

WEEK 3

Plant-Based

MEAL PLAN

WEEK 3

Grocery List

GROCERY LIST

PRODUCE

- 3 Sweet Potatoes
- 2 Spaghetti Squash
- 4 Avocados
- 2 Tomatoes
- 1 Head of Garlic
- 2 - 5 oz Bags of Spinach
- 1.5 lb Deep Greens Blend
- Power (spinach, baby kale and chard)
- 2 Bunches of Kale
- 2 Baby Bok Choy
- 16 oz Cremini Mushrooms
- 1 Stalk Celery
- 1 - 20 oz Bag of Baby Carrots
- 6 oz Organic Blueberries
- 6 oz Organic Blackberries
- 1 Eggplant
- 1 Watermelon
- 2 Fresh Lemons (or lemon juice)
- 1 Lime
- 12 Bananas
- 2 Organic Apples
- 2 Red Bell Peppers
- 1 Orange Bell Pepper
- 10 oz Sugar Snap Peas (snow peas)
- Small Piece Fresh Ginger
- 1 Bag Shredded Carrots
- 3 Medium Size Carrots

GRAINS + BREAD

- 8 Corn Tortillas
- 1 Load of Whole-Grain Sprouted Bread
- 16 oz Couscous
- 16 oz Brown Rice
- 1 lb Rolled Oats

DRY + CANNED GOODS

- 2 - 15 oz Cans Black Beans
- 1 - 15 oz Can Refried Black Beans
- 2 Cans Garbanzo Beans (chickpeas)
- 8 oz Lentils
- 2 - 15 oz Cans of Diced Tomatoes
- 1 Can Tomato Sauce
- 1 Jar Marinara Sauce of choice
- 1 lb Soba Noodles
- 32 oz Vegetable Broth
- 1 Box of Cereal

SNACKS

- 8 Larabars (or vegan granola of your choice)
- 1 Bag Sprouted Rice Chips (we like the brand Way Better)

GROCERY LIST

COLD ITEMS

- 2 - 1lb Boxed of Coconut Water
- 3 Half-Gallons of Almond Milk (original unsweetened; or non-dairy milk of your choosing)
- 8 oz Hummus
- 1 - 8 oz Box of Seitan
- 1 Package of Extra Firm Tofu
- 1/2 Cup of Kalamata Olives

BAKING, ETC.

- 1 lb Medjool Dates
- 16 oz Peanut Butter
- 32 oz Maple Syrup (Grade A Amber Color)
- 8 oz Coconut Flakes
- 9 oz Sesame Seeds
- 5 fl oz Toasted Sesame Oil
- Chili Garlic Sauce or Sriracha
- 23 oz Apple Sauce
- Cumin
- Onion Powder

FROZEN ITEMS

- 16 oz Frozen Edamame
- 16 oz Frozen Mango
- 16 oz Frozen Blueberries
- 16 oz Frozen Peaches



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

Chia Seed Pudding
(make the night before)

LUNCH

Feeling Nutty Smoothie

SNACK

Vegan Energy Balls
[PLAY VIDEO](#)

DINNER

- 1 cup quinoa
- 1 eggplant
- 1 cup lentils
- tomato sauce

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TUESDAY

BREAKFAST

Avocado Toast

LUNCH

Turn Up the Beet Smoothie

SNACK

Larabar and Fruit

DINNER

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- Sweet Potato and Black Bean Tostadas
- Kale Avocado Salad

WEDNESDAY

BREAKFAST

Go-To Green Smoothie

LUNCH

Vegetable Hummus Sandwich

SNACK

Crunchy Roasted Chickpeas
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DINNER

[WATCH VIDEO](#) 

- Sugar Snap Pea and Carrot Soba Noodles

See Recipe Section for recipe details.



THURSDAY

BREAKFAST

Oatmeal

LUNCH

Big Momma Smoothie

SNACK

Ants on a Log (celery, almond butter, raisins)

DINNER

Couscous Vegan Bowl

- 1 cup couscous
- 1 box Seitan
- 2 heads baby bok choy with cashew cheese

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FRIDAY

BREAKFAST

[WATCH VIDEO](#) 

Chia Seed Muffins

LUNCH

Sandwich:

- sliced tomato
- 1/2 avocado
- lettuce
- sprouted bread

SNACK

Raw vegetables with hummus

DINNER

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Tex-Mex

See Recipe Section for recipe details.



