

WEEK 2

Plant-Based

MEAL PLAN



MEAL PLANNING

The key to success with menu planning is to keep it simple and predictable! Think of it as establishing a food rhythm and regularity, you begin to feel less overwhelmed and life becomes more predictable. Also, as you simplify, kids get less and less picky about food. I have created these meal plans to provide you an idea of how you can make simple food fixes and recipes for daily and weekly meals. Having a plan can simplify the transition to a plant-based lifestyle and the general stress associated with dinner time. I have pulled many of these meals from what my family and I often eat. The description of the meal may seem routine, but the experience of these meals is not.

I recommend grocery shopping once a week using your provided grocery list that coordinates with the planned meals for the week. Make adjustments based on any leftover groceries you still have in the fridge or pantry. Most of the dinner meals can be prepared in under 20 minutes. For the more complex meals, which I try to save for the weekends, I have provided detailed recipes on how to prepare them. Having a meal plan helps people be more successful with making healthy food choices. However, these plans are flexible; feel free to use your own food ideas and customize it in ways that suit your personal preferences. Finally, always eat when you are hungry! We don't count calories and plant-based foods tend to be less dense than animal products so you will need to eat more! This truly is a lifestyle about abundance.

NOTE: PORTIONS ARE GEARED FOR A FAMILY OF FOUR; 2 ADULTS AND 2 KIDS. ADJUST AS APPROPRIATE.



MONDAY

BREAKFAST

Oatmeal

LUNCH

New Mom Power Smoothie

SNACK

Lentil Bruschetta with Pita Chips

DINNER

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- Quinoa
- 1 Can Red Beans
- 1 Bushel Grilled Asparagus
- Cashew Cheese Sauce

TUESDAY

BREAKFAST

Morning Blues Smoothie

LUNCH

Peanut Butter and Banana Sandwich on sprouted bread

SNACK

Seaweed and Fruit (strawberries, clementines)

DINNER

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- Taco Tuesday
- Taco Salad Bowl
 - Romaine lettuce
 - 1 Cup Cherry Tomatoes (halved)
 - 1 Sliced Avocado
 - 3/4 Cup Frozen Corn
 - 1 Can Black beans

WEDNESDAY

BREAKFAST

Overnight Oats or Chia Seed Pudding
(make the night before)

LUNCH

Pregnancy Power Smoothie

SNACK

Larabar and grapes

DINNER

[Play video](#) 

- Pasta Night
- 1/2 Box Spaghetti with creamy avocado sauce



THURSDAY

BREAKFAST

Some Like it Simple Smoothie

LUNCH

Store bought veggie burgers topped with avocado and a side of frozen veggie fries

SNACK

Turmeric Hummus with baby carrots and cucumber

DINNER

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Couscous Vegan Bowl

- 1 Cup Couscous
- BBQ Jackfruit
- Sautéed Kale

FRIDAY

BREAKFAST

Cereal

LUNCH

Going to the Tropics Smoothie

SNACK

Rice Cake topped with avocado or nut butter

DINNER

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Carrot Dogs with Avocado and Kale Salad



SATURDAY

BREAKFAST

Green monster pancakes

LUNCH

Leftovers - time to clear out the fridge!

SNACK

Banana Soft Serve topped with date caramel sauce

DINNER

Homemade Black Bean Burger with
Homemade Sweet Potato Fries

SUNDAY

BREAKFAST

Vegan Belgian Waffles

LUNCH

Antioxidant Power Blend Smoothie

SNACK

Apple slices, banana and baby carrots

DINNER

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- 1 Cup Brown Rice
- Collard Greens
- 1 Can Black Beans
- Cashew Cheese Sauce

WEEK 2

Grocery List

PRODUCE

- 1 bunch of Asparagus
- 12 Bananas
- 1 bag of Clementines
- 16 oz Organic Strawberries
- 1 bag of Organic Grapes
- 10 oz Cherry Tomatoes
- 1 bunch Romaine Lettuce
- 6 Avocados
- 20 oz bag of Baby Carrots
- 1 Cucumber
- 3 bunches of Kale
- 2 bunches of Collard Greens
- 2 - 5 oz bags Spinach
- 8 medium to large carrots
- 4 organic apples
- 2 Mangos
- 1 Red Pepper
- 3 large sweet potatoes
- 3 heads Garlic
- 1 Fresh Pineapple
- 4 oz (1/2 cup) Fresh Basil Leaves
- 2 Fresh Lemons (or lemon juice)

