast on Tuesday and Thursday.
- Pre-cook tempeh to be had with lunch on Wednesday and Thursday.
- Option to make lentil stew ahead of time and store in freezer to be had for dinner on Thursday and Friday.
- Pre-cook brown rice to be had with lunch on Friday and Saturday.
- Be sure to save half of dinner meals on Sunday - Friday to be had for dinner the following evening.

# WEEK 2

## SUNDAY

- B** Tofu scramble
- L** Sun-dried tomato and walnut salad
- D** Spanish rice and beans.

## MONDAY

- B** Almond overnight oats
- L** Vegan burrito bowl
- D** Left overs from the night before.

## TUESDAY

- B** Chia seed pudding
- L** Vegan burrito bowl
- D** Tempeh stir fry

## WEDNESDAY

- B** Almond overnight oats
- L** Sprouted grain veggie sandwich
- D** Left overs from the night before.

## THURSDAY

- B** Chia seed pudding
- L** Sprouted grain veggie sandwich
- D** Cauliflower tacos

## FRIDAY

- B** Savory quinoa bowl
- L** Sun-dried tomato and walnut salad
- D** Left overs from the night before.

## SATURDAY

- B** Savory quinoa bowl
- L** Lentils and more
- D** Grilled tofu dinner (make half recipe)

## SHOPPING LIST

### PRODUCE

- 2 medium onions
- 4 red bell peppers
- 1 green bell pepper
- 1 small bunch cilantro
- 1/4 cup (14 g) sun-dried tomatoes
- 5 cloves garlic
- 1 head broccoli
- 1 head cauliflower
- 1 small red onion
- 5 cups (106 g) baby spinach
- 4 cups (90 g) mixed greens
- 1 1/2 cups (170 g) shredded carrots
- 1/2 cup (75 g) shredded red cabbage
- 1 medium zucchini
- 1 vine ripe tomato
- 5 small avocados
- 1 lemon
- 1 lime
- 1/4 cup (34 g) green olives
- 1/2 cup (72 g) strawberries
- 1/2 cup (74 g) blueberries
- 2 large cucumbers

### GRAINS, BEANS, NUTS, LEGUMES

- 22 oz (624 g) extra firm tofu
- 1 small can black beans
- 1 small can chickpeas
- 8 oz (227) tempeh
- 1 small container hummus
- 1/3 cup (64 g) lentils
- 1/2 cup (62 g) chopped walnuts
- 9 tbsp (108 g) chia seeds
- 1 small can red kidney beans
- Sprouted grain sandwich wraps
- Sprouted grain taco wraps
- 3 cups (720 g) almond milk
- Almond butter
- 1/4 cup (34 g) mixed nuts
- 1 cup (80 g) rolled oats
- 2 tbsp (15 g) nutritional yeast
- 2 1/2 cups (490 g) brown rice
- 3/4 cup (135 g) long grain rice
- 2 cups (370 g) quinoa

### MISCELLANEOUS

- 1, 14oz can fire roasted tomatoes
- 1 cup (240 g) vegetable broth
- 1 small container pico de gallo
- 1 small container salsa
- Rice wine vinegar
- Avocado oil
- Olive oil
- Sesame oil
- Soy sauce
- Maple syrup
- Cumin
- Turmeric
- Sea salt
- Black pepper
- Paprika
- Chili powder
- Oregano
- Cayenne pepper
- Cinnamon
- Ground ginger
- Taco seasoning
- Nutritional yeast
- Sriracha sauce

### DAILY AVERAGES

Calories: 1,369

Carbohydrate: 160 grams, Protein: 50 grams, Fat: 66 grams

# HOW TO MEAL PREP WEEK 2

- Prepare almond overnight oats on Sunday and Tuesday evening to be had for breakfast the following days.
- Prepare chia seed pudding on Monday and Wednesday evening to be had for breakfast the following days.
- Pre-cook brown rice to be had with lunch on Monday and Tuesday.
- Pre-cook quinoa to be had with breakfast on Friday and Saturday.
- Be sure to save half of dinner meals on Sunday - Friday to be had for dinner the following evening.

