

# Whole-Food, Plant Based Eating Guide



This is meant to be an educational resource only,  
and not intended as medical or nutritional advice.

# 28-Day Plant-Based Eating Guide

The idea is simple - for the next 4 weeks, do your best to avoid processed and refined junk, fast food, sugary sweets, and animal products.

If you'd like, and if approved by your provider, you can utilize the shopping lists and recipes to guide your choices so that you're set up for success.

Make changes where you need to, trade out foods you may be allergic to or don't like, and have fun!

**If you want to get in the best health of your life,  
nourish your body with great food.**

## Most Common Plant-Based Dietary Allergens:

Peanuts, soy, wheat. If you're allergic to these, we provide you with alternatives.





# Meal Plan Overview

## How to Use

Some of these meals are intended to be made and eaten right away. A majority of these can also be prepped ahead if you are the type of person who likes to meal plan several days in advance. If you're not a prepper, quite a few of these meals are intended to last for several meals (i.e. lunch the next day, or dinner the following few nights), so they can be made once and enjoyed for a few days without too much thought about prep on the spot.



*This symbol next to a recipe title indicates that this recipe has some element of meal prep and is intended to last for a few separate meals. Depending on your schedule and needs, these foods can be portioned ahead into individual containers or portioned out at mealtimes.*

If you are cooking for more than one, you can scale up the recipes accordingly. Also feel free to scale up or scale down the recipes depending on your appetite and energy needs. If you are extremely active or require more energy, you may find that you need a bit more at a meal and can scale up the recipes if needed. These recipes can act as a great starting point, but adjust them to fit your lifestyle and energy needs.

A note about the Shopping Lists: They may seem long, but quite a few of the ingredients (especially those in the "Grocery/Dry Goods" section) you will likely already have or may have from previous weeks in this plan. Before you head to the store, take a look at what you have and cross off anything you don't need to prevent overbuying ingredients.



# Week 1

## Breakfast

## Lunch

## Dinner

Su

Tofu  
Vegetable  
Scramble

Mediterranean  
Hummus Bowl

Lemon  
Pepper Pasta

M

Tofu/Veg  
Scramble Wrap

Lemon Pepper  
Pasta

Lentil Soup

Tu

Berry  
Overnight  
Oats

Cauliflower  
Power Bowl

Lentil Soup

W

Cinnamon Apple  
Overnight Oats

Cauliflower  
Power Bowl

Lentil Soup

Th

Mocha  
Overnight  
Oats

Cauliflower  
Power Bowl

Sun Dried Tomato  
Quinoa

F

Yogurt Bowl

Sun Dried Tomato  
Quinoa

Vegetable  
Stir Fry

Sa

Sweet  
Potato  
Scramble

Sweet Potato  
Scramble  
Quesadilla

Vegetable  
Stir Fry



# Week One Grocery List

## Produce

- 1 apple
- 1 banana
- 1 sweet bell pepper
- 3 cups baby spinach
- 2 cups kale
- 1 head cauliflower
- 1 large (or 2 small) head broccoli
- 2 stalks celery
- 1 small cucumber
- 1 small bunch carrots
- 2 pints cherry tomatoes
- 1 large slicing tomato
- ¼ cup mushrooms
- 5 lemons
- 1 lime
- 1 bunch mint
- 1 bunch dill
- 1 bunch basil
- 1 garlic bulb
- 1 bunch cilantro
- 1 large piece ginger root
- 5 small onions
- 2 medium/large sweet potatoes

## Frozen

- 1 cup mixed berries
- 1 cup edamame

## Cold/Refrigerated

- 1 package extra firm tofu
- 1 container prepared hummus\*\*
- 1 carton plant based milk
- 1 cup plant based yogurt

## Grocery/Dry Goods

- 8 tsp avocado or olive oil
- 1 tbsp balsamic vinegar
- 1 tsp chili oil
- 1 tsp sesame oil
- ¼ cup soy sauce/liquid aminos/tamari
- 1 (14.5 oz) can unsweetened coconut milk
- 2½ cups vegetable broth
- 3 tbsp almond butter
- ¼ cup tahini
- 3 tsp garlic powder
- ¾ tsp turmeric
- 2½ tsp cumin
- 1¼ tsp paprika
- ½ tsp crushed red pepper flakes
- 2 tsp chili powder
- ¼ tsp coriander
- ¼ tsp ground cinnamon
- 1 tbsp sesame seeds
- 2 tsp unsweetened cocoa powder
- 5 tbsp nutritional yeast
- ¼ cup kalamata olives
- ¼ cup sundried tomatoes
- 2 tortilla wraps (whole grain OR gluten free)
- ¼ cup farro
- ¼ lb pasta (whole grain OR gluten free)
- 1½ cups brown rice
- ¾ cup quinoa
- 1½ cups rolled oats
- ¼ cup ground flax seeds
- 3 tbsp hemp hearts
- 1 tbsp chia seeds
- ¼ cup unsalted cashews
- 1 cup dried black lentils
- 1 (14.5 oz) can cannellini beans
- 1 (14.5 oz) can black beans
- 1 (14.5 oz) can garbanzo beans/chickpeas
- 1 (14.5 oz) can crushed tomatoes
- ½ cup coffee OR 1 tbsp espresso powder
- ¼ cup salsa
- ¼ cup prepared granola\*\*\*

\*\* Or make homemade hummus recipe listed under recipe.

