

# Whole-Food, Plant Based Eating Guide



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

# Week 3

## Breakfast

## Lunch

## Dinner

Su

Savory Steel  
Cut Oats

Potato Corn  
Chowder

BBQ  
Tempeh

M

Savory Steel  
Cut Oats

Hummus  
Wrap

Rosemary Sheet  
Pan Dinner

Tu

Avocado Toast

Hummus  
Wrap

Rosemary Sheet  
Pan Dinner

W

Chai-spiced  
Overnight Oats

Cucumber  
Pasta Salad

Rosemary Sheet  
Pan Dinner

Th

Raspberry  
Almond  
Overnight Oats

Cucumber  
Pasta Salad

Black Bean  
Chili

F

Carrot Cake  
Overnight Oats

Cucumber  
Pasta Salad

Black Bean  
Chili

Sa

Raspberry  
Mango  
Smoothie

Black Bean  
Chili

Veggie  
Burger

# Week Three Grocery List

## Produce

- 1½ cup raspberries\*
- 1 mango\*
- 2 lemons
- 1 lime
- 2 avocados
- 1 sprig rosemary
- 1 bunch mint
- 1 bunch dill
- 1 bunch cilantro
- 1½ zucchini
- 3 cloves garlic
- 2 carrots
- 2 sweet bell peppers
- 7½ cups arugula
- 2 cups kale
- 1 cup spinach
- 1 pint cherry tomatoes
- 1 cucumber
- ½ cup shredded cabbage
- ¾ lb Brussels sprouts
- 2 small red onions
- 1 medium yellow onion
- 1 small squash (delicata, acorn or other small variety)

## Frozen

- ½ cup corn
- 1½ cups raspberries\*
- ½ cup mango\*
- 1 veggie burger

## Cold/Refrigerated

- 4½ cups plant based milk
- ¾ cup hummus\*\*
- ½ cup kimchi
- 4 oz tempeh

## Grocery/Dry Goods

- 2 tbsp avocado or olive oil
- 3 tbsp balsamic vinegar
- 1 tbsp maple syrup
- ¼ cup dijon mustard
- 1 tbsp soy sauce/tamari/liquid aminos
- 1 tsp liquid smoke (optional)
- 1½ cup rolled oats
- ½ cup steel cut oats
- 1 tsp cinnamon
- ¼ tsp ginger
- ⅛ tsp cloves
- ¼ tsp cardamom
- ¼ tsp oregano
- 1 tbsp +1 tsp garlic powder
- 1 tbsp chili powder
- 1½ tsp cumin
- ½ tsp coriander
- ½ tsp paprika
- ½ tsp cayenne pepper
- ¼ tsp thyme
- ½ tsp vanilla extract
- ½ tsp almond extract
- ¼ cup + 2 tbsp walnuts or pecans
- 3 tbsp almond butter
- ¼ cup raisins
- 2 dates
- 2 tbsp sunflower seeds
- ¼ cup + 1 tbsp hemp seeds/hearts
- ¼ cup ground flax seeds
- 1 tbsp nutritional yeast
- ½ cup quinoa
- 1 (14.5 oz) can black eyed peas
- 1 (14.5 oz) can black beans
- 1 (14.5 oz) can fire roasted tomatoes
- 2 cups vegetable broth
- 2 tortilla wraps (whole grain OR gluten free)
- 2 slices bread (whole grain OR sourdough OR gluten free)
- 1 burger bun (whole grain OR gluten free)
- ½ lb lentil/legume-based pasta

\*can be fresh or frozen for recipe

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



# Savory Steel Cut Oats

2 servings - 480 calories - 22 g protein - 24 g fat - 50 g carbohydrate



Although steel cut oats take a bit more time, they are excellent here with their chewy texture. The sweet and smoky from the tempeh "bacon" strips is balanced nicely with the spicy from the kimchi and creaminess from the oat and hummus combination.