GROCERY LIST

DRY + CANNED GOODS

- 1 - 15 oz Can Kidney Beans (Red Beans)
- 3 - 15 oz cans Black Beans
- 2 - 20 oz cans of Young Green Jackfruit in Water (not brine or syrup)
- 1 box of Cereal
- 32 oz Vegetable Broth
- 8 oz Bread Crumbs
- 1 can garbanzo beans (chickpeas)
- 8 oz brown lentils (or 1 lb package steamed lentils from trader joe's)
- 1 lb Whole Wheat Pasta (capellini)

GRAINS + BREAD

- 1 Loaf of Whole grain sprouted bread
- 8 Hotdog Buns
- 8 Hamburger Buns

SNACKS

- 8.5 oz brown rice rice cakes
- 8 Larabar (or vegan granola bar of your choice)
- 6 - 0.35 oz bag Roasted Seaweed Snack
- 1 bag of Pita Chips

GROCERY LIST

COLD ITEMS

- 3 half-gallon Non-dairy Milk (Original, Unsweetened)
- 2 - 1L Boxes of Coconut Water

FROZEN ITEMS

- 1 box of Frozen Veggie Burger (our favorite brand is Beyond Meat)
- 14oz Frozen Veggie Fries (carrots & potatoes are our favorite)
- 16 oz Frozen Strawberries
- 16 oz Frozen Corn
- 16 oz Frozen Peaches
- 16 oz Frozen Blueberries
- 16 oz Frozen Mango
- 16 oz Frozen Broccoli
- 16 oz Frozen Beets
- 16 oz Frozen Pomegranate seeds
- 16 oz Frozen Coconut chunks

BAKING, ETC.

- 1 lb Medjool Dates
- 8 oz Dried Cranberries
- 24 oz Ground Flax Seed
- 12 fl oz Rice Vinegar
- 4 fl oz Liquid Smoke (Natural Hickory flavor)
- Paprika
- Mustard Powder
- Garlic Powder
- Dried Oregano
- Dried Basil
- 5 lb bag Whole Wheat Pastry Flour
- 1/2 lb Brown Sugar
- BBQ sauce (make sure it's vegan!)
- 12 fl oz Balsamic Vinegar

WEEK 2

Recipes

GREEN MONSTER PANCAKES

Serves 4

- 2 cups rolled oats
- 2 handfuls of Spinach
- 1/2 tsp baking powder
- 2 ripe bananas (skin needs to be spotty)
- 2 pitted medjool dates
- 1 1/2 cups almond milk

Blend in blender until smooth. Cook in skillet over medium heat. Wait for the bubbles around the outside of the pancake then flip.

OVERNIGHT OATS

Serves 2

- 1 mashed ripe banana
- 1 cup rolled oats
- 1/4 cup chia seeds
- 1 1/2 cup almond milk
- 1/4 tsp vanilla extract
- sprinkle of cinnamon

Combine and mix in a mason jar or other airtight container. Let it sit overnight in the fridge and top it with fresh fruit in the morning.



BREAKFAST

OATMEAL

- 1 3/4 cup Water
- 1 cup rolled oats
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- 1/4 cup Craisins

Bring the water to a boil, add rolled oats, chia seeds, hemp seeds, and raisins. Bring back to a boil and then reduce heat to low and cook for 5 minutes. Stir, turn off heat, place lid on pan and let sit for 5 minutes. We love adding frozen blueberries and a scoop of nut butter to our oatmeal bowl! Also feel free to top with fresh fruit.

Portion feeds 1 momma and 2 kids. If planning to feed papa bear too, double the portion.

CHIA SEED PUDDING



Serves 4

- 2 cups coconut milk
- 1/2 cup Chia Seeds
- 1/2 teaspoon vanilla extract
- 1/4 cup maple syrup (or 3 medjool dates)
- Optional: 1/4 teaspoon cinnamon powder

Blend all ingredients except chia seeds in a blender until smooth. Whisk in chia seeds. Pour mixture into a jar or glass container and place in the refrigerator for at least 4 hours or overnight to have ready for a fast breakfast the next day.

