



Plant Based Meal Guide

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A NUTRIENT DENSE-
PLANT BASED PLAN!

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WEEK 1

SUNDAY

B Chickpea scramble

L Edamame and green apple salad

D Loaded veggie bowl

MONDAY

B Coconut milk yogurt and berries

L Mediterranean plate

D Left overs from the night before.

TUESDAY

B Morning quinoa bowl

L Mediterranean plate

D Chickpea curry

WEDNESDAY

B Coconut milk yogurt and berries

L Tempeh spinach salad

D Left overs from the night before.

THURSDAY

B Morning quinoa bowl

L Tempeh spinach salad

D Lentil stew

FRIDAY

B Chickpea scramble

L Vegan burrito bowl

D Left overs from the night before.

SATURDAY

B Cinnamon blueberry smoothie

L Vegan burrito bowl

D Tempeh stir fry (make half recipe or store half in freezer for another day)

SHOPPING LIST

PRODUCE

- 3 yellow onions
- 4 red bell pepper
- 6 (128 g) cups baby spinach
- 6 cups (128 g) kale
- 2 cucumbers
- 2 heads of broccoli
- 4 large carrots
- 6 cloves garlic
- Ginger, 1 small root
- 4 cups (80 g) arugula
- 1/2 cup (74 g) cherry tomatoes
- 1/2 cup (57 g) shredded carrots
- 2 stalks celery
- 1 red onion
- 3 medium sweet potatoes
- 1 Green apple
- 2 lemons
- 1/2 cup (68 g) mixed berries
- 1/2 cup blueberries
- 2 medium peaches
- 1 avocado
- 1 banana
- 1/4 cup (42 g) shelled edamame
- 24 kalamata olives, pitted
- Fresh rosemary, small bundle

GRAINS, BEANS, NUTS, LEGUMES

- 3, 15 oz cans chickpeas
- Hummus, 1 large container
- 12 oz (340 g) tempeh
- 1, 15 oz can black beans
- Chopped walnuts, 1 small container
- Sliced almonds, 1 small container
- Tahini, one small container
- Ezekiel bread
- Sprouted pita bread
- Sesame seeds, one small container
- Almond milk, 1 small container
- Almond butter, 1 small container
- 1/2 cup mixed dry roasted nuts
- 1/2 cup (85 g) quinoa
- 3.5 cups brown rice
- Hemp hearts, small container

MISCELLANEOUS

- Cinnamon
- Bay leaf
- Thyme
- Turmeric
- Paprika
- Curry powder
- Ground ginger
- Cumin
- Garlic powder
- Sea salt
- Black pepper
- Maple syrup
- 2 cups coconut milk yogurt
- Dried goji berries
- Apple cider vinegar
- 2 15oz cans crushed tomatoes
- Pico de gallo
- Coconut aminos
- Canned coconut milk
- Coconut oil
- Avocado oil
- Olive oil
- Sesame oil
- Rice wine vinegar
- Nutritional yeast
- Sriracha
- Organic plant based protein powder

DAILY AVERAGES

Calories: 1,250

Carbohydrate: 43 grams, Protein: 118 grams, Fat: 67 grams

HOW TO MEAL PREP WEEK 1

- Pre-cook quinoa to be had with breakfast on Tuesday and Thursday.
- Pre-cook tempeh to be had with lunch on Wednesday and Thursday.
- Option to make lentil stew ahead of time and store in freezer to be had for dinner on Thursday and Friday.
- Pre-cook brown rice to be had with lunch on Friday and Saturday.
- Be sure to save half of dinner meals on Sunday - Friday to be had for dinner the following evening.

WEEK 2

SUNDAY

B Tofu scramble

L Sun-dried tomato and walnut salad

D Spanish rice and beans.

MONDAY

B Almond overnight oats

L Vegan burrito bowl

D Left overs from the night before.

TUESDAY

B Chia seed pudding

L Vegan burrito bowl

D Tempeh stir fry

WEDNESDAY

Almond overnight oats

L Sprouted grain veggie sandwich

D Left overs from the night before.