## Ingredients:

- ½ cup steel cut oatmeal
- 2 cups water
- ¼ cup prepared hummus
- ¼ cup chopped walnuts or pecans
- 2 cups chopped kale
- ½ cup kimchi
- Smoky Maple Tempeh "Bacon"
  - 4 oz tempeh, cut in ¼-inch slices
  - 1 tbsp maple syrup
  - 1 tsp liquid smoke (optional)
  - 1 tbsp soy sauce/tamari/liquid aminos
  - ½ tsp cumin
  - ½ tsp paprika
  - 1 tsp avocado oil



## Directions:

1. Prepare steel cut oats by bringing 2 cups of water to a boil on the stovetop.
  - a. Add steel cut oats to boiling water and reduce heat to a simmer.
  - b. Simmer oats for 25-30 minutes, stirring every so often to prevent sticking on the bottom.
  - c. When oats are done, stir in hummus.
2. While oats are cooking, prepare the tempeh "bacon"
  - a. In a medium bowl, mix together the maple syrup, liquid smoke if using, soy sauce/alternative, cumin, and paprika. Add the strips of tempeh and gently coat them in the sauce mixture. Let them marinate for 3-5 minutes to absorb some of the flavors (you can also prepare this ahead and let them sit overnight for maximum flavor).
  - b. In a skillet over medium heat, warm 1 tsp of avocado oil.
  - c. Place tempeh strips in the hot pan and cook on each side for 3-5 minutes, allowing them to get browned and a bit crispy on each side.
  - d. Add some of the marinade as necessary to deglaze the pan and add more flavor to the tempeh.
  - e. Remove tempeh strips from the pan and set aside for a moment.
3. When tempeh is done cooking, briefly saute kale in the same pan. The leftover marinade in the pan from the tempeh will lightly flavor the kale as it wilts down. Saute kale until bright green and beginning to wilt (or to preferred doneness).
4. Split steel cut oats into a bowl for today and a storage container for breakfast tomorrow. Top the oats with tempeh bacon strips, sauteed kale, chopped nuts, and kimchi.



# Hummus Wrap

2 servings - 360 calories - 11 g protein - 12 g fat - 54 g carbohydrate



You can use the quick homemade hummus recipe on the Mediterranean Hummus Bowl recipe in Week 1 or another of your favorite prepared hummus flavors for this quick, easy to prep meal.

## Ingredients:

- 2 whole grain tortilla wraps or GF tortilla
- ½ cup prepared hummus
- ½ zucchini, cut into thin strips
- 1 carrot, peeled into strips
- ½ bell pepper, cut into thin strips
- 1 cup arugula
- ½ cup shredded cabbage
- 1 tbsp balsamic vinegar

## 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.



# Rosemary Dijon Sheet Pan Dinner

3 servings - 330 calories - 13 g protein - 13 g fat - 48 g carbohydrate



Sheet pan dinners are an excellent way to whip up a quick meal on a busy night. Everything goes on a pan into the oven, cooking while you have about thirty minutes to focus on something else while dinner bakes. And as an added bonus, there's just one pan to clean!

## Ingredients:

- 1 small red onion, sliced
- ½ lb Brussels sprouts, halved
- 1 small-medium zucchini, diced in 1-inch pieces
- 1 small acorn or delicata squash, diced in ¾-inch pieces
- 1 (14.5 oz) can black eyed peas, drained and rinsed
- 1 tbsp avocado oil
- 2 tbsp dijon mustard
- 1 sprig of rosemary, destemmed and finely chopped
- ¼ tsp oregano
- ¼ tsp dried thyme
- 2 cloves garlic, minced
- Salt and pepper to taste
- Juice and zest of 1 lemon
- Arugula salad
  - 4 cups arugula
  - 1 tbsp balsamic vinegar
  - 2 tbsp sunflower seeds
  - ½ avocado, diced

## Directions:

1. Preheat the oven to 375F.
2. On a parchment-lined baking sheet to prevent sticking, arrange onion, Brussels sprouts, zucchini, squash, and black eyed peas evenly to avoid overcrowding.
3. Drizzle vegetables with avocado oil and dijon and coat with rosemary, oregano, thyme, garlic, salt, and pepper.
4. Use your hands to mix the vegetables and black eye peas to thoroughly coat them in the spices.
5. Place in the oven and bake for 30-35 minutes, stirring halfway through, until squash and Brussels sprouts are cooked through. Remove from the oven and drizzle with lemon juice and sprinkle with lemon zest.
6. While the vegetables are in the oven, prepare the arugula salad by mixing together the arugula, sunflower seeds, and balsamic to lightly coat the greens.
7. Top with diced avocado.
8. Serve ⅓ of sheet pan dinner with ⅓ of the salad, reserving the remainder of the dishes for dinner the next two nights.





# Avocado Toast

1 serving - 400 calories - 16 g protein - 19 g fat - 48 g carbohydrate

Quick, filling breakfast full of healthy fats from the avocado and hemp seeds. The creaminess from the avocado is complemented nicely with the acidity and sweetness from the tomatoes and balsamic.