\*\*\* If making homemade granola, you will also need nuts/seeds/dried fruits of choice along with date sugar and vanilla extract.

# Tofu Vegetable Scramble

2 servings - 270 calories - 26 g protein - 12 g fat - 16 g carbohydrate



This scramble is enough for two separate meals. Use half for a scramble today and use the rest to make a breakfast burrito for tomorrow.

## Ingredients:

- 1 tsp avocado or olive oil
- 1 small onion, diced
- ½ bell pepper, diced
- 1 tsp garlic powder
- ¼ tsp turmeric powder
- ¼ tsp paprika
- 1 package extra firm tofu
- 1 cup baby spinach
- 2 tbsp nutritional yeast
- Black pepper to taste

## Directions:

1. Heat oil over medium-high heat until warmed through.
2. Saute onions and pepper in oil until just beginning to soften, about 3-5 minutes. Use a splash of water to deglaze the pan as necessary to prevent burning.
3. Add garlic powder, turmeric, and paprika to pepper and onion mixture. Stir over medium heat for about 1 minute until spices become fragrant.
4. Using your hands, crumble the tofu into the pan and stir to combine. Use your spoon to break up the tofu into smaller pieces if necessary.
5. Add spinach, nutritional yeast, and black pepper and cook until spinach is wilted.



## Tofu Vegetable Scramble Wrap

1 serving - 480 calories - 32 g protein - 18 g fat - 48 g carbohydrate

## Ingredients:

- ½ of prepared Veggie Tofu Scramble (see above)
- 1 100% whole grain tortilla

## Directions:

1. Roll up the remaining half of the scramble in the tortilla and store in the fridge in an airtight storage container.
2. Enjoy cold or warmed either by popping it in the microwave for 30-45 seconds or in the oven at 350 for 10 minutes.



# Mediterranean Hummus Bowl

1 serving - 410 calories - 13 g protein - 14 g fat - 65 g carbohydrate

Mediterranean inspired salad bowl with a quick homemade hummus and drizzled with a lemon juice for a tangy pop.

## Ingredients:

- ¼ cup farro
- 2 cups baby spinach
- ¼ cup prepared hummus (see optional recipe below)
- ¼ onion, thinly sliced
- ½ cup cherry tomatoes, halved
- ¼ cup kalamata olives
- Lemon wedge for lemon juice dressing
- Optional: fresh mint or dill, roughly chopped

## Directions:

1. Prepare farro according to package directions.
2. In a bowl or on a large plate, lay down a bed of spinach.
3. Top spinach with prepared farro, hummus, sliced onion, cherry tomatoes, olives, and drizzle with lemon juice.
4. Sprinkle with chopped mint leaves or dill if using.

## Notes:

- Farro is a great, chewy grain to have here, but quinoa, rice, and most other grains work well, too.



## Easy Homemade Hummus

### Ingredients:

- 1 can garbanzo beans, drained and rinsed
- ¼ cup tahini
- Zest and juice of 1 lemon
- 1 clove garlic
- ½ tsp cumin
- Cold water if needed

### Directions:

1. In the bowl of your food processor or blender, blend the garbanzos, tahini, lemon juice/zest, garlic, and cumin until well combined.
2. Add cold water by the tablespoon to achieve the desired texture of hummus.

# Lemon Pepper Pasta

2 servings - 520 calories - 25 g protein - 9 g fat - 95 g carbohydrate



This meal comes together quickly as you can prepare the pasta while the tomatoes roast in the oven. The hummus adds a creaminess to this bright, lemony pasta sauce.

## Ingredients:

### Creamy Lemon Pepper Pasta

- ¼ lb dried pasta (100% whole grain OR gluten free)
- ½ small head broccoli, cut into medium florets
- ¼ cup prepared hummus (see recipe on previous page)
- 1 (14.5 oz) can cannellini beans, drained and rinsed
- Zest and juice of 2 lemons
- Ground black pepper

### Roasted Tomatoes

- 1 pint cherry tomatoes
- 1 tsp olive oil
- 1 tbsp balsamic vinegar
- Pinch of salt and pepper
- 1 bunch fresh basil, chiffonade



## Directions:

1. Preheat oven to 400F and bring water to a boil over high heat on the stove.
2. While the oven is preheating, line a sheet tray with parchment and evenly distribute cherry tomatoes over the pan.
3. Drizzle tomatoes with oil and vinegar and sprinkle with salt and pepper. Toss to coat and put in the oven for about 15-20 minutes until tomatoes are beginning to burst.
4. Once water comes to a boil, prepare pasta according to package directions.
5. With two minutes left of cooking time on the pasta, add in the chopped broccoli to soften during the last couple minutes of boil time.
6. Just before draining, retain 1 cup of pasta water and set aside.
7. Drain pasta and broccoli and return to the pan, putting it back on the stove over low heat.
8. Add in the prepared hummus, retained pasta water, and drained beans to the pasta/broccoli and stir to thoroughly combine.
9. Add the zest and juice of the lemon to the pasta along with a big pinch (or several cracks of a pepper grinder) of black pepper. Stir to combine.
10. Serve with balsamic roasted tomatoes on the side or layered over top of the pasta.

## Notes:

- Eat half now and reserve half of the pasta and tomatoes for lunch tomorrow. Portion out lunch ahead into an airtight storage container.



# Lentil Soup

3 servings - 530 calories - 26 g protein - 18 g fat - 74 g carbohydrate



A hearty lentil soup with subtle sweetness from the sweet potatoes and coconut milk balanced by the nuttiness of almond butter.