# WEEK 3

## SUNDAY

- B** Kale and sweet potato hash (freeze half for breakfast on Friday).
- L** Chickpea salad
- D** Tuscan white bean soup

## MONDAY

- B** Chia seed pudding
- L** Tempeh spinach salad
- D** Left overs from the night before

## TUESDAY

- B** Avocado toast
- L** Tempeh spinach salad
- D** Vegan lentil pie (store remaining servings in freezer)

## WEDNESDAY

- B** Chia seed pudding
- L** Carrot ginger soup
- D** Left overs from the night before

## THURSDAY

- B** Avocado toast
- L** Carrot ginger soup
- D** Tempeh Buddha bowls

## FRIDAY

- B** Kale and sweet potato hash
- L** Mediterranean wrap
- D** Left overs from the night before

## SATURDAY

- B** Cinnamon blueberry smoothie
- L** Mediterranean wrap
- D** Tuscan white bean soup (make half recipe or store second serving in freezer)

## SHOPPING LIST

### PRODUCE

- 2 medium sweet potatoes
- 1 large russet potato
- 1 red onion
- 2 yellow onions
- 1 red bell pepper
- 1 green bell pepper
- 2 bulbs garlic
- 1 large bundle kale
- 2 cups (42 g) baby spinach
- 4 cups (80 g) arugula
- 1 cup (149 g) cherry tomatoes
- 3 large cucumbers
- 8 carrots
- 3 avocados
- 1 lemon
- Kalamata olives, small jar
- 1 cup (148 g) blueberries
- 1 medium banana
- 2 stalks celery
- 1 cup (113 g) shredded carrots
- 1 medium scallion
- 1 vine ripe tomato
- 1 bundle fresh cilantro
- Ginger root
- 2 cups (155 g) shelled edamame
- 1 cup (150 g) shredded red cabbage
- 1/4 cup (34 g) frozen peas
- 1/2 cup (41 g) canned or frozen corn kernels

### GRAINS, BEANS, NUTS, LEGUMES

- Ezekiel or sprouted grain bread
- Sprouted grain wraps
- Brown rice, small package
- 1/4 cup (31 g) chopped walnuts
- 1/2 cup (68 g) dry roasted nuts
- Chia seeds, small container
- Sesame seeds, small container
- 1 cup (198 g) green or brown lentils
- Hummus, small container
- 1/2 cup (130 g) canned black beans
- 1/2 cup (120 g) canned chickpeas
- 2 cups (195 g) canellini beans
- 1/2 cup (128 g) kidney beans
- 16 oz (454 g) Tempeh
- Almond butter, small container
- Almond milk
- Hemp hearts, small bag

### MISCELLANEOUS

- Tomato paste (small jar)
- 8 cups (1.9 kg) vegetable broth
- Sun-dried tomatoes (small jar)
- Apple cider vinegar
- Rice wine vinegar
- Coconut aminos
- Coconut milk, small can
- Red curry paste, small jar
- Olive oil
- Avocado oil
- Coconut oil
- Nutritional yeast, small container
- Sea salt
- Black pepper
- Garlic salt and/or powder
- Bay leaf
- Italian seasoning
- Crushed red pepper flakes
- Cinnamon, ground
- Onion powder
- Thyme, dried
- Rosemary, dried
- Organic vegan chocolate protein powder

### DAILY AVERAGES

Calories: 1,239

Carbohydrate: 128 grams, Protein: 53 grams, Fat: 64 grams

# HOW TO MEAL PREP WEEK 3

- Prepare chia seed pudding on Sunday and Tuesday evening to be had for breakfast the following days.
- Pre-cook tempeh to be had with lunch on Monday and Tuesday.
- Make carrot ginger soup ahead of time to be had for lunch on Wednesday and Thursday. This meal stores well in the freezer.
- Option to cook vegan lentil pie ahead of time to be had for dinner on Tuesday and Wednesday. This meal stores well in the freezer.
- Be sure to save half of dinner meals on Sunday - Friday to be had for dinner the following evening.

