

Plant-Based Made Easy Meal Plan

7 DAY MEAL PLAN



VegHealth



7-Day Meal Plan

Welcome to your Plant-Based Made Easy Meal Plan!

Do you ever wish that you had your meals planned out for you and you could trust that you are getting all of the vitamins and minerals you need to feel your best? Better yet, how about meals that are quick and easy to cook?!

There are many meal plans out there, but they are typically designed to taste good, without much focus on nutrients. Some are healthy but lack flavor and variety.

We created this meal plan to give you the nutrients you need with an abundance of variety, delicious flavors, and minimal prep and cooking time!

It was designed by plant-based registered dietitian Kayli Dice, to ensure it incorporates all of the nutrients we need to get from our food. It also takes into account special techniques from our course to help your body absorb these nutrients.

This plan provides both savory and sweet breakfast ideas, lunches that can be prepared ahead and taken on the go, and nutritious, filling dinners perfect for busy evenings.

This plan serves one person for the week, but simply double or triple recipes to serve more! The plan starts on Monday, assuming you grocery shop over the weekend, but feel free to pick any day to start. Also, plan to grocery shop the day before if possible.

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MEAL PLAN SCHEDULE

(print this and put it on the fridge!)

	SUN (PREP)	MON	TUE	WED	THUR	FRI	SAT	SUN
BFAST		Tofu Scramble w/ Avocado Toast	Blueberry Baked Oats	Blueberry Baked Oats (leftover)	Tropical Green Smoothie	Cocoa Raspberry Overnight Oats	Cherry Lime Smoothie	Strawberry Walnut Overnight Oats
LUNCH		Kitchen Sink Salad w/ Toast and Hummus	Loaded Potato (with leftover Veggie Chili)	Chickpea Salad Wraps	Chickpea Salad Wraps (leftover)	Mason Jar Salad w/ Creamy Tahini Dressing	Black Bean Tacos	Mason Jar Salad w/ Sesame Ginger Miso Dressing
DINNER		Veggie Chili	Millet & Tofu Scramble Bowl	Easy Bean Burgers w/ Roasted Veggies	Easy Bean Burgers w/ Roasted Veggies (leftover)	Ginger-Miso Bowl	Burrito Bowl	On Your Own (See "Dining Out" section)
DESSERT		1 Chocolate Chip Cookie	1 Chocolate Chip Cookie	1 Chocolate Chip Cookie	1 Chocolate Chip Cookie	1 Chocolate Chip Cookie	1 Chocolate Chip Cookie	1 Chocolate Chip Cookie
SNACK1		2 energy bites	2 energy bites	2 energy bites	2 energy bites	2 energy bites	2 energy bites	2 energy bites
SNACK2		1 cup raspberries	5 dried figs	1 orange, 1 serving almonds (~23 nuts)	1 cup strawberries	1 cup sugar snap peas, ¼ cup hummus	1 cup blueberries	1 cup sugar snap peas, ¼ cup hummus
EXTRAS		1 brazil nut	1 brazil nut 2 seaweed sheets	1 brazil nut 2 seaweed sheets	1 brazil nut 2 seaweed sheets	1 brazil nut 2 seaweed sheets	1 brazil nut 2 seaweed sheets	1 brazil nut 2 seaweed sheets
PREP NOTES	Buy groceries Energy Bites Cookies Creamy Tahini Dressing Millet and Quinoa	Blueberry Baked Oats	Chickpea salad		Overnight Oats Mason Jar Salads	Overnight Oats Black Bean Tacos		

*Nutrition Facts are located at the end of the meal plan.

How to Use This Plan

We have designed this meal plan to contain quick and easy, yet still very tasty recipes!

We recommend grocery shopping the day before your meal plan begins, and prepping some food on the day you shop as well (see prep suggestions in meal plan table) to save you time.

Your first grocery shop may take extra time if you are buying certain ingredients for the first time. Just know that it will get easier once you have some staple ingredients in your fridge and pantry. You could also consider a grocery delivery service from Amazon Fresh, Instacart, or your local grocery store.

After the shopping/prep day (Sunday), your first day (Monday) will involve the most cooking time, so please plan accordingly.

The recipes below are the ones we suggest preparing in advance on the meal plan. You'll see on the meal plan which days we recommend for prepping these meals, but you can adjust this according to your schedule.

- Blueberry Baked Oatmeal
- Creamy Tahini Dressing and Sesame Ginger Miso Dressing
- Mason Jar Salads
- Energy Bites
- 6-Ingredient Chocolate Chip Cookies
- Millet
- Quinoa
- Chickpea Salad
- Overnight Oats
- Black Bean Tacos

Another option for saving time is to double the following recipes and freeze the leftovers for another week:

- Veggie Chili
- Easy Bean Burgers

The Blueprint Method

Recipe “blueprints” help you take one foundational recipe and adapt it in many different ways. Having a list of blueprints in your back pocket helps make cooking more intuitive and flexible.

They help you use up leftovers creatively and keep you from getting bored with the same ingredient combinations week after week. Blueprints teach you how to turn stir fries into wraps, salads into Buddha bowls, and leftover rice into tacos and curry. They also help you make easy substitutions!

In this Plant-Based Made Easy Meal Plan, we’ve used the blueprint method to help you save time and become more efficient in your meal prep. We hope to have sparked your creativity, and opened your mind to how ingredients can be repurposed and recipes can be adapted.