## Ingredients:

- 2 slices sourdough OR 100% whole grain bread OR gluten free bread
- ½ avocado, sliced
- 1 tbsp hemp seeds
- 1 cup cherry tomatoes, halved
- 1 tsp balsamic vinegar
- Cracked black pepper to taste

## Directions:

1. Toast bread to desired doneness.
2. Lay avocado slices over toast and lightly mash with a fork to bring it together and help it stick to the bread.
3. Sprinkle the hemp seeds over the mashed avocado and top with cherry tomato halves.
4. Drizzle with balsamic vinegar and black pepper to taste.



The toppings for avocado toast can be pretty endless. Some other great options include everything-bagel seasoning, sauteed mushrooms, sliced cucumbers with crushed red pepper flakes, or ginger-pickled carrots.



# Overnight Oats

3 servings - 320-550 calories - 11-20 g protein - 12-30 g fat - 46-68 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

## Chai-Spiced Overnight Oats

- 2 dates, mashed
- ½ tsp ground cinnamon
- ¼ tsp ground ginger
- ¼ tsp ground cardamom
- ⅛ tsp ground cloves

## Raspberry Almond Overnight Oats

- ½ cup raspberries
- ½ tsp almond extract
- 2 tbsp almond butter

## Carrot Cake Overnight Oats

- ¼ cup shredded carrots
- ¼ cup raisins
- ½ tsp ground cinnamon
- ½ tsp vanilla extract
- 2 tbsp walnuts or pecans



## 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.
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.

# Cucumber Pasta Salad

3 servings - 410 calories - 25 g protein - 12 g fat - 58 g carbohydrate



Lentil or other legume-based pastas are a great way to add extra plant-based protein to your meals.

## Ingredients:

- ½ lb lentil pasta (see note below)
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- 1 small red onion, thinly sliced
- 2 cups arugula or chopped kale
- **Dressing**
  - 1/4 cup hemp seeds
  - ½ cup plant based milk
  - 1 tbsp dijon mustard
  - 1 clove of garlic
  - 1 small bunch fresh mint
  - 1 small bunch fresh dill

## Directions:

1. Prepare pasta according to package directions, drain and rinse with cold water to cool pasta.
2. While pasta is cooking, prepare dressing by combining hemp seeds, plant milk, and dijon in the container of your food processor or blender. Blend until completely smooth.
3. Add garlic, fresh mint, and dill to the food processor/blender and pulse to chop the herbs/garlic until thoroughly combined.
4. In a medium bowl, stir together the pasta, diced cucumber, tomatoes, red onion, and arugula or chopped kale to combine.
5. Pour dressing over pasta mixture and stir to combine.
6. Portion out for three days worth of lunches.



## Notes:

- If you can find lentil pasta, or a pasta made of a different legume, this is a great way to incorporate more plant based protein in your meals. If you can't find this at your local grocery store, a 100% whole grain pasta or gluten free pasta is fine to substitute here.



# Spicy Black Bean Chili

3 servings - 380 calories - 17 g protein - 5 g fat - 68 g carbohydrate



This southwest-inspired black bean chili is warmly spiced and pops with a topping of lime and cilantro.

## Ingredients:

- 1 tsp avocado oil
- 1 medium onion, diced
- 1 sweet bell pepper, diced
- 1 tbsp garlic powder
- 1 tbsp chili powder
- 1 tsp cumin
- ½ tsp coriander
- ½ tsp cayenne pepper
- 1 (14.5 oz) can fire-roasted diced tomatoes
- 1 (14.5 oz) can black beans, drained and rinsed
- ½ cup frozen corn
- ½ cup quinoa
- 2 cups vegetable broth
- Optional topping: chopped cilantro and lime wedges

## Directions:

1. In a pan over medium-high heat, saute onions and bell peppers in avocado oil for a few minutes until they begin to soften.
2. Add garlic powder, chili powder, cumin, coriander, and cayenne pepper and saute for another minute until very fragrant.
3. Reduce heat to medium-low and add diced tomatoes, black beans, corn, quinoa, and vegetable broth. Simmer for 20-25 minutes until quinoa grains are puffed open.
4. Serve for dinner tonight and portion out the remainder for dinner tomorrow and lunch the next day.

## Notes:

- For the tomatoes, fire roasted diced tomatoes are a delicious addition here, but if you cannot readily find them, regular diced tomatoes work just as well.
- If you prefer your chili a little less spicy, reduce the amount of cayenne pepper and chili powder to better suit your tastes.



This chili freezes extremely well! Prep ahead by making a big batch and storing in an airtight container in the freezer for up to 4 months.