## Ingredients:

- 1 tsp olive oil
- 1 small onion, diced
- 2 celery stalks, diced
- 2 cloves garlic, minced
- 1 large sweet potato, peeled and diced in 1" cubes
- 1 (14.5 oz) can crushed tomatoes
- 1 cup black lentils
- 1 tsp chili oil
- 1 (14.5 oz) can unsweetened lite coconut milk
- 2 cups vegetable broth
- 2 tbsp almond butter
- Optional: cilantro and lime for topping



## Directions:

1. Heat oil in a large pot over medium-high heat until warmed through.
2. Saute onions and celery in oil for a few minutes until beginning to soften and onions start to turn translucent.
3. Add minced garlic and stir to cook for 30 seconds to 1 minute, being careful not to burn the garlic.
4. Add the remainder of the ingredients (except for the optional toppings) and cook for 35-40 minutes over medium-low heat, stirring every so often until lentils are softened and sweet potatoes are fork-tender.
5. Serve with chopped cilantro and lime juice squeezed over top.

## Notes:

- This soup is delicious as is but can also be partially blended for a heartier texture. If you'd like to try it this way, blend up about half of the soup until smooth and then return it to the remainder of the soup, stir to combine, and serve as mentioned below.

Once finished, use  $\frac{1}{3}$  of the soup for dinner tonight, retaining the rest for dinner the next two nights. This soup will often get thicker as it sits, For dinner on night 3, you can spice up your leftovers by eating it as a toast topper. For this, you will take a thick slice of sourdough, whole grain, or gluten free bread and toast it until browned. From here you will top it with the thickened up lentil soup leftovers and then can top it with your greens of choice. Spinach or arugula work very well here.

# Overnight Oats

3 servings - 310-350 calories - 11-12 g protein - 12-13 g fat - 42-55 g carbohydrate



Batch prep this oatmeal into individual containers, using the same base for each and creating three different meals by switching up the toppings/mix-ins.

## Oatmeal Base Ingredients:

- 1-½ cups rolled oats
- 3 tbsp ground flax seeds
- 3 tbsp hemp hearts
- 3 cups plant based milk

## For Berry Overnight Oats

- ½ cup mixed berries (fresh or frozen)
- ½-inch piece fresh ginger, grated

## For Cinnamon Apple Overnight Oats

- ¼ tsp ground cinnamon
- 1 small apple, diced

## Mocha Overnight Oats

- ¼ cup prepared coffee, 1 shot of espresso, OR 1 tbsp espresso powder
- 2 tsp unsweetened cocoa powder
- ½ banana, mashed



## Directions:

1. Evenly divide the oats, flax seeds, and hemp hearts into three separate storage containers (mason jars, glassware, etc.); i.e. ½ cup oats, 1 tbsp flax, and 1 tbsp hemp hearts per container.
2. Give the ingredients a stir to combine, and add 1 cup of plant based milk to each serving container. Stir to combine.
3. Create the three different flavored oatmeals by topping one of each of the containers with the ingredients listed for the Berry Overnight Oats, Cinnamon Apple Overnight Oats, and Mocha Overnight Oats.
4. Stir each to combine and store in the fridge at least overnight to allow oats to soak up the liquid. These store extremely well for several days in the fridge.

**OPTIONAL:**  
When you're ready to eat, add a splash of plant based milk or water to thin the oatmeal if you find it is too thick for your liking.



# Cauliflower Power Bowl

3 servings - 510 calories - 17 g protein - 18 g fat - 75 g carbohydrate



Loaded rice bowls topped with crispy roasted cauliflower and fresh veggies and drizzled with a homemade lemon tahini dressing.

## Ingredients:

- $\frac{3}{4}$  cup brown rice
- 2 cups finely chopped kale leaves
- 1 head cauliflower, cut into small florets
- 1 can garbanzo beans, drained and rinsed
- 1 small onion, sliced in large chunks
- 2 tsp olive oil
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp paprika
- $\frac{1}{4}$  tsp crushed red pepper flakes
- $\frac{1}{2}$  tsp turmeric
- Big pinch of black pepper
- 1 cup cherry tomatoes, halved
- 1 small cucumber, diced
- **Lemon Tahini Dressing**
  - $\frac{1}{4}$  cup tahini
  - Zest and juice of 2 lemons
  - 1 clove garlic, minced
  - Water to thin



## Directions:

1. Prepare rice according to package directions. When you go to fluff the rice with a fork and then let it sit, stir in the chopped kale at the point, fluffing to combine the rice and kale together. Return the cover to the rice/kale and let it sit for 5-10 minutes to soften the kale.
2. While the rice is cooking, preheat the oven to 400F.
3. On a sheet pan, evenly spread out the cauliflower florets, garbanzo beans, and onion.
4. Drizzle the oil over the vegetables and beans. Sprinkle with the garlic powder, cumin, paprika, crushed red pepper flakes, turmeric, and black pepper. Toss everything to coat and put in the oven for 20-25 minutes until cauliflower is browned and crisped nicely.
5. To prepare the meal prep power bowls, evenly split the brown rice/kale mixture into three storage containers. Top this with the roasted cauliflower/garbanzos, cherry tomato halves, and diced cucumber.
6. To make the dressing, in a small bowl, whisk together the tahini, lemon zest, juice, and garlic. Slowly whisk in water by the teaspoon to achieve desired consistency.
7. Drizzle power bowls with dressing and store in the refrigerator for up to a few days.