Dining Out

This meal plan includes one evening where you are free to take a break from cooking and enjoy a meal out. How do you dine out AND stick with your healthful, plant-based diet? Before answering that, let's talk about a couple difficult truths: We inevitably make health compromises when dining out (almost all restaurant meals contain more salt, sugar, and/or fat than we add at home), and dining out should be treated as a special occasion, not as a frequent occurrence.

That being said, It is simply unrealistic for many to cook and eat every single meal at home. Occasionally we all need a break from the kitchen, and going out for a meal can be a wonderful way to gain new experiences, connect with other people, and celebrate special occasions. So, let's talk about how to enjoy a meal out while also nourishing our bodies.

- Look at the menu in advance: The best way to guarantee a plant-based meal is to choose a vegan-friendly restaurant. Check the Happy Cow website (www.happycow.net) to find veg-friendly restaurants no matter where you are.
- Make modifications: Don't be afraid to tweak menu items.
 - Pizza - ditch the cheese, add extra veggies
 - Tacos - swap the meat for beans
 - Salad - trade grilled chicken for tofu or extra veggies
 - Sandwiches - replace the cold cuts with hummus or avocado, load up on veggies
- Make a meal from side dishes: Sides often consist of veggie-based ingredients. Combine things like steamed broccoli, a plain baked potato, hummus, wild rice, and a side salad to make a complete meal.
- View the menu as a list of ingredients, and don't be afraid to ask for something off the menu. A restaurant menu gives you a lot of info about what that chef has on-hand. If you know they have quinoa, steamed vegetables, and beans, then most likely they can make you a meal with those ingredients. Most restaurants truly want you, the customer, to be happy, so ask if they are willing to get creative with a meat- and dairy-free dish.
- Look for build-your-own: Restaurants that offer customization (think pizza places, Chipotle, and salad bars) are great options. You'll have the freedom to build your own plant-based meal with less peer pressure.
- Enjoy! The best part about treating dining out like a special occasion is that you buy yourself some freedom to really enjoy it. You can get some pretty delicious plant-based options these days, so enjoy it!



RECIPES



Breakfast





Tofu Scramble

Nutrition Bite

This high protein breakfast contains calcium and iron, and can be personalized in endless ways. You can use the scramble as a tasty scrambled egg replacement, wrap it in a tortilla, or eat it alongside roasted potatoes or avocado toast, as this recipe shows. Avocados are rich in magnesium and can help lower oxalates in the body. Oxalates prevent the absorption of important nutrients like calcium, iron, magnesium, sodium, and potassium.

Prep time: 5 mins Cook time: 10 mins Total time: 15 mins
2 servings of scramble, 1 serving of toast

INGREDIENTS

1 block of firm tofu, drained, pressed, and patted dry
4 tsp tamari or low-sodium soy sauce
4 tsp nutritional yeast
½ tsp turmeric powder
½ tsp black pepper
Pinch of chili powder
Pinch of cumin

1 slice whole grain or sprouted bread
¼ avocado

INSTRUCTIONS

- Crumble the tofu with your hands into a small bowl.
- Add all the other ingredients and lightly stir until the tofu is evenly covered.
- Cook in a skillet over medium heat and continue cooking and stirring until the tofu is heated through and as dry as you like it.
- Set aside half the tofu for a weeknight dinner shortcut.
- Toast bread and spread with avocado. To dress it up even more, add fresh herbs, salsa, chopped peppers and tomatoes, or hot sauce. Enjoy!

Nutrition Facts (for just tofu scramble, 1 serving):

Total Calories: 217
Carbs: 21 g
Protein: 14 g
Fat: 9 g

Calcium: 172 mg
Iron: 3 mg
Vitamin D: 0 IU
Vitamin B12: 400 µg
Vitamin A: 101 mg

Nutrition Facts (for tofu scramble + 1 pc of toast with avocado):

Total Calories: 354
Carbs: 38 g
Protein: 19 g
Fat: 15 g

Calcium: 177 mg
Iron: 4 mg
Vitamin D: 0 IU
Vitamin B12: 4 µg
Vitamin A: 151 mg



Blueberry Baked Oatmeal

Nutrition Bite

This morning's oatmeal will fill you up and provide you with a good start on your daily omega-3 and calcium needs. It's so important for vegetarians and vegans to consume omega-3 fats and work on getting their omega 3 to omega 6 consumption ratio as close to 1:1 as possible. This is because when our ratios are out of whack the body is less capable of producing EPA and DHA. EPA and DHA omega-3 fatty acids are often consumed in low amounts because they're really only found in algae and seaweed (DHA is found in fish and eggs, though). They're so important for preventing and modulating numerous disease processes, including cardiovascular disease, hypertension, inflammatory and autoimmune diseases, osteoporosis, diabetes, and some cancers. Blueberry Baked Oatmeal dresses up regular rolled oats, making them feel special enough for lazy Sunday brunch. Baked oatmeal also fits the bill as a quick weekday breakfast because it can be made ahead and keeps well in the refrigerator.

Prep time: 10 mins Cook time: 30 mins Total time: 55 mins

Serves: 2 servings

INGREDIENTS

1 cup old-fashioned oats
½ tsp baking powder
¼ cup walnuts
1 ¼ cup non-dairy milk
½ tsp vanilla extract
¼ cup unsweetened applesauce
2 Tbsp maple syrup (optional)
¾ cup blueberries

Nutrition Facts (1 serving):

Total Calories: 349

Carbs: 54 g

Protein: 8 g

Fat: 13 g

Calcium: 361 mg

Iron: 3 mg

Vitamin D: 50 IU

Vitamin B12: 0 µg

Vitamin A: 291 mg

INSTRUCTIONS

- Preheat oven to 415F and lightly oil a 1-quart casserole dish.
- In a large bowl, combine oats, baking powder, and walnuts.
- Add milk, applesauce, maple syrup, vanilla extract, and blueberries. Stir until evenly combined.
- Pour mixture into prepared casserole dish and gently smooth out the surface. Bake for 45 minutes or until browned and bubbly around the edges.
- Cool at least 5 minutes before slicing.
- Serve topped with a splash of non-dairy milk, a dollop of peanut butter and extra berries if you wish! Store in refrigerator, and reheat or eat cold.



