



MEAL PLANNING MADE EASY ON A PLANT BASED DIET



**Creating
Legacy
Wellness**



MEAL PLANNING ON A PLANT BASED DIET

When you follow a 100% plant-based diet, you no longer eat animal products. This means no more meat, poultry, and fish, but you don't have eggs, milk, dairy, butter, or even foods like honey.

For some plant based isn't 100%, it might mean 90% or 80% or whatever % one chooses. It is being mindful to eat more plant-based foods to provide your body with the nutrition that it is craving!

On a plant-based diet, you will eat foods like grains, legumes, lentils, beans, fruits and vegetables, and other food items that you can make when you combine them. There are also familiar food items that are made with meat substitute products such as hot dog, cheese, ice cream, non-dairy yogurt, mayonnaise, and burgers. Just remember processed food is still processed food and not going to have the nutritional value of a whole food.

Food items such as non-dairy milk substitutes are also associated with a plant-based diet. However, this does not mean that this diet is only limited to the food items mentioned above. Everyday food items such as spaghetti, green salad, pizza, peanut butter, and chips and salsa are eaten on a plant-based diet just making a few modifications!

This lifestyle poses a lot of health benefits and helps you to lose weight at the same time. Whenever you switch to a new eating lifestyle, it is best to prepare ahead of time and ensure you have everything you need to get started. That is the beauty of meal planning.

The following information will give you what you need to get started with meal planning, from helping you to understand what foods create well-balanced meals, to giving you some easy meal ideas to start with.



BENEFITS OF A PLANT BASED LIFESTYLE

This is one of the healthiest lifestyles you can live by! Before looking at some meal planning options, let's take a look at the benefits of following this type of diet. People who follow this lifestyle are more likely to be eating foods that are high in vitamins (B1, C, magnesium, folic acid, and iron), minerals, phytochemicals, and fiber while being low in saturated fats and cholesterol.

You will be able to reduce the risk of type 2 diabetes, cardiovascular disease, ischemic heart disease, hypertension, stroke, obesity, and prostate and colon cancer.

It is also suitable for anyone of all ages, including pregnant and lactating women. As with any diet that you are following it should be well planned out.

EFFECTS ON THE ENVIRONMENT AND RESOURCES

By following a plant-based lifestyle, you will be able to help in reducing air pollution as well as put less stress on natural resources since we would require less fossil fuel, water, and land. The world's population is expected to reach nine billion by 2050, so a pervasive movement towards following this lifestyle is encouraged since this is the most efficient way to help with our environment and for our survival.



GETTING STARTED WITH MEAL PLANNING

Meal planning is the process of planning out what meals you will eat for the coming days or weeks, grocery shopping, and making sure you have everything ready. Some people also add in meal prepping, but that is optional. The most important thing is that you know what you will be eating for all meals and snacks, so that you are fully prepared. Here are some tips for getting started with meal planning:

START WITH FOODS YOU ALREADY ENJOY

If you are new to this way of eating, it helps to think of foods you already enjoy that are plant-based friendly. This helps to make an easier transition into following this type of diet. This might be making fruit smoothies in the morning with almond milk and skipping the yogurt or using a nondairy yogurt. Sometimes, it will be a full meal, other times a snack or a side dish that you are modifying.

MAKE A DETAILED MEAL PLAN

Once you have started adding some foods to your meal plan that you enjoy, you can make it more detailed. Try to list every meal and snack for the first week. Keep in mind how many people you are feeding, and any days when you might not be home to cook so you can prepare for those situations as well.

Write down what meals might work as leftovers, and don't forget to use ingredients you already have at home.

WORK ON YOUR GROCERY LIST

Once the meal plan is done, it is easy to go down the list and add anything you don't have to a grocery list. This is imperative before going to the store, so you don't forget anything. Be as detailed as you can, including quantities of certain ingredients. If you forget or run out of something in a few days, it is harder to avoid those non-plant-based foods you might still have around the house.