THURSDAY

Chia seed pudding

L Sprouted grain veggie sandwich

D Cauliflower tacos

FRIDAY

B Savory quinoa bowl

Sun-dried tomato and walnut salad

D Left overs from the night before.

SATURDAY

B Savory quinoa bowl

Lentils and more

D Grilled tofu dinner (make half recipe)

SHOPPING

LIST PRODUCE

- 2 medium onions
- 4 red bell peppers
- 1 green bell pepper
- 1 small bunch cilantro
- 1/4 cup (14 g) sun-dried tomatoes
- 5 cloves garlic
- 1 head broccoli
- 1 head cauliflower
- 1 small red onion
- 5 cups (106 g) baby spinach
- 4 cups (90 g) mixed greens
- 1 1/2 cups (170 g) shredded carrots
- 1/2 cup (75 g) shredded red cabbage
- 1 medium zucchini
- 1 vine ripe tomato
- 5 small avocados
- 1 lemon
- 1 lime
- 1/4 cup (34 g) green olives
- 1/2 cup (72 g) strawberries
- 1/2 cup (74 g) blueberries
- 2 large cucumbers
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GRAINS, BEANS, NUTS, LEGUMES

- 22 oz (624 g) extra firm tofu
- 1 small can black beans
- 1 small can chickpeas
- 8 oz (227) tempeh
- 1 small container hummus
- 1/3 cup (64 g) lentils
- 1/2 cup (62 g) chopped walnuts
- 9 tbsp (108 g) chia seeds
- 1 small can red kidney beans
- Sprouted grain sandwich wraps
- Sprouted grain taco wraps
- 3 cups (720 g) almond milk
- Almond butter
- 1/4 cup (34 g) mixed nuts
- 1 cup (80 g) rolled oats
- 2 tbsp (15 g) nutritional yeast
- 2 1/2 cups (490 g) brown rice
- 3/4 cup (135 g) long grain rice
- 2 cups (370 g) quinoa
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MISCELLANEOUS

- 1, 14oz can fire roasted tomatoes
- 1 cup (240 g) vegetable broth
- 1 small container pico de gallo
- 1 small container salsa
- Rice wine vinegar
- Avocado oil
- Olive oil
- Sesame oil
- Soy sauce
- Maple syrup
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- Cumin
- Turmeric
- Sea salt
- Black pepper
- Paprika
- Chili powder
- Oregano
- Cayenne pepper
- Cinnamon
- Ground ginger
- Taco seasoning
- Nutritional yeast
- Sriracha sauce
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DAILY AVERAGES

Calories: 1,369

Carbohydrate: 160 grams, Protein: 50 grams, Fat: 66 grams

HOW TO MEAL PREP WEEK 2

- Prepare almond overnight oats on Sunday and Tuesday evening to be had for breakfast the following days.
- Prepare chia seed pudding on Monday and Wednesday evening to be had for breakfast the following days.
- Pre-cook brown rice to be had with lunch on Monday and Tuesday.
- Pre-cook quinoa to be had with breakfast on Friday and Saturday.
- Be sure to save half of dinner meals on Sunday - Friday to be had for dinner the following evening.

WEEK 3

SUNDAY

B Kale and sweet potato hash (freeze half for breakfast on Friday).

L Chickpea salad

D Tuscan white bean soup

MONDAY

B Chia seed pudding

L Tempeh spinach salad

D Left overs from the night before

TUESDAY

B Avocado toast

L Tempeh spinach salad

D Vegan lentil pie (store remaining servings in freezer)

WEDNESDAY

Chia seed pudding

L Carrot ginger soup

D Left overs from the night before

THURSDAY

Avocado toast

L Carrot ginger soup

D Tempeh Buddha bowls

FRIDAY

Kale and sweet potato hash

L Mediterranean wrap

D Left overs from the night before

SATURDAY

Cinnamon blueberry smoothie

L Mediterranean wrap

D Tuscan white bean soup (make half recipe or store second serving in freezer)