Cocoa Raspberry Overnight Oats

Nutrition Bite

Cocoa may help improve your mood and raspberries are high in antioxidants. This recipe also contains ground flaxseeds which are a great source of ALA (omega-3 fatty acid). Ground flaxseed is more digestible than whole flaxseeds (whole flaxseeds may pass through your digestive system undigested). Overnight oats are great to have in your weekday breakfast arsenal. Because you make them the night before, they are easy to grab as you're running out the door in the morning.

Prep time: 5 mins Total time: 5 mins

Serves: 1 serving

INGREDIENTS

½ cup old-fashioned oats
1 cup non-dairy milk
2 Tbsp ground flaxseed
½ cup raspberries
1 tsp cocoa powder
drizzle of maple syrup (about ½ tsp) (optional)

INSTRUCTIONS

The Night Before: Combine all ingredients in a bowl and stir. Cover and refrigerate overnight.

In The Morning: stir, and enjoy!

Nutrition Facts (1 serving):

Total Calories: 371
Carbs: 48 g
Protein: 13 g
Fat: 7 g

Calcium: 591 mg
Iron: 4 mg
Vitamin D: 101 IU
Vitamin B12: 0 µg
Vitamin A: 519 mg

Strawberry Walnut Overnight Oats

Nutrition Bite

When making overnight oats like this, the use of a non-dairy milk that has added B12, vitamin D, and/or calcium can be really helpful for vegans and vegetarians wanting to ensure they get those nutrients in. Also, using oats for breakfast, which contain a high amount of protein compared to other grains, will help ensure you get all of your protein in for the day. The combination of ground flaxseeds and walnuts provides tons of ALA (omega-3 fatty acids).

Prep time: 5 mins Total time: 5 mins

Serves: 1 serving

INGREDIENTS

½ cup old-fashioned oats

1 cup non-dairy milk

2 Tbsp ground flaxseed

½ cup strawberries

2 Tbsp walnuts

INSTRUCTIONS

The Night Before: Combine all ingredients in a bowl and stir. Cover and refrigerate overnight.

In The Morning: stir and enjoy!

Nutrition Facts (1 serving):

Total Calories: 420

Carbs: 42 g

Protein: 14 g

Fat: 15 g

Calcium: 591 mg

Iron: 5 mg

Vitamin D: 101 IU

Vitamin B12: 0 µg

Vitamin A: 506 mg



Tropical Green Smoothie

Nutrition Bite

In this tropical green smoothie, there's a touch of turmeric and powdered ginger, which are both anti-inflammatory spices. Inflammation is linked to most chronic diseases including cancer and heart disease. In addition, fresh kale is a low-oxalate green, so you will better absorb the calcium it contains. For a protein punch, this smoothie includes hemp seeds. Just 2 tablespoons of hemp seeds contain almost 10 grams of protein!

Prep time: 10 mins Total time: 10 mins

Serves: 1 serving

INGREDIENTS

¼ cup old-fashioned oats (uncooked)

1 cup fresh kale

½ cup frozen mango

1 banana

2 Tbsp hemp seeds

1 cup unsweetened non-dairy milk

water (about ½ - 1 cup)

¼ tsp turmeric

Pinch of black pepper

¼ tsp powdered ginger

INSTRUCTIONS

Combine all ingredients in a blender, and add enough water to help it blend easily. Blend until completely smooth, adding more water or milk if needed.

Nutrition Facts (1 serving):

Total Calories: 400

Carbs: 62 g

Protein: 12 g

Fat: 14 g

Calcium: 5323 mg

Iron: 4 mg

Vitamin D: 101 IU

Vitamin B12: 0 µg

Vitamin A: 2842 mg





Cherry Lime Smoothie

Nutrition Bite

This cherry lime smoothie, like most smoothies, is so convenient and easy for breakfast. It contains the combo of turmeric and black pepper, which is beneficial because black pepper improves the absorption of the compound curcumin (found in turmeric). Curcumin is a strong antioxidant and is anti-inflammatory, anti-bacterial, and anti-fungal- good for treating and preventing many ailments.

Prep time: 10 mins Total time: 10 mins

Serves: 1 serving

INGREDIENTS

¼ cup old-fashioned oats (uncooked)

1 cup fresh kale

½ cup frozen cherries (unsweetened)

1 banana

Juice from ½ lime

2 Tbsp hemp seeds

1 cup unsweetened non-dairy milk

water (about ½ - 1 cup)

¼ tsp turmeric

Pinch of black pepper

INSTRUCTIONS

Combine all ingredients in a blender, and add enough water to help it blend easily. Blend until completely smooth, adding more water or milk if needed.

Nutrition Facts (1 serving):

Total Calories: 386

Carbs: 59 g

Protein: 13 g

Fat: 15 g

Calcium: 541 mg

Iron: 4 mg

Vitamin D: 101 IU

Vitamin B12: 0 µg

Vitamin A: 2231 mg



RECIPES

Lunch

Kitchen Sink Salad W/ Toast and Hummus

Kitchen Sink Salad W/ Toast and Hummus

Nutrition Bite

Use up the remaining vegetables from your shopping with this Kitchen Sink Salad recipe. It is very high in vitamin A, but also contains some healthy fat from the walnuts, hemp seeds, and tahini dressing. When fat is eaten with vitamin A-rich foods, the absorption of vitamin A is improved.