BREAKFAST



VEGAN BELGIAN WAFFLES

Serves 4

- 1 1/2 cup whole wheat flour
- 1 tbsp baking powder
- 1/2 tsp salt
- 2 tbsp brown sugar
- 5 tbsp melted vegan butter
- 2 tbsp ground flax seed
- 5 tbsp water
- 2 tsp vanilla extract
- 1 1/2 cups non-dairy milk
- 1 tbsp apple cider vinegar

Combine the flax seed and water in a small bowl, set aside. Combine the non-dairy milk and apple cider vinegar in a measuring cup; set aside. Add the flour, baking powder, salt, and sugar to a medium bowl and mix well. Melt the butter then slowly add the butter to the milk mixture, whisking vigorously while pouring it in. Add the flax mixture and the vanilla and mix well. Add the butter mixture to the flour mixture and mix well. Cook the waffles according to your waffle maker's instructions.



CREAMY AVOCADO PASTA SAUCE

DINNER

- 1-2 cloves garlic
- 1/4 cup fresh basil leaves
- 4 tsp lemon juice
- 1 tbsp olive oil
- 1 ripe medium avocado, pitted
- 1/4 tsp sea salt

Place in food processor and process until smooth.

CARROT DOGS



Serves 4; we each usually eat 2 carrots

- 1 cup vegetable broth
- 1/4 cup apple cider vinegar
- 2 tbsp rice vinegar
- 2 tbsp Bragg's Liquid Aminos
- 1/2 tsp liquid smoke
- 1 tbsp paprika
- 2 tsp mustard powder
- 1/2 tsp garlic powder
- 1/4 tsp ground black pepper
- 2 tbsp olive oil
- 8 medium to large carrots (peeled and cut to the size of the bun)
- 8 hotdog buns

In a medium sauce pan, mix together the broth, vinegars, Bragg's, liquid smoke, and spices. Bring it to a simmer and simmer the marinade for 5 minutes. Rub the carrots with olive oil and place the carrots in a 9x13 inch baking dish. Pour the marinade over the carrots, cover with foil and let sit for at least 30 minutes, ideally 2 hours. When you are ready to cook the carrots, preheat the oven to 425F. Stick the carrots in the oven, still covered, and cook them for 25 minutes. Then take off the foil, turn them over and roast them for another 30 minutes. Add your choice of toppings and serve right away.

BBQ JACKFRUIT

- 2 20-oz cans young green jackfruit in water
- (NOT in syrup or brine)
- **1/4 cup BBQ seasoning**
 - 2 tbsp brown sugar
 - 1 tsp paprika
 - 1 tsp garlic powder
 - 1/2 tsp salt
 - 1/2 tsp pepper
 - 1/2 tsp chili powder
- 3/4 cup BBQ sauce (ensure it's vegan)

Rinse, drain and thoroughly dry jackfruit. Chop off the center "core" portion of the fruit and discard. Place in a mixing bowl and set aside.

Mix together BBQ seasoning (brown sugar, paprika, garlic powder, salt, pepper and chili powder) and add to jackfruit. Toss to coat.

Heat a large skillet over medium heat. Once hot, add 1-2 Tbsp oil of choice and seasoned jackfruit. Toss to coat and cook for 2-3 minutes to achieve some color. Add BBQ sauce and thin with enough water (1 tbsp at a time) to make a sauce. Stir and reduce heat to low-medium and cook for about 20 minutes (up to 35 minutes on low for a deeper flavor). Remove lid and stir occasionally.

TIP: For finer texture, use two forks to shred the jackfruit as it cooks down. Once the jackfruit has been properly simmered, turn up heat to medium-high and cook for 2-3 more minutes. Then remove from heat.

DINNER

BLACK BEAN BURGERS

Serves 6

- 2 cloves garlic
- 1/2 cup frozen corn
- 1/2 large red pepper
- 1 can black beans
- 1 tbsp fresh lemon juice
- 1/4 tsp chili powder
- 2 tsp maple syrup
- 3/4 cup rolled oats
- 1 cup bread crumbs
- Dash of sea salt and black pepper

Preheat a large pot over medium heat and add 1 tbsp oil. Add garlic, corn, bell pepper, dash of sea salt and black pepper. Cook until mixture is slightly browned.