# Raspberry Mango Smoothie

1 serving - 470 calories - 17 g protein - 21 g fat - 61 g carbohydrate



## Ingredients:

- 1 cup fresh or frozen raspberries
- ½ cup fresh or frozen mango
- 1 tbsp ground flax seeds
- 1 tbsp hemp seeds
- 1 tbsp almond butter
- 1 cup plant based milk of choice
- 1 cup spinach
- A few leaves of fresh mint

## 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.

If you're using only frozen fruit, you may find that you need to add a bit more liquid (more plant milk or water) to achieve the consistency you're looking for. If you prefer your smoothies thicker, you can just stop blending and scrape the sides of your container down frequently, pushing the fruit toward the blades at the bottom, without adding more liquid to get that thicker texture you're looking for.

# Veggie Burger

## with Dijon Sauteed Brussels Sprouts

1 serving - 500 calories - 32 g protein - 20 g fat - 61 g carbohydrate

An occasional prepared veggie burger can be both delicious and time-saving. There are dozens of flavors to choose from. Some attempt to mimic the texture of meats/traditional burgers while others are more vegetable-based and won't have the texture associated with a typical meat-based burger. Feel free to enjoy these as a treat every so often. Try one here with a side of dijon sauteed Brussels sprouts.

### Ingredients:

- 1 whole grain or GF whole grain burger bun
- 1 frozen veggie burger of choice
- ¼ avocado sliced
- 2 slices of tomato
- ½ cup arugula
- **Sauteed Brussels Sprouts**
  - 1 tsp avocado oil
  - 1 cup Brussels sprouts, halved
  - 1 tsp garlic powder
  - 1 tbsp nutritional yeast
  - 1 tsp dijon mustard
  - 1 tbsp lemon juice

### Directions:

1. Prepare veggie burger according to package directions.
2. While the burger is cooking, saute Brussels sprouts by heating avocado oil in a saute pan over medium-high heat.
3. When oil is hot, add halved Brussels sprouts and saute for about 5 minutes, allowing them to brown and begin to soften.
4. Add garlic powder, nutritional yeast, and dijon mustard, sauteing for about 5 minutes longer to allow them to get nicely browned.
5. Turn off heat and add lemon juice, stirring to combine.
6. Assemble the burger on the bun with sliced avocado, tomato, and arugula. Serve with a side of sauteed Brussels sprouts.



# Week 4

## Breakfast

## Lunch

## Dinner

Su

Matcha  
Green Smoothie

Balsamic  
Roasted Vegetable  
Salad

Balsamic Roasted  
Veg Chickpea  
Omelet

M

Muesli with  
Yogurt

Balsamic Roasted  
Veg Hummus  
Toast

Sweet & Sour  
Tempeh

Tu

Muesli with  
Yogurt

Vegetable  
Peanut  
Noodles

Sweet & Sour  
Tempeh

W

Breakfast  
Burrito

Vegetable  
Peanut  
Noodles

Sweet & Sour  
Tempeh

Th

Breakfast  
Burrito

Vegetable  
Peanut  
Noodles

Mushroom Risotto

F

Breakfast  
Burrito

Chickpea "Tuna"  
Salad Wrap

Mushroom Risotto

Sa

Coffee Banana  
Smoothie

Chickpea "Tuna"  
Salad Wrap

Mushroom Risotto



# Week Four Grocery List

## Produce

- 2 small bananas
- 1 cup strawberries\*
- 1 lemon
- 2 avocados
- 6 cloves garlic
- 1-inch piece ginger
- 1 bunch dill
- 4 cups spinach
- 2 cups spring mix
- 4 leaves romaine
- 1 slicing tomato
- 3 sweet bell peppers
- ¾ lb green beans
- 1 bunch asparagus
- 1½ small heads broccoli
- 1 pint mushrooms
- 4 carrots
- 1 stalk celery
- 1 small sweet potato
- 3 medium yellow onion
- ½ red onion

## Frozen

- 1 cup strawberries\*

## Cold/Refrigerated

- 1½ cup plant based milk
- 1 cup plant based yogurt
- ½ cup hummus\*\*
- 1 (8 oz) package tempeh