Prep time: 15 mins Total time: 15 mins

Serves: 1 serving

INGREDIENTS

- ½ of Creamy Tahini Dressing
- 2 cups mixed greens
- ½ carrot, chopped
- 2 celery stalks, chopped
- ½ cup cherry tomatoes, sliced in half
- ½ yellow bell pepper, chopped
- 2 green onion, sliced
- 2 Tbsp walnuts
- 2 Tbsp hemp seeds
- 1 slice sprouted grain/whole grain bread
- 2 Tbsp hummus

INSTRUCTIONS

In a large bowl, combine all ingredients except the bread and hummus. Toss. Toast bread and spread with hummus. Enjoy toast on the side of your salad!

Nutrition Facts (1 serving, including toast and hummus):

Total Calories: 452

Carbs: 43 g

Protein: 19 g

Fat: 25 g

Calcium: 176 mg

Iron: 7 mg

Vitamin D: 0 IU

Vitamin B12: 0 µg

Vitamin A: 14,033 mg



Chickpea Salad Lettuce Wraps

Nutrition Bite

This recipe is especially awesome for vegetarians and vegans because it is high in iron (chickpeas, lettuce, tahini, and sunflower seeds are all high in iron)! It utilizes the principle of adding vitamin C (lemon juice) to iron-rich foods for better iron absorption. This would also be a great recipe to double and freeze!

Prep time: 15 mins Cook time: 10 mins Total time: 25 mins
2 servings

INGREDIENTS

14 oz. can no-salt chickpeas, drained
2 celery stalks, chopped
Juice from 1/2 lemon
2 Tbsp tahini
1/4 onion, chopped
1/4 cup raw sunflower seeds
Salt and pepper, to taste (optional)
About 10 romaine lettuce leaves

INSTRUCTIONS

Preheat oven to 325F. Place sunflower seeds on a baking sheet and once oven is preheated, toast for 8 minutes.

In a food processor, pulse chickpeas and some of the aquafaba (liquid) until they reach a chopped/textured consistency. If you don't have a food processor, you can simply smash the chickpeas using a fork! Transfer smashed chickpeas to a mixing bowl, and fold in remaining ingredients (except romaine) until well-combined. Portion the chickpea salad and romaine leaves for two lunches. When ready to eat, scoop the chickpea salad into the romaine leaves, and enjoy them as lettuce wraps.

Nutrition Facts (1 serving):

Total Calories: 517

Carbs: 61 g

Protein: 22 g

Fat: 24 g

Calcium: 247 mg

Iron: 6 mg

Vitamin D: 0 IU

Vitamin B12: 0 µg

Vitamin A: 17,308 mg

Mason Jar Salad

Nutrition Bite

The mason jar salad can be a great way to create variety with your salads. Use a different dressing in the bottom of each mason jar to mix things up! White beans are high in iron and the bell pepper (high in vitamin C) helps with absorption, so keep that in mind as you eat and enjoy this!

Prep time: 15 mins Total time: 15 mins

Makes 2 salads

INGREDIENTS

14 oz. can white beans, drained and rinsed

1 carrot, chopped

1 celery stalk, chopped

1 small cucumber, chopped

½ cup cherry tomatoes, sliced in half

2 green onions, sliced

1 green bell pepper, chopped

2 cups mixed greens

¼ cup sunflower seeds

INSTRUCTIONS

Pour dressing into the bottom of the mason jars - one with Ginger-Miso and one with Creamy Tahini.

Dividing everything in half amongst the jars, layer the beans, then chopped veggies, then sunflower seeds into the jar with the lettuce last, on the top. This will help keep the lettuce fresh.

When you're ready to eat, turn the closed jar upside down and give it a shake. Alternatively, you can pour the salad into a bowl and toss.

Nutrition Facts (1 serving):

Total Calories: 319

Carbs: 44 g

Protein: 16 g

Fat: 11 g

Calcium: 153 mg

Iron: 5 mg

Vitamin D: 0 IU

Vitamin B12: 0 µg

Vitamin A: 9,459 mg





Creamy Tahini Dressing

Nutrition Bite

Tahini is rich in iron and zinc, and it is also an alkaline-forming food. This dressing will maximize your iron absorption through the combination of lemon (vitamin C) and tahini (an iron-rich food). Furthermore, when you consume this dressing with a salad that contains carrots, or other beta carotene-containing foods, it will also help the conversion of beta carotene to vitamin A (retinol). Vitamin A is important for the immune system, skin health, bone and tooth health, and vision.

Prep time: 5 mins Total time: 5 mins
2 servings

INGREDIENTS

1/4 cup tahini
Juice from 1/2 lemon
1 clove garlic
1/4 cup water, + more as needed
Salt and pepper, to taste (optional)

INSTRUCTIONS

Combine all ingredients in a blender or food processor, and blend until smooth. Add extra water as needed to reach a pourable consistency.

Nutrition Facts (1 serving):

Total Calories: 183
Carbs: 8 g
Protein: 5 g
Fat: 16 g

Calcium: 131 mg
Iron: 3 mg
Vitamin D: 0 IU
Vitamin B12: 0 µg
Vitamin A: 21 mg



Sesame Ginger Miso Dressing

Nutrition Bite

This dressing contains the powerful fermented soy food, miso. A fermented soy food is valuable for decreasing its phytic acid. Phytic acid binds to minerals like calcium, magnesium, iron, and zinc to form an insoluble complex, which interferes with the absorption of these minerals.