# WEEK 4

## SUNDAY

- B** Coconut milk yogurt and berries
- L** Edamame and green apple salad
- D** Loaded veggie bowl

## MONDAY

- B** Savory quinoa bowl
- L** Vegan burrito bowl
- D** Left overs from the night before

## TUESDAY

- B** Almond overnight oats
- L** Vegan burrito bowl
- D** Tempeh stir fry

## WEDNESDAY

- B** Savory quinoa bowl
- L** Sun-dried tomato and walnut salad
- D** Left overs from the night before

## THURSDAY

- B** Almond overnight oats
- L** Sun-dried tomato and walnut salad
- D** Tuscan white bean soup

## FRIDAY

- B** Coconut milk yogurt and berries
- L** Sprouted grain veggie sandwich
- D** Left overs from the night before

## SATURDAY

- B** Tofu scramble
- L** Sprouted grain veggie sandwich
- D** Cauliflower tacos (make 1/2 recipe)

## SHOPPING LIST

### PRODUCE

- 6 (450 g) cups mixed greens
- 6 cups (402 g) kale
- 6 cups (128 g) baby spinach
- 3 large cucumbers
- 1 radish
- 3 carrots
- 2 large heads broccoli
- 1 large head cauliflower
- 2/3 cup (95 g) sauerkraut
- 1 bulb garlic
- 1 1/2 cups (170 g) shredded carrots
- 1 red onion
- 2 yellow onions
- 4 red bell peppers
- 1 stalk celery
- 1/4 cups (38 g) shredded red cabbage
- 1 bundle fresh cilantro
- 1/2 cup (68 g) mixed berries
- 1 green apple
- 2 lemons
- 1 lime
- 4 avocados
- 1/2 cup (72 g) strawberries
- Fresh pico de gallo, small container
- Salsa, small container
- 1/4 cup (42 g) shelled edamame

### GRAINS, BEANS, NUTS, LEGUMES

- 2 cups (280 g) mung beans
- 1 cup (260 g) Canned black beans
- 1/2 cup (100 g) chickpeas
- 1, 15 oz can cannelli beans
- 12 oz (340 g) tempeh
- Hummus, small container
- 8 oz (227 g) firm tofu
- Chia seeds, small container
- 1/3 cup (46 g) dry roasted mixed nuts
- 1 cup (80 g) rolled oats
- Brown rice, medium bag
- Sprouted grain tortillas and taco wraps
- 2 cups (370 g) quinoa
- 1/4 cup (30 g) sliced almonds
- 1/2 cup (62 g) chopped walnuts
- Sesame seeds, small container
- Tahini, small container
- Almond milk
- Almond butter, small container
- Hemp hearts, small container

### MISCELLANEOUS

- Apple cider vinegar
- Rice wine vinegar
- Soy sauce
- Nutritional yeast, small container
- Olive oil
- Avocado oil
- Sesame oil
- Maple syrup, small jar
- 2 cups (450 g) Coconut milk yogurt
- Sea salt
- Black pepper
- Turmeric, ground
- Ginger, ground
- Bay leaf
- Italian seasoning
- Crushed red pepper flakes
- Cumin, ground
- Taco seasoning mix
- Sriracha

### DAILY AVERAGES

Calories: 1,319

Carbohydrate: 150 grams, Protein: 52 grams, Fat: 65 grams

# HOW TO MEAL PREP WEEK 4

- Pre-cook quinoa to be had during breakfast on Monday and Wednesday.
- Pre-cook rice to be had with lunch on Monday and Tuesday.
- Prepare overnight oats on Monday and Wednesday evening to be had for breakfast the following days.
- Option to cook Tuscan soup ahead of time to be had for dinner on Thursday and Friday evening. This meal stores well in the freezer.
- Be sure to save half of dinner meals on Sunday - Friday to be had for dinner the following evening.