SATURDAY

BREAKFAST

[PLAY VIDEO](#)

Green monster pancakes

LUNCH

Leftovers - time to clear out the fridge!

SNACK

Apple with nut butter

DINNER

Brown Rice Bowl with Roasted Carrots and Sautéed Kale:

- 1 cup brown rice
- 4 roasted carrots
- 1 bunch of kale

See Recipe Section for recipe details.

SUNDAY

BREAKFAST

Tofu Scramble

LUNCH

Black N Blue Smoothie

SNACK

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Something sweet: Vegan Cake with Coconut Cream Icing

DINNER

Mediterranean Spaghetti Squash Bowls

[PLAY VIDEO](#)

WEEK 3

Recipes

GREEN MONSTER PANCAKES

- 2 cup 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.

CHIA SEED MUFFINS

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- 3/4 cup Whole Wheat Pastry Flour
- 1/2 cup Chia Seeds
- 1 1/2 tsp Baking Powder
- 1/4 tsp Sea Salt
- 1/4 tsp Cinnamon
- 1/3 cup Maple Syrup
- 1/3 cup Non-Dairy Milk
- 1 tsp vanilla extract

Preheat oven to 300 degrees F. Lightly grease a muffin tray. In a large bowl, combine flour, chia seeds, baking powder, salt and cinnamon. Add maple syrup, milk and vanilla stir until combined. Spoon batter into muffin tray. Bake for 22 minutes let muffins cool.

BREAKFAST



In the photo of the Raspberry
Vanilla Lollipops, the ice cream
was poured directly into the
glasses after being made, and
it was left to freeze until solid.
When the shot glasses came out
of the freezer, they got frosty
and it was difficult to see the

OATMEAL

- 1 ¾ cup Water
- 1 cup rolled oats
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- ¼ cup raisins

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.

CHIA SEED PUDDING

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- 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



TOFU SCRAMBLE

- 2 TSP Olive Oil
- 2 cloves garlic, minced
- 1 1/2 cups sliced cremini mushrooms
- 1/2 red bell pepper, finely chopped
- 2 cups baby spinach
- 1 tbsp nutritional yeast
- 1/4 tsp smoke paprika
- 1 package extra firm tofu, pressed
- 1/2 tsp sea salt
- black pepper

In a large wok, combine the oil, garlic and mushrooms and saute over medium- high heat for 5-10 minutes. Add the red pepper, baby spinach, nutritional yeast and smoked paprika. Stir well and combine. Crumble the tofu and add it to the wok, stir well to combine, reduce heat to medium and sauté for roughly 10 minutes. Season with salt and pepper.

AVOCADO TOAST

- Mashed Avocado
- Toasted Sliced Bread
- Fine-grain salt and freshly ground black pepper
- Red Pepper Flakes (optional)

Spread the mashed avocado on the toast. Top with salt and pepper. Add hot sauce or red pepper flakes, if desired.

BREAKFAST



SWEET POTATO AND BLACK BEAN TOSTADAS

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Serves 4

- 3 Medium sized sweet potatoes, peeled and cubed
- 2 Tbsp Olive Oil
- 1/2 tsp chili powder
- Sea Salt
- 1 can refried black beans
- 8 corn tortillas
- 1 tbsp olive oil for brushing
- Salsa for serving

Preheat the oven to 400 degrees Fahrenheit with two racks placed near the middle of the oven, leaving a few inches in between the racks. Line two large rimmed baking sheets with parchment paper to prevent sticking.

Place the sweet potatoes in a bowl and toss with olive oil, chili powder and salt until the sweet potatoes are lightly and evenly coated. Spread the potatoes on one of the prepared baking sheets.

Bake until the sweet potatoes are tender and slight browned on the edges, about 30 to 35 minutes. Set aside, but leave the oven on for the crispy tortillas.

To prepare the crispy tortillas: On another baking sheet, lined with parchment paper, brush both sides of each tortilla lightly with olive oil. Arrange 4 tortillas in a single layer across the baking sheet. Bake for 10 to 12 minutes, turning halfway, until each tortilla is golden and lightly crisp.

