## Plant-Powered Day

### BASIC MEAL PLAN

FOR A VIBRANT YOU



Lifestyle Transformer

### INTRODUCTION

Welcome to "Plant-Powered Day," a free ebook designed to kickstart your journey into the world of plant-based eating. In this ebook, you'll find a one-day meal plan packed with delicious and nourishing plant-based recipes. Each meal is carefully crafted to provide you with essential nutrients, vibrant flavors, and the energy you need to thrive. Get ready to embark on a day filled with wholesome plant-powered goodness!

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## Berry Bliss Smoothie Bowl

- 1 ripe banana
- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 1/2 cup almond milk
- Toppings: granola, sliced fruits, chia seeds



IN A BLENDER, COMBINE THE BANANA, MIXED BERRIES, AND ALMOND MILK. BLEND UNTIL SMOOTH. POUR THE SMOOTHIE INTO A BOWL AND TOP WITH YOUR FAVORITE TOPPINGS. ENJOY THE BURST OF FLAVORS AND TEXTURES!



# 02 Crunchy Chickpea Salad

- 1 can chickpeas, rinsed and drained
- 1 cup cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, finely chopped
- 2 tablespoons fresh parsley, chopped
- Juice of 1 lemon
- Salt and pepper to taste



1.IN A LARGE BOWL, COMBINE THE CHICKPEAS, CUCUMBER, CHERRY TOMATOES, RED ONION, AND PARSLEY. 2.SQUEEZE FRESH LEMON JUICE OVER THE SALAD AND SEASON WITH SALT AND PEPPER. TOSS **GENTLY TO** COMBINE. ENJOY THE SATISFYING CRUNCH!



## Veggie Quinoa Buddha Bowl

- 1 cup cooked quinoa
- 1 cup mixed greens
- 1/2 cup roasted sweet potatoes, cubed
- 1/2 cup steamed broccoli florets
- 1/4 cup sliced avocado
- 2 tablespoons tahini dressing



1.IN A BOWL, LAYER THE COOKED QUINOA, MIXED GREENS, ROASTED SWEET POTATOES, STEAMED BROCCOLI, AND SLICED AVOCADO. 2. DRIZZLE TAHINI DRESSING OVER THE BOWL. MIX EVERYTHING AND SAVOR THE NOURISHING FLAVORS.



# 04 Almond Butter Energy Balls

- 1 cup dates, pitted
- 1/2 cup almonds
- 2 tablespoons almond butter
- 1 tablespoon chia seeds
- 1 tablespoon cacao powder (optional)



1.IN A FOOD PROCESSOR, BLEND DATES AND ALMONDS UNTIL A STICK MIXTURE FORMS. 2.ADD ALMOND BUTTER, CHIA SEEDS, AND CACAO POWDER (IF USING). BLEND UNTIL WELL COMBINED. 3.ROLL THE MIXTURE INTO BITE-SIZED BALLS AND

REFRIGERATE FOR 30
MINUTES. ENJOY
THESE DELIGHTFUL
ENERGY-PACKED
SNACKS!



## Creamy coconut Curry with Tofu

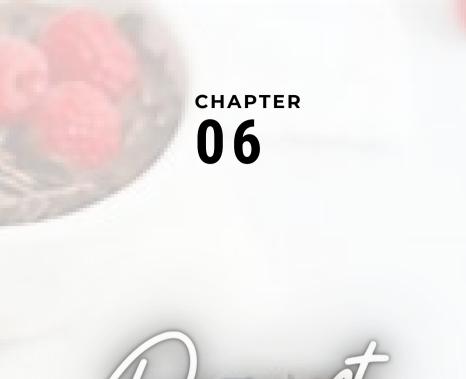
- 1 tablespoon coconut oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 red bell pepper, sliced
- 1 cup broccoli florets
- 1 cup cubed tofu
- 1 can coconut milk
- 2 tablespoons red curry paste
- Salt and pepper to taste
- Fresh cilantro for garnish



1.IN A LARGE PAN, HEAT
COCONUT OIL OVER
MEDIUM HEAT. ADD ONION
AND GARLIC, AND SAUTE
UNTIL FRAGRANT.
2.ADD RED BELL PEPPER,
BROCCOLI, AND TOFU. COOK
FOR A FEW MINUTES UNTIL
VEGETABLES ARE TENDER.

3.IN A LARGE BOWL, WHISK TOGETHER COCONUT MILK AND RED CURRY PASTE. POUR THE MIXTURE INTO THE PAN AND STIR WELL.
4.SEASON WITH SALT AND PEPPER. SIMMER FOR 10-15 MINUTES, ALLOWING THE FLAVORS TO MELD TOGETHER.

5.SERVE THE CURRY OVER
STEAMED RICE OR QUINOA.
GARNISH WITH FRESH
CILANTRO AND SAVOR THE
CREAMY, AROMATIC
DELIGHT!





## Chocolate Avocado Mousse

- 2 ripe avocados
- 1/4 cup cacao powder
- 1/4 cup maple syrup
- 1 teaspoon vanilla extract
- Pinch of salt
- Optional toppings: fresh berries, shredded coconut



- 1. IN A BLENDER OR FOOD PROCESSOR, COMBINE AVOCADOS, CACAO POWDER, MAPLE SYRUP, VANILLA EXTRACT, AND SALT. BLEND UNTIL SMOOTH AND CREAMY.
- TRANSFER THE MOUSSE
  TO SERVING CUPS AND
  REFRIGERATE FOR AT
  LEAST 30 MINUTES TO
  SET.
- 3. BEFORE SERVING, ADD YOUR FAVORITE TOPPINGS LIKE FRESH BERRIES OR SHREDDED COCONUT. DIVE INTO THIS RICH AND INDULGENT YET HEALTHY TREAT!

## Congratulations!

You have completed a day of plant-powered goodness! We hope this one-day meal plan has given you a taste of the incredible flavors and benefits of a plant-based lifestyle. Remember, this is just the beginning of your journey toward a vibrant, nourished an cruelty-free life. Stay connected for more plant-based inspiration and guidance on your path to optimal wellness. Keep nourishing your body and soul with plant-powered lovel



Peace & Flessings!

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