## Grocery/Dry Goods

- 4 tsp avocado or olive oil
- 3 tbsp balsamic vinegar
- ¼ cup + 1 tbsp apple cider vinegar
- 2 tbsp rice vinegar
- 1 tbsp dijon mustard
- 1 tsp sesame oil
- 2 tbsp sriracha
- 3 tbsp soy sauce/tamari/liquid aminos/coconut aminos
- ¼ cup avocado/plant based mayonnaise
- 3 cups vegetable broth
- 2½ tsp garlic powder
- 1 tsp chili powder
- 1 tsp cumin
- ½ tsp coriander
- ½ tsp oregano
- ¼ tsp crushed red pepper flakes
- ¼ tsp cinnamon
- 1 tsp vanilla extract
- 1 tbsp ground flax seeds
- 3 tbsp hemp seeds/hearts
- 2 tbsp date sugar
- 2 tbsp walnuts
- 2 tbsp sunflower seeds
- 1 tbsp sesame seeds
- 2 tbsp dried cranberries
- ¼ cup peanut butter
- 1 tbsp almond butter
- 1 cup brown rice
- 1 cup arborio rice
- ½ cup muesli\*\*\*
- ¼ cup nutritional yeast
- ⅓ cup chickpea flour
- 1 (14.5 oz) can black beans
- 2 (14.5 oz) cans chickpeas/garbanzo beans
- ½ lb lo mein noodles
- 2 slices bread (sourdough OR whole grain OR gluten free)
- 5 tortilla wraps (whole grain OR gluten free)
- 1 tsp matcha powder
- ½ cup brewed coffee

\*can be fresh or frozen for recipe

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

\*\*\*or prepare muesli using recipe below and fruit/nuts/seeds/grains you have

# Matcha Green Smoothie

1 serving - 370 calories - 10 g protein - 15 g fat - 55 g carbohydrate



## Ingredients:

- 1 small banana
- ¼ avocado
- 1 cup fresh or frozen strawberries
- 1 tsp matcha powder
- 1 tbsp ground flax seeds
- 1 tbsp hemp seeds
- 1 cup plant based milk of choice
- 1 cup spinach

## 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.

If you're not a huge fan of banana flavor in your smoothies, replace them with zucchini! Although it may seem strange, frozen pieces of zucchini can help lend the creaminess and thickness that bananas impart on your smoothie without the banana-flavor. Prepare several zucchinis at a time by cutting them in 1-inch pieces and storing them in freezer-safe bags or containers to add to your smoothies in place of bananas.



# Balsamic Roasted Vegetable Salad

1 serving - 450 calories - 15 g protein - 22 g fat - 57 g carbohydrate



A third of these roasted vegetables will be used for lunch today while the rest will be used for two different meals (dinner tonight, lunch tomorrow). Prepare them now and set aside the rest for later.

## Ingredients:

- **Balsamic Roasted Vegetables**
  - 1 medium onion, sliced
  - 1 sweet bell pepper, diced
  - ½ small head broccoli, chopped into medium florets
  - 1 small sweet potato, diced in ½-inch pieces
  - 1 tsp avocado oil
  - 1 tbsp balsamic vinegar
  - 1 tsp garlic powder
  - 1 tsp chili powder
  - Salt and pepper to taste
- 2 cups spring mix
- 2 tbsp walnuts, chopped
- 2 tbsp sunflower seeds
- 2 tbsp dried cranberries
- ¼ cup prepared hummus
- 1-2 tbsp balsamic vinegar for dressing

## Directions:

1. Prepare roasted vegetables
  - a. Preheat oven to 400F.
  - b. On a baking sheet, arrange onion, pepper, broccoli, and sweet potato in an even layer.
  - c. Drizzle vegetables with oil and vinegar and sprinkle with garlic powder, chili powder, and salt and pepper.
  - d. Mix vegetables with hands to evenly coat and place in the oven for 20-30 minutes, stirring every ten minutes or so, until vegetables are done to your liking.
2. Set aside ⅓ of the roasted vegetables for meals to follow.
3. On a plate or in a bowl, arrange a bed of spring mix.
4. Top spring mix with ⅓ of balsamic roasted vegetables and sprinkle with walnuts, sunflower seeds, dried cranberries, and a dollop of hummus.
5. Drizzle with balsamic vinegar and enjoy.





# Balsamic Vegetable Chickpea Omelet

1 serving - 280 calories - 17 g protein - 5 g fat - 47 g carbohydrate



## Ingredients:

- ⅓ of prepared roasted vegetables from previous recipe
- ⅓ cup chickpea flour
- ⅓ cup water
- 2 tbsp nutritional yeast
- ½ tsp garlic powder
- ¼ tsp black pepper
- Optional: hot sauce

## Directions:

1. In a medium bowl, whisk together the chickpea flour, nutritional yeast, garlic powder, and black pepper.
2. Add water and whisk to create a smooth batter.
3. Heat a nonstick skillet or griddle over medium heat.
4. Pour the batter into the skillet and rotate or use the back of a spoon to spread batter into thin omelet-like shape (about 8-inch circle).
5. Cook for 3-5 minutes until the bottom is golden brown and the omelet has set up.
6. Flip omelet to cook the other side for 2-3 more minutes.
7. Place omelet on plate and quickly saute vegetables for 1-2 minutes just to warm them through (you can also do this while the omelet is cooking [during step 6] if you have enough room in your pan).
8. Arrange warmed vegetables over half of the omelet and fold in half to form omelet shape.
9. Serve with hot sauce for dipping.