Prep time: 5 mins Total time: 5 mins

2 servings

INGREDIENTS

Juice of ½ lime

1 date, pitted

¼ tsp powdered ginger

1 Tbsp tahini

1 Tbsp white miso

2 tsp tamari or low-sodium soy sauce

black pepper to taste

cayenne to taste

½ cup water

INSTRUCTIONS

Combine all ingredients in a blender and blend until smooth.

As water as needed for desired consistency.

Nutrition Facts (1 serving):

Total Calories: 75

Carbs: 7 g

Protein: 3 g

Fat: 5 g

Calcium: 38 mg

Iron: 1 mg

Vitamin D: 0 IU

Vitamin B12: 0 µg

Vitamin A: 57 mg



Burrito Bowl

Nutrition Bite

Here's an example of how to use our "recipe blueprint" idea- a way to use leftover Black Bean Taco ingredients in a new, refreshing way!. This burrito bowl is also super quick to make- especially if you have pre-cooked millet in the freezer that just needs to be heated up. Remember that you can easily pre-cook grains like millet and put them in the freezer to make creating lunches or dinners A LOT easier! Note: After cooking the grains, spread them on a baking sheet and freeze them for 30 minutes before putting them in the freezer. This will help prevent the grains from clumping together. Also, you can pre-measure ½ to 1 cupfuls of grains and put them in individual bags to save time.

Prep time: 5 mins Cook Time: 10 min Total time: 15 mins
1 serving

INGREDIENTS

½ of black beans from Black Bean Tacos (7 oz)

½ of vegetables from Black Bean Tacos (veggie mix of onion, green pepper, zucchini, chili powder, cumin, salt, and pepper)

1 cup cooked millet

2 cups mixed greens

1/4 avocado

2 Tbsp salsa

INSTRUCTIONS

On the stove-top, heat millet, beans, and vegetables until warm. Serve over a bed of mixed greens and top with avocado and salsa.

Nutrition Facts (1 serving):

Total Calories: 604

Carbs: 108 g

Protein: 27 g

Fat: 10 g

Calcium: 232 mg

Iron: 9 mg

Vitamin D: 0 IU

Vitamin B12: 0 µg

Vitamin A: 7,347 mg





Loaded Sweet Potato

Nutrition Bite

This meal is another example of how to use our “recipe blueprint” idea, to creatively make leftovers more interesting! Put some heaping tablespoons of your leftover chili over top and inside of a baked sweet potato.

There’s no special or fancy gadgets needed to make this meal! It also contains beans, which are high in calcium; and the lime (high in vitamin C) will help absorption.

Prep time: 2 mins Cook time: 30-35 min (or 8 min if using microwave) Total time: 40 mins (or 10 min if using microwave)

1 serving

Loaded Mexican Sweet Potatoes make a super satisfying 10-minute meal.

INGREDIENTS

1 sweet potato, washed
1 cup leftover veggie chili
¼ avocado, cut into chunks
2 Tbsp salsa
1 Tbsp nutritional yeast
¼ lime
Pepper to taste

Nutrition Facts (1 serving):

Total Calories: 628

Carbs: 114 g

Protein: 30 g

Fat: 9 g

Calcium: 300 mg

Iron: 9 mg

Vitamin D: 0 IU

Vitamin B12: 12 µg

Vitamin A: 33,848 mg

INSTRUCTIONS

Cut the sweet potato in half, lengthwise and place them flesh-side down on a rimmed baking sheet.

Bake the potato for 30-35 minutes, until the skin begins to look shriveled and soft. Remove from the oven.

Option-> Use a microwave if you're in a hurry: With a fork, poke holes all over potato and wrap in a paper towel. Microwave the sweet potato on high for about 8 minutes, or until tender all the way to the center.

While baked sweet potato cools, reheat leftover chili in a saucepan over medium.

Carefully slice open when it's cool enough to handle. Stuff the sweet potato with the heated leftover chili.

Top with salsa, avocado, nutritional yeast, and a squeeze of lime.

RECIPES

Dinner



Veggie Chili

Nutrition Bite

Whole and minimally processed foods are what we're always striving for and this dinner contains nothing but! The kidney beans and kale contain omega-3 fatty acids, and the black beans (and kale) are also high in calcium. By sprouting your beans prior to cooking this recipe, you will improve the calcium and protein absorption. This chili is the definition of comfort food and easily multiplies for a crowd.

Prep time: 10 mins Cook time: 30 mins Total time: 40 mins

Serves: 2 servings

INGREDIENTS

½ Tbsp water
¼ onion, diced
1 clove garlic, minced
1 sweet potatoes, cubed (about 1 cup)
½ yellow bell pepper, diced
½ Tbsp cocoa powder
½ Tbsp chili powder
1 tsp cumin
1 pinch cayenne
½, 15 oz can black beans, drained and rinsed (refrigerate the other 7 oz of black beans)
½, 15 oz can kidney beans, drained and rinsed (refrigerate the other 7 oz of kidney beans)
14.5 oz can fire-roasted tomatoes
2 cups fresh kale, chopped
Salt and pepper to taste

INSTRUCTIONS

In a large soup pot over medium-high heat, sauté onions in water until translucent. Add garlic and sauté for another minute. Add sweet potatoes, peppers, and spices and sauté for a few more minutes.