# Sun Dried Tomato & Broccoli Quinoa

with Roasted Carrots

2 servings - 530 calories - 23 g protein - 16 g fat - 81 g carbohydrate



Quinoa broccoli dish in a creamy cashew-based sun dried tomato sauce served with a side of smoky roasted carrots.

## Ingredients:

### • Roasted Carrots

- 1 small bunch of carrots
- 1 tsp olive oil
- 1 tsp cumin
- 1 tsp chili powder
- Small pinch of salt and pepper

### • ½ small head broccoli, cut into medium florets

### • ¾ cup quinoa

### • Sauce

- ¼ cup unsalted cashews
- ¼ cup sundried tomatoes
- 1 cup hot water
- 2 tbsp nutritional yeast
- 2 cloves garlic
- 1 tsp paprika



## Directions:

1. Preheat the oven to 400F.
2. Wash carrots and place on a baking sheet. Drizzle with oil, salt, pepper, cumin, and chili powder. Mix to coat carrots with spices.
3. Roast carrots in the oven for 20-30 minutes, or until they reach desired tenderness.
4. While the carrots are in the oven, prepare quinoa according to package directions. In the last 5 minutes of quinoa cooking time, add the broccoli florets to the pot to soften them.
5. While the quinoa is cooking, in the bowl of your food processor or blender, soak the cashews and sun dried tomatoes in hot water for about 10 minutes to soften them.
6. Add the nutritional yeast, garlic, and paprika and blend on high until smooth.
7. Add the sauce to the quinoa and stir to combine, allowing to cook for 3-5 minutes to ensure everything is heated throughout.
8. Serve with a side of the roasted carrots.
9. Set aside half of this dish for lunch tomorrow.

## Notes:

- You can roast the carrots whole or cut them into bite-sized chunks depending on your preference.

This sauce is very versatile. The nutritional yeast gives this dish a Parmesan-like flavor and is also nice to keep in your recipe repertoire for pasta or rice dishes.



# Yogurt Bowl

1 servings - 420 calories - 9 g protein - 26 g fat - 44 g carbohydrate

While quick to prepare, this breakfast also keeps great if you want to prepare it ahead for a grab-and-go option.



## Ingredients:

- 1 cup plant based yogurt
- ½ cup mixed berries
- 1 tbsp chia seeds
- ¼ cup prepared granola (see optional recipe below)
- 1 tbsp almond butter

## Directions:

1. Add plant based yogurt to a bowl.
2. Top yogurt with berries, chia seeds, and granola.
3. Drizzle with almond butter and enjoy.

# Easy Homemade Granola

## Ingredients:

- 2 cups rolled oats
- 1 cup nuts or seeds (e.g. walnuts, pecans, almonds, cashews, sunflower seeds, pumpkin seeds)
- 2 tbsp canola oil
- 1 tbsp date sugar
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1/2 cup *dried* fruit (e.g. raisins, cranberries, apricots, cherries, banana chips, etc.)

## Directions:

1. Preheat oven to 350F.
2. On a parchment lined baking sheet, mix rolled oats, nuts/seeds, oil, date sugar, vanilla extract, and cinnamon until thoroughly combined and then press the mixture into the pan (this will help create a chunky granola with big pieces).
3. Bake in the oven for 15-20 minutes until just beginning to brown.
4. Remove from oven, top with the dried fruit, and allow it to rest undisturbed until fully cool (about 30 minutes).
5. Store in an airtight container for up to a few weeks.

# Vegetable Stir Fry

2 servings - 430 calories - 17 g protein - 11 g fat - 69 g carbohydrate



A stir fry towards the end of the week is an excellent way to use up the rest of the produce in your fridge in a delicious way.

## Ingredients:

- $\frac{3}{4}$  cup uncooked brown rice
- 1 cup frozen, shelled edamame
- **Sauce**
  - $\frac{1}{4}$  cup low sodium soy sauce, liquid aminos, or coconut aminos
  - 2 cloves garlic, minced
  - 1 1-inch chunk ginger, grated
  - 1 tsp sesame oil
  - $\frac{1}{2}$  cup vegetable broth
  - 1 tbsp ground flax seed
- 1 tsp olive oil
- $\frac{1}{2}$  cup broccoli florets
- $\frac{1}{4}$  cup sliced mushrooms
- $\frac{1}{2}$  bell pepper, diced
- Optional: 1 tbsp sesame seeds for topping

## Directions:

1. Prepare brown rice according to package directions.
2. When you go to fluff the rice with a fork at the end of cooking, add the edamame, and fluff with the rice to combine. Return the lid to the rice/edamame and allow it to sit for 5-10 minutes to warm the edamame through.
3. While the rice is cooking, in a small bowl, whisk together the ingredients for the sauce (soy sauce/alternative, minced garlic, grated ginger, sesame oil, vegetable broth, and ground flax seed).
4. In a saute pan over medium-high heat, saute the broccoli, mushroom, and pepper in olive oil for 2-5 minutes until they are almost tender.
5. Add in the sauce and cook for 1-2 minutes more until sauce has thickened up around the vegetables and is thoroughly heated.
6. Serve over the brown rice and edamame, topping with sesame seeds if desired.