# Balsamic Vegetable Hummus Toast

1 serving - 530 calories - 22 g protein - 15 g fat - 83 g carbohydrate



## Ingredients:

- 2 slices sourdough or 100% whole grain bread or GF bread
- ⅓ of balsamic roasted vegetables prepared previously (see recipe above)
- ¼ cup prepared hummus
- 1 tbsp hemp seeds

## Directions:

1. Toast bread to desired doneness.
2. Spread hummus over toast and arrange roasted vegetables over hummus.
3. Sprinkle with hemp seeds and enjoy.

# Muesli with Yogurt

1 serving - 390 calories - 7 g protein - 9 g fat - 74 g carbohydrate

Muesli is an unbaked combination of rolled oats or other grains, dried fruits, nuts, and seeds similar to granola but generally unsweetened and unprocessed other than mixing the ingredients together. It is great served with plant based yogurt, milk, or even fruit juice.

## HOW TO MAKE MUESLI:

**Combine GRAINS** (e.g. rolled oats, wheat bran, puffed millet, puffed quinoa, etc.) + **NUTS** (e.g. cashews, pecans, walnuts, hazelnuts, etc.) + **SEEDS** (e.g. pepitas, chia seeds, ground flax, sunflower seeds, etc.) + **DRIED FRUITS** (e.g. raisins, dried cranberries, dried blueberries, chopped dates, etc.) in a airtight container and store for up to 2 months.

## Ingredients:

- ½ cup prepared muesli
- 1 cup plant based yogurt

## Directions:

1. Top yogurt with prepared muesli and stir to enjoy.



## Homemade Muesli

Grains (2 cups)

+

Nuts (1/4 cup)

+

Seeds (1/4 cup)

+

Dried Fruits (1/2 cup)



# Sweet & Sour Tempeh

3 servings - 470 calories - 21 g protein - 9 g fat - 75 g carbohydrate



This sweet and sour sauce thickens up nicely around the tempeh and is wonderful served over brown rice, quinoa, or farro with a quick sauteed side of garlicky green beans.



## Ingredients:

- 1 cup uncooked brown rice
- **Garlic green beans**
  - $\frac{3}{4}$  lb green beans
  - 1 tsp avocado oil
  - 2 cloves garlic, minced
  - $\frac{1}{4}$  tsp crushed red pepper flakes
- 1 (8-oz) package tempeh, diced in  $\frac{1}{2}$ -inch cubes
- **Sweet & Sour Sauce**
  - $\frac{1}{4}$  cup apple cider or rice vinegar
  - 2 tbsp soy sauce, tamari, or liquid aminos
  - 2 tbsp date sugar
  - 1 clove garlic, minced
  - 1 tbsp Sriracha
  - 1 tbsp ground flax seeds
  - 1 tsp ground ginger (or  $\frac{1}{2}$ -inch piece fresh ginger, grated)
- Optional: 1 tbsp sesame seeds for topping

## Directions:

1. Prepare rice according to package directions.
2. To prepare green beans, in a skillet over medium-heat, saute 2 cloves of minced garlic in 1 tsp of avocado oil for 1-2 minutes until fragrant, being careful not to burn the garlic.
3. Add green beans and saute for another 5 minutes or until softened and golden/crispy in spots.
4. To prepare sweet and sour tempeh, whisk together all of the ingredients for the sweet and sour sauce in a small bowl. Allow to rest for 2 minutes to let the flaxseed thicken up the sauce.
5. Add the sweet and sour sauce to a skillet over medium heat. Add the tempeh cubes and stir to combine. Cook over medium heat for ~5 minutes until the sauce has thickened up and tempeh is beginning to brown a bit. If you find the sauce getting too thick, add a splash of water as necessary to thin it out.
6. Serve tempeh over cooked rice with a side of the sauteed green beans. Set aside the rest of the dish for dinner the next two nights.

# Vegetable Peanut Noodles

3 servings - 520 calories - 20 g protein - 15 g fat - 83 g carbohydrate



This veggie-packed noodle dish is coated in a delicious peanut sauce that can be made as spicy as you like to suit your tastes.