Add beans, tomatoes, and 1 cup of water and bring to a boil. Reduce heat, stir in chopped kale, and simmer for 20 minutes.

Nutrition Facts (1 serving):

Total Calories: 424

Carbs: 81 g

Protein: 22 g

Fat: 3 g

Calcium: 236 mg

Iron: 7 mg

Vitamin D: 0 IU

Vitamin B12: 0 µg

Vitamin A: 11,731 mg

Millet & Tofu Scramble Bowl

Nutrition Bite

This millet & tofu scramble recipe uses your leftover tofu scramble in a creative way. Did you know the protein in whole soybeans has a digestibility score of 78%, whereas the protein from tofu, and other soy foods is in the 90-98% range? Tofu is an amazing source of digestible protein!

Prep time: 5 mins Cook time: 20 mins Total time: 25 mins

1 serving

INGREDIENTS

Leftover tofu scramble (½ of the tofu scramble recipe)

1 cup cooked millet

1 ½ cups frozen asian vegetables

1 tsp tamari/low-sodium soy sauce

1 tsp hot sauce (optional)

Salt and pepper to taste

INSTRUCTIONS

In a large skillet or wok, add frozen vegetables and cook over medium heat until thawed. Add millet and tofu, and cook until heated throughout. Transfer to a bowl and mix in tamari/low-sodium soy sauce, hot sauce, and salt and pepper.

Nutrition Facts (1 serving):

Total Calories: 387

Carbs: 65 g

Protein: 21 g

Fat: 7 g

Calcium: 247 mg

Iron: 5 mg

Vitamin D: 0 IU

Vitamin B12: 4 µg

Vitamin A: 13,058 mg





Black Bean Tacos

Nutrition Bite

Tacos are a tasty dinner and if you can use sprouted tortillas (such as the Food for Life, Ezekiel brand ones), you'll benefit from enzymes called phytases, which destroy phytic acid and improve nutrient absorption. Also, cumin, like many other spices, is often used in traditional medicine. Enjoy the benefits of Improved digestion - one of cumin's most common medicinal uses - with this healthy recipe.

Prep time: 5 mins Cook time: 10 mins Total time: 15 mins
1 serving

INGREDIENTS

15 oz. can black beans
¼ onion, sliced
1 green bell pepper, sliced
1 zucchini, halved then sliced
½ tsp chili powder
¼ tsp cumin
Salt and pepper, to taste
3 small organic corn tortillas
¼ avocado
2 Tbsp salsa
1 cup chopped romaine lettuce
Optional: nutritional yeast and hot sauce

INSTRUCTIONS

Heat a skillet over medium-high. Add onion and saute for a few minutes. Then add peppers and zucchini. Season with chili powder, cumin, salt and pepper, and cook until tender.

Drain and rinse black beans. In a saucepan over medium, heat beans until warm. If desired, heat corn tortillas in a skillet or microwave until warm and pliable.

Build tacos: pile tortillas with 7 oz beans, ½ the veggie mix (onion, green pepper, zucchini, chili powder, cumin, salt, and pepper), avocado, chopped romaine, and salsa. Sprinkle with nutritional yeast and hot sauce if desired.

Nutrition Facts (1 serving):

Total Calories: 623

Carbs: 113 g

Protein: 22 g

Fat: 10 g

Calcium: 187 mg

Iron: 7 mg

Vitamin D: 0 IU

Vitamin B12: 0 µg

Vitamin A: 5,220 mg



Easy Bean Burgers w/ Roasted Veggies

Nutrition Bite

Choose whole grain or sprouted grain buns if you can when making these easy bean burgers. Food for Life offers a sprouted grain bun called the Ezekiel 4:9 Sprouted Whole Grain Bun. The benefit of a sprouted grain bun is improved digestibility and better absorption of calcium, magnesium, zinc, iron, and copper.

By serving these burgers with roasted Brussels sprouts and cauliflower, and adding lettuce to your burger too, you'll consume a generous amount of vitamin K. Vitamin K is a fat-soluble vitamin that is useful for healthy bones and blood clotting when you are bleeding internally or from an injury

This is another good recipe to double and freeze!

Prep time: 10 mins Cook time: 45 mins Total time: 55 mins
2 servings

INGREDIENTS

Burgers:

½ 15 oz can black beans, drained and rinsed
½ 15 oz can kidney beans, drained and rinsed
⅓ cup quick oats
¼ cup barbecue sauce
Salt and pepper to taste
2 whole grain or sprouted grain buns
Optional toppings: sliced onion, lettuce, sliced tomato, pickles, mustard, ketchup

Roasted Veggies:

1 cup new potatoes
2 cups brussels sprouts, trimmed and halved
2 cup cauliflower florets

INSTRUCTIONS

Burgers:

- In a large bowl, combine all ingredients and mash with a fork until a chunky dough forms. You want to leave some whole beans, but you want the dough to be mashed enough that it sticks together well. Taste and add salt and pepper to your liking.
- If you have time, refrigerate the dough for 30 minutes, or else refrigerate while preparing the roasted vegetables.
- Preheat oven to 400F. Divide and shape dough into four patties. Arrange on a parchment paper-lined baking sheet.
- Bake for 8 minutes, flip, and bake for another 5-6 minutes until a golden brown crust forms.
- Serve immediately with toppings. Refrigerate leftovers for up to one week or freeze in an airtight container for up to 3 months.

Roasted Veggies:

- Preheat oven to 400F.
- Spread veggies on a baking sheet, drizzle with avocado oil (if using), and toss to coat. Season with salt and pepper.
- Place in preheated oven, and bake until browned and crisped, about 30 minutes. Serve alongside burgers.