## Notes:

- Fresh ginger often comes in bigger pieces than you need for one recipe, but it freezes wonderfully and then grates even nicer once frozen. For this recipe, use the desired amount and then peel the remainder of your ginger and store in an airtight container or freezer bag in the freezer. When you need it for another recipe, take it out, grate the amount you need, and return it to the freezer for fresh ginger that lasts much longer than when you keep it in the fridge!
- The flaxseed may seem a little odd, and definitely is not traditional, but it helps thicken up the sauce in a similar way that cornstarch or flour may, but also adds some healthy Omega-3s to the dish.
- While the vegetables listed give you great ideas for this dish, this can also be a great way to ensure you're using up all of the produce in your fridge. Most vegetables can work pretty well here, so if you have some produce left at the end of the week that you want to use up, toss it in here. Just aim for about 1 to 2 cups of vegetables total.





# Southwest Sweet Potato Scramble

2 servings - 320 calories - 15 g protein - 4 g fat - 60 g carbohydrate



This mildly spicy breakfast scramble is wonderful as is and then can be repurposed to create a filling for a crispy quesadilla later in the day.

## Ingredients:

- 1 tsp avocado oil
- 1 medium sweet potato, diced small (~ $\frac{1}{4}$ " cubes)
- 1 small onion, diced
- 1 tsp garlic powder
- 1 tsp chili powder
- $\frac{1}{2}$  tsp cumin
- $\frac{1}{4}$  tsp coriander
- 1 large tomato, diced
- 1 (14.5 oz) can black beans, drained and rinsed
- Zest and juice of 1 lime
- Chopped fresh cilantro for topping, optional

## Directions:

1. Warm oil in a skillet over medium-high heat.
2. Cook diced sweet potatoes and onions in oil, stirring occasionally to prevent sticking for about 7-10 minutes until potatoes begin to brown and are tender. Deglaze the pan with a splash of water as necessary to prevent sticking/burning.
3. Add garlic powder, chili powder, cumin, and coriander to potatoes and onions and stir for about 1 minute until spices are very fragrant.
4. Add diced tomatoes and drained black beans. Cook for a few minutes to warm through.
5. Remove from heat and add lime zest and juice into the potato bean mixture. Stir to combine and serve half, retaining the other half to make into the quesadilla for lunch today (see below).



## Southwest Sweet Potato Quesadilla

1 serving - 560 calories - 26 g protein - 10 g fat - 95 g carbohydrate

## Ingredients:

- Half of prepared Southwest Sweet Potato Scramble from above
- 1 100% whole grain tortilla or GF tortilla
- 1 tbsp nutritional yeast
- Optional: salsa or plain/unsweetened plant-based yogurt for dipping

## Directions:

1. Preheat a skillet on the stove over medium heat.
2. While the skillet is warming, arrange the prepared scramble on one side of the tortilla wrap. Mash the scramble lightly with a fork so that it sticks together a bit. Sprinkle with nutritional yeast and fold the tortilla in half to form a quesadilla.
3. Cook over medium heat to thoroughly warm and brown the tortilla.
4. Serve with salsa for dipping or plain unsweetened yogurt to mimic a sour cream dip.



# Week 2

## Breakfast

## Lunch

## Dinner

Su

Yogurt Bowl

Curried  
Chickpea  
Toast

White Bean  
Skillet

M

Blueberry  
Banana  
Smoothie

Curried  
Chickpea  
Toast

White Bean  
Skillet

Tu

Green  
Smoothie

Orzo Salad

White Bean  
Skillet

W

Chia Pudding

Orzo Salad

Vegetable Curry

Th

Chia Pudding

Orzo Salad

Vegetable Curry

F

Orange Cream  
Smoothie

Vegetable Curry

BBQ  
Tempeh

Sa

Cucumber  
Apple Green  
Smoothie

Potato Corn  
Chowder

BBQ  
Tempeh



# Week Two Grocery List

## Produce

- 1 avocado
- 3 small apples
- 1 banana
- 1 cup strawberries\*
- 2½ cups blueberries\*
- 4 lemons
- 1 small orange
- 5 cups arugula
- 3 cups kale
- ½ cup spinach
- 2-3 leaves romaine
- 1 small head cabbage (or 2 cups coleslaw)
- 1 bunch parsley
- 1 bunch mint
- 1 bunch dill
- 1 garlic bulb
- 1 small/medium piece ginger root
- 1 sweet bell pepper
- 2 pints cherry tomatoes
- 3 medium carrots
- 2 cups mushrooms
- 1 small head broccoli
- 1 small zucchini
- 2 small/medium cucumbers
- 3 small yellow onions
- 1 small red onions
- 1 large potato

## Frozen

- 2½ cups blueberries\*
- 1 cup strawberries\*
- 1 cup sweet corn

## Cold/Refrigerated

- 6½ cups plant based milk
- 1 cup plant based yogurt
- 1 package tempeh (8 oz)
- 2 tbsp prepared hummus\*\*