## Ingredients:

- ½ lb lo mein noodles
- 1 sweet bell pepper, sliced
- 1 small head broccoli, cut in small florets
- 3 carrots, sliced
- **Peanut Sauce**
  - ¼ cup peanut butter
  - 2 tbsp rice vinegar
  - 1 tbsp soy sauce, tamari, or liquid aminos
  - 1 tsp sesame oil
  - 1 tbsp sriracha sauce (\*see note)
  - 2 cloves garlic, minced
  - 1 tsp ground ginger (or ½-inch piece fresh ginger, grated)
  - ¼ cup warm water

## Directions:

1. Prepare noodles according to package directions.
2. With 2 minutes left of cooking time on the noodles, add chopped vegetables to the noodles to par-cook them.
3. As the noodles and vegetables finish cooking, in a small bowl, whisk together all of the ingredients for the peanut sauce until thoroughly combined.
4. Drain noodles/vegetables and return to the pot. Add peanut sauce to the noodles and cook for 2-3 minutes over medium-low heat to warm everything through.
5. Eat one portion for lunch today and set aside the remainder of the dish for lunch the next two days.

## Notes:

- Look for a peanut butter that contains just peanuts and salt without any added ingredients. You can use creamy or chunky peanut butter in this recipe depending on if you want your sauce to be smooth or have a little more texture. Either way is a tasty option!
- Always feel free to use more or less sriracha than listed depending on how spicy you like your food.





# Breakfast Burrito

3 servings - 400 calories - 14 g protein - 12 g fat - 62 g carbohydrate



Breakfast Burritos are great meal prep options for a quick grab-and-go breakfast. This veggie packed burrito is a great way to start the day.

## Ingredients:

- 1 tsp avocado oil
- 1 small yellow onion, sliced
- 1 sweet bell pepper, sliced
- 1 tsp garlic powder
- 1 tsp cumin
- ½ tsp coriander
- ½ tsp oregano
- 1 tbsp apple cider vinegar
- 1 (14.5 oz) can black beans, drained and rinsed
- 3 cups baby spinach
- 3 whole grain or GF tortilla wraps
- 1 avocado, sliced

## Directions:

1. In a saute pan over medium-high heat, saute sliced onions and peppers in avocado oil until beginning to soften, about 3-5 minutes.
2. Add garlic, cumin, coriander, and oregano and saute for another minute until very fragrant.
3. Add apple cider vinegar, black beans, and spinach. Stir to combine and cook for another 1-3 minutes until spinach is wilted down completely.
4. Split bean/vegetable mixture between the three tortilla wraps and top with sliced avocados. Roll tortillas burrito-style and store in an airtight container. You can also keep the prepared filling in a container in the refrigerator and prepare the burrito the morning you plan to eat it.



# Mushroom Risotto

3 servings - 530 calories - 23 g protein - 8 g fat - 97 g carbohydrate



Arborio rice is key to making risotto. The starches in this rice release during the stirring process of making risotto for a deliciously creamy comfort meal.

## Ingredients:

- **Roasted asparagus**
  - 1 bunch asparagus
  - 1 tsp avocado oil
  - Juice and zest of 1 lemon
  - Salt and pepper to taste
- **Mushroom Risotto**
  - 1 tsp avocado oil
  - 1 pint mushrooms, sliced
  - 1 medium onion, diced
  - 1 clove garlic, minced
  - 1 cup arborio rice
  - 3 cups hot vegetable broth
  - 1 cup garbanzo beans
  - 2 tbsp nutritional yeast



## Directions:

1. Preheat the oven to 375F.
2. Arrange asparagus in a single layer on a baking sheet. Drizzle with oil, lemon juice, salt and pepper and mix with hands to evenly coat.
3. Set the asparagus aside for a few minutes while you start the risotto. You will bake these in the oven for 20-25 minutes while the risotto is cooking (around step 6-7 below is a good time to toss these in the oven).
4. On the stovetop, saute mushrooms and onion in avocado oil over medium-high heat for 3-5 minutes until beginning to soften.
5. Add garlic and saute for 1 minute longer.
6. Add rice and stir to combine, cooking until rice starts to look translucent, about 2 minutes.
7. Add hot broth 1 cup at a time, stirring vigorously after each addition and then stirring until broth has been absorbed/evaporated. Continue to add hot broth in 1 cup increments, stirring until all of the liquid has been absorbed before adding more broth, until all of the broth has been used. This should take about 20-25 minutes until the rice is just al dente.
8. Stir in the garbanzo beans and nutritional yeast.
9. Serve risotto alongside roasted asparagus.
10. Set aside two servings for dinner the next two nights.