GUIDELINES FOR WEIGHT LOSS

SCHEDULE YOUR MEALS

Eating your meals at the same time each day is essential in improving your metabolism and promoting healthy eating habits. You should have a large meal for breakfast, medium for lunch, and small meals during dinner. Try exercising forty-five minutes before you eat to help feed and repair your used muscles.

Don't eat two hours before bedtime. Eating calories close to bedtime can increase your weight, and you will probably have trouble sleeping.

PORTION YOUR MEALS

Portioning your meals will also help with your diet.

Below are examples of single servings of different foods in each group.

Grains

- 1 slice bread
- 1 cup cold cereal
- 1 cup of bulgur wheat
- ½ cup of cooked brown rice
- ½ cup of a cooked whole grain

Vegetables

- 1 cup vegetables
- ½ cup cooked or raw vegetables
- ¾ cup vegetable juice

Fruits

- 1 medium piece whole fruit
- ½ cup canned, chopped, or cooked fruit
- ¾ cup no-sugar-added fruit juice



Non-Dairy

- 1 cup non-dairy milk
- 1 cup of non-dairy yogurt

Protein (Nuts, Seeds, Lentils, Beans, Dark Green Leafy Veggies)

- ½ cup cooked dry beans
- ½ cup tofu
- 2 ½ ounces soy burger
- 2 TBSP peanut butter
- 1/3 cup nuts
- ½ cup cooked lentils
- 1 ounce of seeds

Fats

- 1 TBSP oil
- 1 TBSP butter
- 1 ounce nuts
- 2 TBSP nut butter
- 1/3 of an avocado

ADD YOUR PROTEIN


The recommended intake of protein is 5.5 ounces per day or 0.41g per pound of body weight.

For example, a 150lbs woman should consume 61 grams of protein each day.

Likewise, a 175lbs man should consume 72g each day. Since there are around 4 calories per gram of protein, a woman would need 244 calories of protein and a man 288 calories of protein daily.

You can refer to the list of food below for serving size and grams of protein.

- 1 cup of tempeh – 31g
- 1 cup sunflower seeds – 29g
- 1 cup lentils – 18g
- 1 cup beans (chickpeas, black and kidney beans) – 15g
- 4 ounces tofu – 11g
- 1 cup quinoa – 8g

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- 2 TBSP peanut butter – 8g
 - 1 cup of peas – 8g
 - 1 cup spinach - 5g
 - 1-ounce chia seeds – 4.7
 - 1 medium potato – 4.3g
 - 1 cup of kale- 2.9g

HEALTHY DRINKS HAVE CALORIES TOO

Before you dive into your usual smoothie or freshly squeezed juice, read the labels carefully or know how many calories it has. Merely drinking plain water is a safe bet. It's hydrating and has zero calories! You can add squeezed lemon, lime, or both if you want some flavor. You can also try herbal teas and sparkling waters.

AVOID BINGING

Always eat in moderation. The average American consumes 22.2 tsp of sugar per day. If you're looking for a healthy dessert that is low in calories without sugar and fats, try fresh fruits or eating a small piece of a plant-based dessert. You can save the rest to eat in the following days.

MEAL & RECIPE IDEAS

One of the most difficult things for you to do when you start your plant-based diet is probably shifting from your usual diet of meat and sweets to a lifestyle full of limited or zero processed food, and fresh and organic food. It may seem tiresome at first when you start planning your meals, but this is important when you want to lose the extra weight you're carrying, looking to get more energy or reduce inflammation in your body.

Planning your meals is not only healthy, but it can also make your life easier. You can just start easing your way into the diet and letting go of the food that you won't need. Beginners should start with their favorite food and build their meal plan from there.



HUMMUS

You can skip wasting money and make your own hummus at home. A basic hummus would include chickpeas, lemon juice, tahini, garlic, and olive oil. You can add your favorite spices as well as a variety of veggies. The hummus can last up to five days in the refrigerator, and you can eat it with any meal! For example: on a sandwich, toast, or dips for veggies and chips.

You can try experimenting with different types of combinations each week to see which recipe works for you.