## Grocery/Dry Goods

- 5 tsp avocado or olive oil
- 1 tbsp apple cider vinegar
- 1 tbsp dijon mustard
- ¼ cup BBQ sauce
- 3 tbsp curry powder
- 1 tsp garlic powder
- 1 tsp dried parsley
- ½ tsp dried thyme
- 1 tsp paprika
- 1 tsp dried basil
- 1 tsp dried dill
- 1 tsp oregano
- ¼ tsp crushed red pepper flakes
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- ½ tsp ground ginger (or fresh)
- 2 (14.5 oz) can chickpeas/garbanzo beans
- 1 (14.5 oz) can cannellini beans
- 2 (14.5 oz) cans unsweetened coconut milk
- 1 cup vegetable broth
- 1 small jar (~6 oz) artichoke hearts
- ½ cup kalamata olives
- ½ cup raisins
- 1 date
- ¾ cup sunflower seeds
- ⅓ cup chia seeds
- ½ cup ground flax seeds
- ¼ cup hemp hearts/seeds
- 2 tbsp nutritional yeast
- ¼ cup almond butter
- 2 tbsp rolled oats
- ½ cup orzo
- ½ cup brown rice
- ½ cup quinoa
- 4 slices bread (whole grain OR sourdough OR gluten free)
- ¼ cup granola

\*can be fresh or frozen for recipes

\*\*or prepare hummus recipe listed under Mediterranean Hummus Bowl recipe

# Curried Chickpea Toast

2 servings - 560 calories - 24 g protein - 17 g fat - 84 g carbohydrate



This chickpea salad is a delicious combination of sweet from the raisins along with savory from the curry powder for flavors that fuse together for a uniquely delicious toast topper or sandwich filling.

## Ingredients:

- Curried Chickpea Salad
  - ½ avocado
  - 1 tbsp curry powder
  - 1 can chickpeas, drained and rinsed well
  - ½ cup raisins
  - ¼ cup sunflower seeds
  - 2 tsp dijon mustard
  - Juice from 1 lemon
- 4 slices whole grain or sourdough bread or GF bread
- 2 cups arugula

## Directions:

1. In a medium sized bowl, using a fork, mash the avocado with the curry powder to make a mostly smooth paste.
2. Add about half of the chickpeas and lightly mash with a fork, combining them with the avocado.
3. Add the remainder of the whole chickpeas, raisins, sunflower seeds, and lemon juice and stir to thoroughly combine.
4. Toast two slices of the bread and using about half of the mixture, top each slice with the chickpea mash.
5. Top with half of the arugula and enjoy.
6. Retain the rest of the chickpea salad and the remainder of the bread and arugula for lunch tomorrow, or prepare it into a sandwich for a grab-and-go option.



## Notes:

- Sliced tomatoes make a nice addition here as well
- Depending on your appetite, the remainder of this chickpea mash keeps well and makes for a lovely snack with crackers, sliced bell peppers, or on lettuce leaves.



# White Bean Skillet

3 servings - 200 calories - 11 g protein - 3 g fat - 35 g carbohydrate



Tuscan flavors infuse this meal for a wonderfully warm and hearty Cannellini bean dish.



## Ingredients:

- 1 tsp oil for sauteing, or sub water
- 1 medium/large onion, diced
- 2 cloves garlic, minced
- 1 tsp dried basil
- 1 tsp dried oregano
- ¼ tsp crushed red pepper flakes
- 1 (14.5 oz) cans Cannellini beans, drained and rinsed
- 1 pint cherry tomatoes
- 1 cup sliced mushrooms
- 1 small zucchini, diced
- 1 jar artichoke hearts, roughly chopped
- 2 cups roughly chopped kale
- Juice and zest of one lemon
- Cracked black pepper to taste

## Directions:

1. Saute onions in a small splash of oil or water over medium-high heat for a few minutes until beginning to soften and turn translucent.
2. Add garlic, basil, oregano, and crushed red pepper flakes and saute for another minute until very fragrant.
3. Add Cannellini beans, tomatoes, mushrooms, zucchini, and artichoke hearts to the pan and cook for 5-10 minutes until the tomatoes begin to break open (be careful here as the tomatoes may spurt hot seeds as they burst).
4. Add chopped kale and cook for another minute or two until it begins to soften up and turn bright green.
5. Season with lemon zest and juice, and black pepper to taste. Enjoy ⅓ tonight while setting aside the other portions for dinner the next two nights.

# Blueberry Banana Smoothie

1 serving - 390 calories - 11 g protein - 20 g fat - 51 g carbohydrate

## Ingredients:

- 1 cup fresh or frozen blueberries
- ½ banana
- 1 tbsp ground flax seeds
- 1 tbsp hemp seeds
- 1 tbsp almond butter
- 1 cup plant based milk of choice

## Directions:

1. In the jar/bucket of your blender, add all of the ingredients and blend on high until smooth.
2. Optional: add more plant milk or water to adjust consistency to desired thickness.

## Notes:

- Fresh or frozen blueberries work great here. If you use fresh and prefer your smoothies a bit icier, add about 1 cup of ice to your smoothie when you blend.

Greens are always a great addition to smoothies and keeping a bag of frozen spinach or kale in the freezer helps make for quick additions of leafy greens in your morning meal. Add a hefty handful when you blend up your smoothie for added nutrition.





# Orzo Salad

2 servings - 500 calories - 16 g protein - 21 g fat - 67 g carbohydrate



Refreshing orzo salad that pops with lemon and fresh herbs in a creamy hummus dressing that brings everything together.