# Chickpea "Tuna" Salad Wrap

3 servings - 560 calories - 17 g protein - 24 g fat - 70 g carbohydrate



You will use  $\frac{2}{3}$  of this chickpea salad to make the wraps and can save  $\frac{1}{3}$  of the salad for either another wrap or use as a snack dip with crackers and veggies.

## Ingredients:

- **Chickpea Salad**
  - 1 (14.5 oz) can of chickpeas, drained and rinsed
  - $\frac{1}{4}$  cup avocado or plant-based mayonnaise
  - 1 large carrot, diced small
  - $\frac{1}{2}$  red onion, diced small
  - 1 stalk of celery, diced small
  - 1 tbsp fresh dill
  - 1 tbsp dijon mustard
- 2 whole grain or GF tortilla wraps
- 4 romaine leaves
- 4 slices tomato

## Directions:

1. In a medium bowl, mash the chickpeas with the back of a fork to break them down.
2. Add the mayonnaise, carrot, onion, celery, dill, and dijon to the chickpeas and stir to fully combine.
3. To make lunch for today and meal prep lunch for tomorrow, arrange  $\frac{1}{3}$  of the chickpea salad on each wrap along with lettuce and tomato slices.
4. Fold your tortilla wrap burrito-style and enjoy.



# Coffee Banana Smoothie

1 serving - 330 calories - 10 g protein - 18 g fat - 35 g carbohydrate

Combine your morning cup of joe with your smoothie for an extra kick!



## Ingredients:

- 1 small banana
- ½ cup brewed coffee
- 1 tbsp ground flax seeds
- 1 tbsp hemp seeds
- 1 tbsp almond butter
- ¼ tsp ground cinnamon
- 1 tsp vanilla extract
- ½ 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, water, or coffee to adjust consistency to desired thickness.



# Side Dishes

Here are a few of the side dishes included in this plan for quick reference. There are also a few included here that are altered from those in the plan or just a bit different in terms of flavors or spices. Feel free to add one of these to a meal if you have a larger appetite or require more energy during the day.

## Balsamic Basil Roasted Tomatoes

### Ingredients:

- 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 the oven to 400F.
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. Remove from the oven and drizzle with more balsamic if desired. Sprinkle with cut basil strips.



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## Lemon Roasted Asparagus

### Ingredients:

- 1 bunch asparagus
- 1 tsp olive oil
- Pinch of salt and pepper
- 2 tbsp nutritional yeast
- ¼ tsp crushed red pepper flakes
- 1 clove garlic, minced
- Zest and juice of 1 lemon

### Directions:

1. Preheat the oven to 400F.
2. While the oven is preheating, line a sheet tray with parchment and evenly distribute the asparagus in a single layer over the pan.
3. Drizzle with olive oil and sprinkle with salt, pepper, nutritional yeast, crushed red pepper flakes, and minced garlic.
4. Using your hands, mix the asparagus to coat it evenly with all of the spices.
5. Place in the oven for 15-20 minutes until al dente and beginning to brown or to preferred tenderness.
6. Remove from the oven and top with lemon zest and lemon juice to coat.





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## Creamy Hummus Coleslaw

### Ingredients:

- 1 tbsp apple cider vinegar
- 2 tbsp prepared hummus
- 1 tsp sesame oil
- 2 cups shredded cabbage (or cole slaw mix)
- 1 small apple, diced in ½-inch pieces
- 2 tbsp dried cranberries
- 2 tbsp sunflower seeds
- ¼ cup chopped fresh cilantro

### Directions:

1. In a medium bowl, whisk together the apple cider vinegar, hummus, and sesame oil to make a creamy hummus dressing.
2. Add shredded cabbage or coleslaw mix, apples, cranberries, sunflower seeds, and chopped cilantro to your dressing and stir to coat the everything evenly.



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## Dijon Sauteed Brussels Sprouts

### Ingredients:

- 1 tsp avocado oil
- ½ lb Brussels sprouts, halved
- 1 tsp garlic powder
- 1 tbsp nutritional yeast
- 1 tbsp dijon mustard
- 1 tbsp lemon juice

### Directions:

1. In a pan on the stove over medium-high heat, warm avocado oil.
2. Add Brussels sprouts and saute for about 5 minutes until beginning to soften and beginning to get brown and crisped on the edges.
3. Add in garlic powder, nutritional yeast, dijon mustard, and lemon juice, stirring to cook for another minute.