To assemble the tostadas, spread black beans over each tortilla, and top each tortilla with a few slices of avocado and followed by the sweet potatoes. Serve with your favorite hot sauce or salsa on the side.

KALE AND AVOCADO SALAD

Serves 4

For Salad:

- one bunch of kale
- 1 tbsp apple cider vinegar
- 1 tbsp fresh lemon juice
- ¼ tsp sea salt

For Dressing:

- one avocado, chopped
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- 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 olive oil, 1 tablespoon of lemon juice, and salt. Massage the kale for about 2 minutes. It should start to turn a rich, greener color. Set aside.

To make dressing: Combine avocado, olive oil, lemon juice, nutritional yeast, salt and pepper in a small bowl and mash until smooth and creamy or use a small food processor. Toss massaged kale with dressing.

SUGAR SNAP PEA AND CARROT SOBA NOODLES

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Serves 6

Soba:

- 6 ounces soba noodles
- 2 cups frozen organic edamame
- 10 ounces (about 3 cups) sugar snap peas or snow peas
- 2 cups shredded carrots
- 1/4 cup sesame seeds

Ginger-sesame sauce:

- 1/4 cup Bragg liquid amino
- 2 tablespoons olive oil
- 1 small lime, juiced
- 1 tablespoon toasted sesame oil
- 1 tablespoon maple syrup
- 1 teaspoon chili garlic sauce or Sriracha
- 2 teaspoons freshly grated ginger

To prepare the vegetables: roughly chop the snow peas.

To make the sauce: whisk together the ingredients in a small bowl. Set aside.

Bring two big pots of water to a boil.

In the meantime, toast the sesame seeds: Pour the sesame seeds into a small pan. Toast for about 4 to 5 minutes over medium-low heat, until the seeds are turning golden and starting to make popping noises (or toast in the toaster oven).

Once the pots of water are boiling: In one pot, cook the soba noodles, according to package directions, then drain and briefly rinse under cool water.

Cook the frozen edamame in the other pot until warmed through (about 4 to 6 minutes) but before draining, toss the chopped peas into the boiling edamame water and cook for an additional 20 seconds. Drain.

Combine the soba noodles, edamame, snap peas and carrots in a large serving bowl. Pour in the dressing and toss with salad servers. Toss in the toasted sesame seeds. Serve.

TEX-MEX

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Serves 6

Tex-Mex Spice Blend:

- 1 tbsp chili powder
- 1 1/2 tsp ground cumin
- 1 tsp paprika
- 1 1/4 tsp sea salt

Casserole

- 1 cup brown rice
- 1 1/2 tsp olive oil
- 3 cloves garlic (minced)
- 1 red bell pepper, diced
- 1 orange bell pepper, diced
- 3/4 cup frozen corn
- 1 can diced tomatoes with their juices
- 1 cup tomato sauce
- 2 cups baby spinach
- 1 can black beans

Cook rice according to package.

Combine all spices in a bowl to make the tex-mex spice blend.

Preheat oven to 375 degrees F; oil a large casserole dish.

In a large wok, heat the oil over medium heat. Add garlic and bell peppers and sauté for 7 minutes (until soft) Season with salt and pepper.

Stir in the Tex-Mex spice blend, corn, diced tomatoes and their juices, tomato sauce, baby spinach, black beans, and rice. Sauté for a few minutes.

Transfer mixture to a casserole dish and smooth out top. Cover with foil and bake 15 minutes.

MEDITERRANEAN SPAGHETTI SQUASH BOWLS

Serves 4

- 2 spaghetti squash
- 1/4 cup water
- 1 can (15 ounces) chickpeas, rinsed and drained
- 1 tbsp olive oil
- 1 red bell pepper, chopped
- 1/4 cup thinly sliced Kalamata olives
- 2 tablespoons chopped fresh basil
- 1 clove garlic, minced
- 1 tablespoon lemon juice
- 1/4teaspoon salt

To prepare the spaghetti squash, preheat the oven to 400 degrees Fahrenheit.