## Ingredients:

- ½ cup orzo
- 1 cucumber, diced
- 1 small red onion, diced
- 1 pint cherry tomatoes, halved
- ½ cup pitted kalamata olives, roughly chopped (\*\*see note)
- ¼ cup finely chopped fresh parsley
- 1 tbsp finely chopped fresh mint
- Juice and zest of 1 lemon
- 3 cups arugula
- 6 tbsp sunflower seeds

## Directions:

1. Prepare orzo according to package directions. Drain and rinse with cold water.
2. While orzo is cooking, in a medium sized bowl, mix together the diced cucumber, onion, tomatoes, olives, parsley and mint to thoroughly combine.
3. In a separate small bowl, stir together the hummus and lemon to prepare a dressing (see note below).
4. Combine the hummus dressing with the mixed vegetables and add the orzo, stirring everything to combine.
5. To make lunches for today and the next two days, portion out ⅓ of the arugula into each of three airtight containers and split the orzo salad over the arugula.
6. Top each salad with 2 tbsp of sunflower seeds. and serve with a wedge of lemon for adding more lemon juice to taste.



## Notes:

- If you cannot find pitted (without the pit) olives, just be sure to remove the pits before adding to the salad
- The hummus and lemon combine to make a dressing for the orzo. If you have a lemon that isn't too juicy, you can add a small splash of water to thin out the consistency, or the juice of another lemon if you want it a bit tangier.

# Green Smoothie

1 serving - 270 calories - 8 g protein - 15 g fat - 32 g carbohydrate

## Ingredients:

- ¼ avocado
- 1 small apple, cut into medium sized pieces
- ½ cup spinach
- 2-3 leaves of romaine lettuce
- Small handful fresh mint leaves
- 1 tbsp ground flax seeds
- 1 tbsp hemp seeds
- 1 cup plant based milk of choice

## Directions:

1. In the jar/bucket of your blender, add all of the ingredients and blend on high until smooth.
2. Optional: add more plant milk or water to adjust consistency to desired thickness.

Do you find that smoothies don't keep you full? Adding healthy fats like the avocado and flax seeds in this recipe are great to help you feel satisfied and keep you full through the morning. And as an added bonus, flax seeds are an excellent source of Omega-3s for plant based eaters!





# Chia Pudding

2 servings - 340 calories - 11 g protein - 21 g fat - 31 g carbohydrate



Chia seeds absorb the liquid in this recipe for a pudding-like breakfast that can be mixed with fresh fruits, nuts, seeds, or nut butters for a filling Omega-3 filled breakfast.

## Ingredients:

- $\frac{1}{3}$  cup chia seeds
- 2 tbsp ground flax seeds
- 2 cups plant milk of choice
- 1 cup strawberries, lightly mashed with a fork
- $\frac{1}{2}$  cup blueberries
- 2 tbsp almond butter (or nut butter of choice)

## Directions:

1. In two sealable jars or storage containers, split the chia seeds, ground flax, plant milk, and lightly mashed strawberries between the jars (see note below).
2. Stir to combine and top with blueberries and drizzle with almond butter.
3. Cover and refrigerate overnight.
4. Stir to combine in the morning or leave it separated for a more parfait-like pudding.



## Notes:

- Chia pudding is excellent for meal prep. It is best to let it sit overnight to absorb all of the liquid and is therefore an excellent choice for preparing ahead. You can make this in individually portioned containers (as described above), or you can make it in one storage container and portion it out in the morning.
- The lightly mashed strawberries serve as a natural sweetener for the chia pudding. If you prefer yours a bit sweeter, you can soften a date in warm water and then mash it up with a fork and stir it into the chia when you soak it overnight.

# Vegetable Curry

3 servings - 470 calories - 15 g protein - 14 g fat - 74 g carbohydrate



The combination of quinoa, chickpeas, and rice are great sources of plant based proteins in this comfortingly warm vegetable curry dish.

## Ingredients:

- ½ cup brown rice
- ½ cup quinoa
- 1 small onion, sliced
- ½ sweet bell pepper, diced in 1-inch pieces
- 2 medium carrots, diced in ½-inch pieces
- 1 cup mushrooms, sliced
- 1 clove garlic, minced
- 1 inch chunk of ginger, minced or grated
- 2 tbsp curry powder
- 1 (14.5 oz) can chickpeas, drained and rinsed
- 1 (14.5 oz) can lite coconut milk

## Directions:

1. Cook the rice and quinoa according to package directions (see note below).
2. While the rice is cooking, saute the onions, pepper, carrots, and mushrooms in a pan over medium-high heat for a few minutes just until the vegetables begin to soften.
3. Add the garlic, ginger, and curry powder and saute for another minute until the mixture becomes very fragrant.
4. Add the chickpeas and coconut milk, stirring to thoroughly combine.
5. Reduce heat to medium-low and simmer curry for about 15 minutes, stirring every so often, to allow flavors to come together.
6. Serve over mixture of brown rice and quinoa. Portion out the meal into thirds for dinner tonight, dinner tomorrow, and the lunch the following day).



## Notes:

- The brown rice and quinoa mixture is used here as a base to serve the curry over. You can either cook them separately or together. Generally speaking a 2 to 1 ratio of water to grain works well (so 2 cups of water in this recipe to the 1 cup total of brown rice/quinoa). Quinoa withstands cooking pretty well, so don't be too concerned about overcooking it if your rice takes a bit longer than the quinoa.



# Orange Cream Smoothie

1 serving - 380 calories - 11 g protein - 22 g fat - 40 g carbohydrate



## Ingredients:

- 1 small orange, peeled
- 1 date
- 1 small carrot, cut in small chunks
- ½ cup plant yogurt of choice
- 1 tbsp hemp seeds
- 1 tbsp ground flax seeds
- 1 tbsp almond butter
- 1 tsp vanilla
- ½ tsp ground ginger or small chunk of fresh ginger
- ½ tsp ground cinnamon
- 1 cup plant milk of choice

## Directions:

1. In the jar/bucket of your blender, add all of the ingredients and blend on high until smooth.
2. Optional: add more plant milk or water to adjust consistency to desired thickness.