In a food processor, combine black beans, chili powder, sea salt, lemon juice, and maple syrup. Pulse together (5-8 times). Add oats and bread crumbs. Pulse until uniform.

Transfer to larger bowl and add the cooked pepper mixture and fold into veggie burger mixture.

Heat a large sauté pan over medium heat and add remaining oil.

With damp hand, form burgers into patties with the mixture and place on heated pan.

Cook for about 5 minutes on each side or until browned.

CASHEW CHEESE



- 1 cup raw cashews (soaked)
- 1/4 cup filtered water
- 1/4 cup nutritional yeast
- 2 tbsp lemon juice
- 2 cloves garlic
- 1 tbsp raw apple cider vinegar
- 1 tbsp dijon mustard
- sea salt and pepper to taste

Simply add all ingredients into your Vitamix or high speed blender and blend until thick and creamy. It will be the consistency of thawed or stirred cream cheese. Store in the refrigerator for up to 5-7 days.

Store in airtight container in the fridge. Will stay fresh for up to 5 days.

SWEET POTATO FRIES

Serves 4

- 3 large sweet potatoes
- 2 tbsp nutritional yeast
- 1 tsp melted coconut oil
- Salt and pepper

Pre-heat oven to 400 degrees

Wash sweet potatoes, peel and cut into fry shape.

Combine all ingredients in a large bowl.

Place on baking tray and bake for 40 minutes - flip after 20 minutes

OTHER



LENTIL BRUSCHETTA

- 8 oz uncooked lentils, OR a 1 lb package steamed lentils from trader joe's
- 1 can diced tomatoes
- 8-10 fresh basil leaves, chopped
- 1 1/2 tsp garlic, minced
- 1 1/2 tsp salt and pepper to taste
- 1 tbsp balsamic vinegar
- 1 tsp lemon juice
- 1 tsp dried oregano
- 1 tsp dried basil

If you are cooking your own lentils, rinse and drain them in a colander. Bring a large pot of unsalted water to a boil and add the lentils.

Boil, covered, until tender but not mushy, about 20-30 minutes. Drain and cool, then refrigerate until chilled.

In a large bowl, add the diced tomatoes and their juices. Chop the basil leaves and mince the garlic and add it to the bowl. Add the salt, pepper, balsamic vinegar, olive oil, lemon juice, oregano, and basil and stir. Add the cooled (or pre-packaged) lentils and stir again.

Refrigerate to let the flavors meld. Serve with crackers, pitas, or with sliced cucumbers

KALE AND AVOCADO SALAD

Serves 4

For Salad:

- one bunch of kale
- 1 tbsp fresh lemon juice

For Dressing:

- one avocado, chopped
- 1 tbsp apple cider vinegar
- 1 tsp nutritional yeast
- ¼ tsp sea salt
- pinch of black pepper

To make salad: Remove hard stem from leaves of kale and rip the leaves into strips. Place kale pieces into large bowl and add 1 tablespoon of lemon juice. Massage the kale for about 2 minutes. It should start to turn a rich, greener color. Set aside.

To make dressing: Combine avocado, apple cider vinegar, salt and pepper in a small bowl and mash until smooth and creamy or use a small food processor.

Toss massaged kale with dressing.

COLLARD GREENS

Serves 4

- One bunch of collard greens, rinsed, leaves removed from stems, and shaken dry
- 1/2 cup Vegetable Broth
- 1 tsp Liquid Smoke
- 1 tbsp (or more) Bragg Liquid Aminos (or Tamari sauce)
- 5 garlic cloves, sliced thinly
- 1 tbsp olive oil
- salt
- pepper

In a small bowl prepare the marinade by combining the vegetable broth, Bragg Liquid Aminos and liquid smoke. Set aside. Heat the oil in a large skillet over medium heat. Add the garlic and sauté, being careful not to burn it. Slowly start adding in the greens, and using tongs, stir the greens around, flipping them over to get their fair share of the heat. Once all the greens are added, pour in the marinade and stir around, making sure all greens are covered.