Nutrition Facts (1 serving):

Total Calories: 720

Carbs: 142 g

Protein: 35 g

Fat: 5 g

Calcium: 224 mg

Iron: 9 mg

Vitamin D: 0 IU

Vitamin B12: 0 µg

Vitamin A: 1,408 mg

Ginger-Miso Bowl

Nutrition Bite

The Sesame Ginger Miso dressing in this bowl combines a fermented food (miso) with two iron-rich foods (quinoa and tahini). Combining fermented foods with iron-rich foods aids in iron absorption.

Prep time: 5 mins Cook time: 20 mins Total time: 25 mins

1 serving

INGREDIENTS

½ of the Sesame Ginger Miso Dressing

Bowls

1 cup cooked quinoa

½ cup shelled edamame

1 cup frozen broccoli

½ carrot, chopped

1 green onion, chopped

2 Tbsp fresh cilantro, chopped

INSTRUCTIONS

In a large skillet or wok, add carrot, frozen broccoli, edamame and cook until thawed.

Add quinoa and dressing to the skillet, mixing until evenly heated.

Garnish with green onions and cilantro.

Nutrition Facts (1 serving):

Total Calories: 427

Carbs: 63 g

Protein: 25 g

Fat: 10 g

Calcium: 189 mg

Iron: 6 mg

Vitamin D: 0 IU

Vitamin B12: 0 µg

Vitamin A: 7,608 mg



RECIPES

Snacks



Energy Bites

Nutrition Bite

Flaxseeds are a top superfood and are packed with Omega 3's and cancer fighting lignans. It is important to grind the seeds so that your body can digest them

Prep time: 5 mins Total time: 15 mins

Makes 15 energy bites

INGREDIENTS

2 Tbsp ground flaxseed

½ cup almond butter

½ cup old-fashioned oats

½ cup dates, pitted

2 tsp cinnamon

¼ cup dried cranberries (unsweetened)

INSTRUCTIONS

In a food processor, pulse pitted dates until very finely chopped. Add the remaining ingredients. Pulse until well-mixed. Roll into bite-size balls about 1-inch in diameter. Store in an air-tight container.

Nutrition Facts (1 Energy Bite):

Total Calories: 89

Carbs: 9 g

Protein: 2 g

Fat: 5 g

Calcium: 44 mg

Iron: 1 mg

Vitamin D: 0 IU

Vitamin B12: 0 µg

Vitamin A: 2 mg



A close-up photograph of three golden-brown chocolate chip cookies resting on a silver metal wire cooling rack. The cookies are thick and have a slightly irregular shape, with visible chocolate chips embedded in the dough. The background is a blurred wooden surface.

RECIPES

Desserts

6-Ingredient Chocolate Chip Cookies

6-Ingredient Chocolate Chip Cookies

Nutrition Bite

These chocolate chip cookies utilize almond butter rather than peanut butter, which is useful because almond butter is more alkaline-forming. Peanut butter is acid-forming, and even though it's okay to eat some acid-forming foods, we recommend trying to eat mostly alkaline-forming foods (80% if possible).

Prep time: 2 mins Cook time: 10 mins Total time: 12 mins

Serves: 10 cookies

You won't miss the butter or sugar!

INGREDIENTS

- 1 (very ripe) banana
- ¼ cup almond butter (or any nut butter)
- ¼ tsp vanilla extract
- ¼ tsp salt
- ½ cup quick oats
- ¼ cup vegan chocolate chips or carob chips



INSTRUCTIONS

Preheat oven to 350 degrees.

In a bowl, mash banana and nut butter together until it forms a smooth paste.

Add remaining ingredients and mix until incorporated.

Scoop heaping-tablespoon-sized balls of dough onto parchment paper lined cooked sheet.

Bake for 10-12 minutes.

Nutrition Facts (1 serving):

Total Calories: 89

Carbs: 9 g

Protein: 2 g

Fat: 5 g

Calcium: 33 mg

Iron: 1 mg

Vitamin D: 0 IU

Vitamin B12: 0 µg

Vitamin A: 16 mg



Snack Nutrition Bite

Raspberries, like most berries, are low in sugar. They're also low in calories and rich in fiber and vitamin C.

Dried figs are super high in soluble fiber, which will keep you feeling full! They are really high in calcium and are rich in vitamin A, B1, B2, magnesium, potassium, copper, iron, phosphorus, and manganese, too.

Oranges have a low glycemic index (glycemic index measures how quickly sugar is absorbed into the blood). Oranges are also high in vitamin C, potassium, and vitamins B1 and B9.

Almonds contain healthy fats, fiber, protein, magnesium, and vitamin E.

Strawberries are an excellent source of vitamin C and manganese and also contain decent amounts of folate (vitamin B9) and potassium.

Sugar Snap Peas are an excellent source of vitamin C, providing 100% of your daily needs in just 3.5 ounces (100 grams).

Blueberries are amongst the most nutrient-dense berries. They contain fiber, vitamin C, vitamin K, and manganese. They are also low in calories.

Brazil Nuts are particularly high in selenium, a mineral with potent antioxidant properties.

Seaweed sheets (sushi nori wraps) are a fantastic dietary source of iodine (good for your thyroid). They also contain antioxidants and other vitamins and minerals, such as vitamin K, B vitamins, zinc and iron.