Use a sharp knife to cut cut in half width wise. Scoop out 'guts' Repeat with the other squash. Place cut-side down on a baking tray and poor some water on the bottom of the tray. Bake for 45 minutes.

Prepare the chickpea salad; combine the chickpeas, bell pepper, olives, chopped basil, garlic, lemon juice, remaining 1 tablespoon olive oil and salt. Stir to combine. Taste, and add more lemon juice and/or salt if necessary. Set aside.

To assemble, use a fork to scoop out the squash and make 'spaghetti'. Scoop squash into bowl. Then divide the chickpea salad between the squash bowls.

Leftovers keep well for about 3 days.

CASHEW CHEESE

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- 1 cup raw cashews (soaked)
- ¼ cup filtered water
- ¼ cup nutritional yeast
- 2 Tbs. lemon juice
- 2 cloves garlic
- 1 Tbs. raw apple cider vinegar
- 1 Tbs. 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.

VEGAN ENERGY BALL

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- 2 cups pitted dates
- 1/4 cups warm water
- 3/4 cups rolled oats
- 1 cup coconut flakes
- 1/4 cup sesame seeds
- 3/4 cups natural, unsalted peanut butter

Place dates and warm water in a food processor and process until smooth. Add the peanut butter and blend again. Next add the rolled oats and blend one last time. Scoop the creamed mixture into a bowl and fold in the remaining ingredients with the exception of 1/2 cup of coconut flakes (the other 1/2 cup we will save for rolling the balls in). With wet hands, shape the mix into balls and roll the in the reserved coconut. Put on baking tray or plate and place in freezer.

OTHER



VEGAN CAKE WITH COCONUT CREAM ICING

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Cake Mix:

- 2 1/2 cups spelt flour
- 2 teaspoons baking powder
- Mix together in bowl.

Then combine with:

- 1/2 cup coconut oil (liquid state)
- 1 cup apple sauce
- 1 cup maple syrup
- Mix again until blended into cake batter.

Pour into greased 9"x9" pan Bake at 375 degrees Fahrenheit for 20-30 minutes.

Coconut Icing:

- One 15-oz can full-fat coconut milk
- 1 tablespoon sugar
- 1 teaspoon vanilla

Instructions: Place the can of coconut milk in the refrigerator and leave it there until well-chilled; preferably overnight.

Open the can of coconut milk. There will be a firm, creamy layer on top.

Scoop out this firm layer coconut cream that has solidified at the top of the can. Stop as soon as you reach the water at the bottom of the can; don't include anything but the solid cream. (You can use the water in smoothies, or just drink it straight.)

Place this cream in a large bowl. Beat cream with hand mixer on high speed, and whip the coconut cream for 3 to 5 minutes. Whip until it becomes fluffy and light, then mix in sugar and vanilla.

CRUNCHY ROASTED CHICKPEAS

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- 1 - 15 oz can chickpeas
- 2 tbsp nutritional yeast
- 1 tbsp olive oil
- 1 tsp chili powder
- 1 tsp onion powder
- salt to taste

Preheat oven to 400 degrees F.

Mix chickpeas, nutritional yeast, olive oil, chili powder, onion powder and salt together in a bowl until combined. Spread evenly on a baking sheet.

Bake in the preheated oven for 30 mins (until crispy).

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

BIG MOMMA

- 1 bag of baby spinach
- 1 avocado
- 4 bananas
- Frozen blueberries
- Frozen mango
- 2 tbsp peanut butter
- 2 1/2 cups almond milk

BLACK N BLUE

- 2 cups Greens
- ½ cups Blueberries
- ¼ cups Blackberries
- 1 Banana
- ½ cups frozen mango
- 1 ½ cups coconut water

FEELING NUTTY

- 2 handfuls Mixed Greens
- 2 ripe bananas (wait for those spots!)
- Frozen peaches
- 1 scoop peanut butter
- 2 cups coconut water

GO-TO GREEN SMOOTHIE

- 2 handfuls of spinach
- 2 bananas
- 1 cup frozen mango
- 2 medjool dates (pitted)
- 1 tbsp hemp seeds
- 2 cups almond milk

TURN UP THE BEET

- 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

Blend spinach and almond milk together first.

Add remaining ingredients and blend again until smooth. Enjoy!