STEAM OR ROAST YOUR VEGETABLES

You can buy your vegetables frozen especially if you're saving money. Vegetables are going to be an everyday staple in your vegan meals. Roast and steam large quantities of cauliflower, broccoli, sweet and rustic or sweet potato, and zucchini. This will make it easier and less time-consuming. Make sure to rinse the vegetables before you roast or steam them.

CARROT & GINGER SOUP

- 2 Tablespoons olive oil or veggie broth
- ½ yellow onion, chopped
- 2 inches ginger root, minced
- 1 garlic cloves, minced
- 3 cups vegetable or bone broth
- 1 apple, cubed
- ½ pounds carrots, peeled and chopped
- Sea Salt & ground pepper

In a large pot over medium heat add olive oil and sauté onion until translucent, about 3 minutes. Add garlic and ginger and sauté another minute until fragrant.

Add vegetable stock or broth, carrots and apple and cook for 20-30 minutes. Place soup into a high speed blender and blend until smooth or keep as a chunky soup.



VEGETABLE SAUTE WITH VEGGIE BROTH

- 2 carrots, thinly sliced
- 1 cup snow peas, trimmed
- 1 yellow onion, chopped
- 1 zucchini, thinly sliced
- 1 yellow squash, thinly sliced
- 1-2 tablespoons veggie broth
- Sea Salt and pepper to taste

Place a large pan over medium-high heat. Add veggie broth, then add onions and sauté 2 minutes. Add carrots, snow peas and squash and sauté 8-10 minutes until vegetables soften. Season with sea salt and pepper and serve.

STEEL CUT OATMEAL IN THE INSTANT POT

Ingredients:

- 2 Cups of Organic Steel Cut Oats
- 5 Cups of Non-Dairy Milk or Water
- 1 TBSP of Cinnamon or your Favorite Spice
- 2TBSP of Pumpkin or your Favorite Berries

Set your Instant Pot for Manual and 4 minutes.

CREAMY ROASTED VEGETABLE SOUP

- 1 zucchini, chopped
- 1 squash, chopped
- 2 carrots, chopped



- ½ yellow onion, chopped
- 1 TSP sea salt/pepper
- 1 cup dairy-free milk

ROAST THE VEGETABLES. Preheat oven to 400 degrees. Place vegetables on a baking sheet with parchment paper. Roast vegetables for 20 minutes.

PREPARE THE SOUP. Place roasted vegetables into a blender and blend, slowly add in the milk to get a creamy consistency. Once you have your desired consistency, serve. Season with salt and pepper.

SUPERFOOD GREENS

- 2 cups mixed greens
- ½ cup cabbage, chopped
- ½ avocado, chopped
- 1/3 cup celery, chopped
- 1/3 cup jicama, chopped
- 1/3 cup parsley and cilantro (combined), chopped
- Juice of 1 lemon
- 2 tablespoons raw apple cider vinegar
- 1 teaspoon nutritional yeast
- 3 tablespoons hemp seeds

In a large bowl add mixed greens, cabbage, avocado, celery, jicama and fresh herbs. Top with lemon juice, vinegar, nutritional yeast, and hemp seeds. salad well to combine and serve.



NACHO CHEEZ DIP

Blender Ingredients:

2 cups of sunflower seeds or cashews (soaked overnight so they are soft for the blender)

4-5 tbsp of nutritional yeast based on your taste

4 tbsp of lemon juice

2 cloves of garlic

1 tsp of onion salt

½ -1 tsp of cayenne

2 carrots that are chopped and boiled (soft and cooled a bit for blending)

Add a little bit of water if needed

Hand Mixed Ingredients:

12 ounces of salsa

1 onion chopped

6 ounces of spinach

Optional:

Top with green onions or jalapeno

Put all of the blender ingredients into a high-powered blender and once that is creamy, then get a large bowl and hand mix with a wooden spoon the creamy blender ingredients with the rest of the ingredients.

Bake at 400F for 30 minutes.

Top with diced green onions or jalapeno for a little kick!



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I look forward to guiding you on your health and wellness journey!

In Health & Wellness,

Kim G.