Adding spices or fresh herbs to your smoothies is a great way to round out the flavor and create something delicious. The cinnamon, fresh ginger, and vanilla here are great additions with the flavors of the fruit and nuts/seeds in this smoothie. Consider dried/ground spices or fresh herbs to take your smoothies to the next level.

# BBQ Tempeh

with Garlicky Roasted Broccoli & Coleslaw

3 servings - 310 calories - 20 g protein - 14 g fat - 31 g carbohydrate



BBQ tempeh served with a side of crispy roasted broccoli and creamy fresh dill coleslaw.

## Ingredients:

- **BBQ tempeh**
  - 1 (8-oz) package tempeh
  - ¼ cup prepared bbq sauce
- **Garlicky Broccoli**
  - 1 small head broccoli, cut in medium florets
  - 3 cloves garlic, finely minced
  - 1 tbsp avocado oil
  - ¼ tsp crushed red pepper flakes
  - Salt and pepper to taste
  - Juice and zest of 1 lemon
- **Creamy Hummus Coleslaw**
  - 2 cups shredded cabbage (or coleslaw mix)
  - 1 small apple, diced in ½-inch pieces
  - 1 tbsp apple cider vinegar
  - 2 tbsp prepared hummus
  - 1 tsp dried dill

## Directions:

1. Preheat the oven to 375F.
2. Prepare the bbq tempeh strips
  - a. Cut tempeh into ¼-inch strips.
  - b. In an oven safe dish, coat tempeh strips in bbq sauce.
3. Prepare the garlicky broccoli
  - a. Arrange broccoli florets in a single layer on a separate baking sheet.
  - b. Drizzle with avocado oil.
  - c. Sprinkle minced garlic, crushed red pepper flakes, and salt and pepper over broccoli.
  - d. Use your hands to mix the broccoli so it is evenly coated with the oil and spices.
4. Place broccoli and tempeh dishes in the oven and cook for 20-30 minutes until broccoli is softened, allowing it to cook to brown to your tastes. Drizzle broccoli with lemon juice and zest upon removal from the oven.
5. While tempeh and broccoli are cooking, prepare the cole slaw.
  - a. In a medium bowl, whisk together the apple cider vinegar, hummus, and dill to make a creamy hummus dressing.
  - b. Add shredded cabbage or coleslaw mix and apples to your dressing and stir to coat the cabbage evenly.
6. Serve bbq tempeh with the side of garlicky broccoli and creamy coleslaw. Portion out ⅓ of each dish, setting aside the other portions for dinner the next two nights.



## Choosing a barbecue sauce

Look for a sauce with few ingredients and one that doesn't contain high fructose corn syrup. A barbecue sauce bottled from a familiar/local business often fits the bill here. When shopping for prepared/jarred sauces or dressings, minimally processed sauces and foods with few ingredients are great time-saving options.



# Cucumber Apple Green Smoothie

1 serving - 270 calories - 9 g protein - 10 g fat - 40 g carbohydrate

## Ingredients:

- 1 small apple, cut into medium sized pieces
- 1 cup leafy greens (e.g. kale, spinach)
- ½ cucumber
- 1 tbsp hemp seeds
- 1 tbsp ground flax seeds
- 2 tbsp rolled oats
- Juice of 1 lemon
- ½ tsp ground ginger or small chunk fresh ginger
- 1 cup plant based milk of choice

## Directions:

1. In the jar/bucket of your blender, add all of the ingredients and blend on high until smooth.
2. Optional: add more plant milk or water to adjust consistency to desired thickness.



Using frozen pieces of fruit and vegetables in your smoothies is a key way to create frosty, thick smoothies. Prepping several cucumbers and keeping cut pieces (about 1-inch chunks) in freezer-safe bags or containers in the freezer is an excellent way to quickly add cucumbers to your smoothies in the morning.

# Potato Corn Chowder

2 servings - 400 calories - 13 g protein - 14 g fat - 62 g carbohydrate



The potatoes break down a bit to naturally thicken this soup for a deliciously creamy corn chowder.

## Ingredients:

- 1 tsp avocado oil
- 1 medium onion, diced
- 1 large potato, diced in  $\frac{3}{4}$ -inch pieces
- 1 cup frozen sweet corn
- 1 tsp garlic powder
- 1 tsp dried parsley
- $\frac{1}{2}$  tsp dried thyme
- 1 tsp paprika
- 1 (14.5 oz) can lite coconut milk
- 1 cup vegetable broth
- 2 tbsp nutritional yeast
- 1 tsp dijon mustard
- Cracked black pepper to taste
- Optional topping: sliced green onions



## Directions:

1. In a large pot over medium-high heat, saute onion and potato in avocado oil until onions begin to soften and turn translucent.
2. Add corn, garlic, parsley, thyme, and paprika and saute for another minute until very fragrant. Add coconut milk, nutritional yeast, dijon, and black pepper.
3. Reduce heat to medium and simmer for 25-30 minutes until potatoes are tender and chowder has thickened up. You can lightly mash some of the potatoes with the back of a spoon to help thicken it up a bit more, too.
4. Serve with optional sliced green onion topping.
5. Portion out half of the soup into a resealable airtight container for lunch tomorrow.