Grocery List

*Note: Your first grocery shop may be a little bit more expensive than future ones as it may be necessary to buy some staples such as spices/herbs, condiments, and baking products. If you're not worried about the first shop being a little more expensive, then you may want to buy extra pantry and freezer foods to have on hand.

Fruit

- 1 avocado
- 2 bananas + 1 very ripe banana
- 1 orange
- 2 limes (or lime juice)
- 1 lemon (or lemon juice)

Frozen Fruit

(option to buy fresh, but frozen is cheaper)

- 1 $\frac{3}{4}$ cup blueberries
- 1 $\frac{1}{2}$ cup raspberries
- 1 $\frac{1}{2}$ cup strawberries
- $\frac{1}{2}$ cup frozen mango
- $\frac{1}{2}$ cup frozen cherries (unsweetened)

Other Frozen Foods

- 1 $\frac{1}{2}$ cups frozen asian vegetables (mix of green beans, broccoli, carrots, red peppers)
- 1 cup frozen broccoli
- $\frac{1}{2}$ cup shelled edamame

Vegetables

- 1 large head of romaine lettuce leaves (pick one with about 10 good leaves for lettuce wraps)
- 6 cups mixed greens
- 1 large head fresh kale
- 2 carrots
- 1 cucumber
- 5 celery stalks

Vegetables (cont.)

- 2 sweet potatoes
- 1 cup baby potatoes
- 1 zucchini
- 2 cups sugar snap peas
- $\frac{3}{4}$ cup cherry/grape tomatoes
- 1 tomato
- 2 green bell peppers
- 1 yellow bell pepper
- 2 cups Brussels sprouts
- 2 cups cauliflower florets
- 1 onion
- 5 green onions
- 2 Tbsp fresh cilantro
- 2 cloves garlic

Grains

- $\frac{1}{3}$ cup uncooked quinoa
- $\frac{1}{2}$ cup uncooked millet
- 2 slices whole grain sprouted bread
- 3 small organic corn tortillas
- 2 whole grain or sprouted grain buns

Alternatives (Protein Sources)

- 1 block of organic firm tofu

Non-Dairy Milk

- 5 $\frac{1}{4}$ cups unsweetened non-dairy milk (about 1.25 litres)

Cereals

4 cups old-fashioned oats

Baking/Sweeteners

9 dates, pitted

¼ cup unsweetened applesauce

3 Tbsp maple syrup (optional for overnight oats)

½ tsp baking powder

1 Tbsp cocoa powder

¼ cup vegan chocolate chips or carob chips

Dried Fruit

¼ cup dried cranberries (unsweetened)

5 dried figs

Nuts/Seeds and Nut/Seed Butters

7 brazil nuts

8 Tbsp walnuts

1 serving almonds (about 23 almonds)

6 Tbsp hemp seeds

6 Tbsp ground flaxseed

½ cup raw sunflower seeds

½ cup tahini

¾ cup almond butter (or any nut butter)

Beans/Canned Items

14 oz can no-salt chickpeas

14 oz can white beans

2, 15 oz cans of black beans

15 oz can kidney beans

14.5 oz can fire-roasted tomatoes (look in canned tomato section)

Seaweed

14 seaweed snacks

Condiments

7 tsp tamari or low-sodium soy sauce

6 Tbsp salsa

Ketchup (optional, if you want some on your Bean Burger)

Mustard (optional, if you want some on your Bean Burger)

1 tsp hot sauce (optional for Black Bean Tacos and Millet & Tofu Scramble Bowl)

¼ cup barbecue sauce

Spices/Herbs

¾ tsp vanilla extract

2 tsp cinnamon

1 ¼ tsp turmeric powder

½ tsp powdered ginger

1 ⅛ Tbsp chili powder

1 ¾ tsp cumin

¼ tsp cayenne

1.5 tsp black pepper

¾ tsp salt

Health Food Store/Miscellaneous

¼ cup nutritional flakes

1 Tbsp white miso

Small jar of pickles (optional if you want to slice a pickle for topping on your Bean Burger)

1 cup hummus

Notes

*There will be 3 leftover 6-Ingredient Chocolate Chip Cookies. Store extras in the freezer.

*There will be 1 leftover Energy Bite. Store extras in the freezer.

Nutrition Facts for Meal Plan

	MON	TUE	WED	THUR	FRI	SAT	SUN
CALORIES	1693	1776	2119	1969	1784	1173**	2130
Protein (g)	72	68	81	78	73	41**	77
Carbs (g)	209	289	308	300	208	160**	308
Fat (g)	70	47	75	63	74	50**	63
% Carbs : Fat : Protein	49:36:16	63:23:14	56:30:13	59:27:14	47:36:17	51:36:13**	60:26:14
Calcium (mg)	813	1105	1090	1156	1273	869	1220
Iron (mg)	23	20	22	23	25	14	26
Zinc (mg)	11	8	10	10	10	8	9
Fiber (g)	67	65	74	71	62	36	86
Sugar (g)	50	89	85	83	43	67	34
Omega-3 (g)	4	2	2	3	1	3	3
Omega-6 (g)	22	13	26	23	19	17	13
Sodium (mg)	2226	2990	2408	2377	1142	1128	2922
Vitamin B12 (µg)	4	16	0	0	0	0	0

*We recommend a ratio of 40-75% carbs, 15-35% fat, and 10-25% protein.

**These numbers do not include the dinner that you have on your own.

***This plan follows the dietary recommendation that women and men between the ages of 19 and 75 follow a diet of 1600-2200 calories per day, and 2000-3000 calories per day respectively. If you require more calories than what we provide in this meal plan it is recommended to add an additional snack or increase portion sizes of recipes.