After about 5 minutes, all/most of the liquid should be soaked up, the greens should have shrunk significantly, and they should be a dark green color. Add salt and pepper to taste and remove from heat.

SAUTÉED KALE

Serves 4

- 1 bunch of kale
- 1/2 tsp olive oil
- 1 tbsp water
- 2 cloves garlic, minced
- 2 tsp lemon juice
- 1 tsp Bragg's Liquid Aminos (or Tamari sauce)

Remove the tough stems and rip the greens into strips. In a big wok or skillet heat up the oil over medium heat, add the greens and toss them around. Add the water, garlic, lemon juice, and Bragg's and then keep tossing the greens until they cook down. Once the greens are wilted, turn off the heat and serve.

OTHER

BANANA SOFT SERVE

Serves 4

- 4 frozen bananas* (peel, cut and put banana pieces in ziplock bag 24 hrs in advance)
- 3 medjool dates
- 1 tbsp Almond milk
- 1 tsp cinnamon

Blend all ingredients in high speed blender or food processor. Top with date caramel sauce, fresh fruit, dark chocolate or mixed nuts.

Eat immediately!

***Note:** Make sure bananas are SUPER ripe before freezing. Skin full of brown spots.

TURMERIC HUMMUS

- 1 can chickpeas
- 2 tbsp Nutritional yeast
- 2 tbsp Apple Cider Vinegar
- 1 tsp Turmeric
- 2 cloves garlic
- Handful basil

Blend all ingredients in a high speed blender or food processor until smooth. Feel free to add more or less apple cider vinegar, garlic, nutritional yeast to taste.

DATE CARAMEL SAUCE

- 15 medjool dates (pitted and soaked)
- 1/4 cup of water
- 1 tsp cinnamon

Make date caramel - soak dates in water for 3-5 hours. When soaked, blend them with 1/4 cup water and cinnamon. Once blended you have yourself some date caramel.

How to make a delicious smoothie every time!

If you keep to these general guidelines you will be ensured a delicious and nutritious result every time.

BUILDING THE PERFECT SMOOTHIE:

2 cups greens

1 ½ cups liquid

1 cup creamy fruit (ex: banana, mango, avocado)

¾ sweet fruit (ex: apples, berries)

SMOOTHIE TIPS

Use frozen fruit in lieu of ice when making smoothies!

Once your bananas get super ripe, lots of brown spots, freeze them! Frozen bananas make your smoothies extra creamy and are also the base for “nice-cream.”

Blend greens and liquid together first, then add the remaining smoothie ingredients and blend again!

Don't be intimidated to try new ingredients. Add an avocado, frozen beets or frozen broccoli to your smoothie.



SMOOTHIES

MORNING BLUES

- 3 handfuls of Spinach
- 2 bananas
- Frozen peaches
- 1/2 cup Frozen blueberries
- 2 tbsp Chia Seeds
- 2 cups Coconut Water

SOME LIKE IT SIMPLE

- 2 cups Spinach
- 1 frozen banana
- 1 cup frozen mango
- 1 1/2 cup almond milk

PREGNANCY POWER SMOOTHIE

- 3 handfuls of greens (power greens mix of spinach, chard and Kale)
- 2 handfuls of frozen beets
- 2 frozen bananas
- 1 handful of blueberries
- 2 cups coconut water to blend

NEW MOM POWER

- 2 cups power greens
- 2 frozen bananas
- 1/2 cup frozen mango
- 1/4 cup fresh blueberries
- 2 pitted medjool dates
- 2 tbsp hemp seeds
- 1 tbsp flax seeds
- 1 tbsp chia seeds
- 2 cups non-dairy milk

ANTIOXIDANT POWER BLEND

- 2 cups of greens
- 1/4 cup frozen beets
- 1/4 cup pomegranate seeds (fresh or frozen)
- 1/4 cup frozen blueberries
- 8 fresh strawberries
- 1 fresh banana
- 1 1/2 cup of almond milk

GOING TO THE TROPICS

- 1 1/2 cups coconut water
- 2 cups power greens
- 2 medjool dates
- 1/2 cup Mango
- 1/4 cup Frozen coconut chunks
- 1 banana
- 1/4 cup fresh pineapple