SHOPPING

LIST PRODUCE

- 2 medium sweet potatoes
- 1 large russet potato
- 1 red onion
- 2 yellow onions
- 1 red bell pepper
- 1 green bell pepper
- 2 bulbs garlic
- 1 large bundle kale
- 2 cups (42 g) baby spinach
- 4 cups (80 g) arugula
- 1 cup (149 g) cherry tomatoes
- 3 large cucumbers
- 8 carrots
- 3 avocados
- 1 lemon
- Kalamata olives, small jar
- 1 cup (148 g) blueberries
- 1 medium banana
- 2 stalks celery
- 1 cup (113 g) shredded carrots
- 1 medium scallion
- 1 vine ripe tomato
- 1 bundle fresh cilantro
- Ginger root
- 2 cups (155 g) shelled edamame
- 1 cup (150 g) shredded red cabbage
- 1/4 cup (34 g) frozen peas
- 1/2 cup (41 g) canned or frozen corn kernels

GRAINS, BEANS, NUTS, LEGUMES

- Ezekiel or sprouted grain bread
- Sprouted grain wraps
- Brown rice, small package
- 1/4 cup (31 g) chopped walnuts
- 1/2 cup (68 g) dry roasted nuts
- Chia seeds, small container
- Sesame seeds, small container
- 1 cup (198 g) green or brown lentils
- Hummus, small container
- 1/2 cup (130 g) canned black beans
- 1/2 cup (120 g) canned chickpeas
- 2 cups (195 g) canellini beans
- 1/2 cup (128 g) kidney beans
- 16 oz (454 g) Tempeh
- Almond butter, small container
- Almond milk
- Hemp hearts, small bag

MISCELLANEOUS

- Tomato paste (small jar)
- 8 cups (1.9 kg) vegetable broth
- Sun-dried tomatoes (small jar)
- Apple cider vinegar
- Rice wine vinegar
- Coconut aminos
- Coconut milk, small can
- Red curry paste, small jar
- Olive oil
- Avocado oil
- Coconut oil
- Nutritional yeast, small container
- Sea salt
- Black pepper
- Garlic salt and/or powder
- Bay leaf
- Italian seasoning
- Crushed red pepper flakes
- Cinnamon, ground
- Onion powder
- Thyme, dried
- Rosemary, dried
- Organic vegan chocolate protein powder

DAILY AVERAGES

Calories: 1,239

Carbohydrate: 128 grams, Protein: 53 grams, Fat: 64 grams

HOW TO MEAL PREP WEEK 3

- Prepare chia seed pudding on Sunday and Tuesday evening to be had for breakfast the following days.
- Pre-cook tempeh to be had with lunch on Monday and Tuesday.
- Make carrot ginger soup ahead of time to be had for lunch on Wednesday and Thursday. This meal stores well in the freezer.
- Option to cook vegan lentil pie ahead of time to be had for dinner on Tuesday and Wednesday. This meal stores well in the freezer.
- Be sure to save half of dinner meals on Sunday - Friday to be had for dinner the following evening.

WEEK 4

SUNDAY

BCoconut milk yogurt and berries

LEdamame and green apple salad

DLoaded veggie bowl

MONDAY

BSavory quinoa bowl

LVegan burrito bowl

DLeft overs from the night before

TUESDAY

Almond overnight oats

LVegan burrito bowl

DTempeh stir fry

WEDNESDAY

Savory quinoa bowl

LSun-dried tomato and walnut salad

DLeft overs from the night before

THURSDAY

Almond overnight oats

LSun-dried tomato and walnut salad

DTuscan white bean soup

FRIDAY

Coconut milk yogurt and berries

LSprouted grain veggie sandwich

DLeft overs from the night before

SATURDAY

Tofu scramble

LSprouted grain veggie sandwich

DCauliflower tacos (make 1/2 recipe)

SHOPPING LIST

PRODUCE

- 6 (450 g) cups mixed greens
- 6 cups (402 g) kale
- 6 cups (128 g) baby spinach
- 3 large cucumbers
- 1 radish
- 3 carrots
- 2 large heads broccoli
- 1 large head cauliflower
- 2/3 cup (95 g) sauerkraut
- 1 bulb garlic
- 1 1/2 cups (170 g) shredded carrots
- 1 red onion
- 2 yellow onions
- 4 red bell peppers
- 1 stalk celery
- 1/4 cups (38 g) shredded red cabbage
- 1 bundle fresh cilantro
- 1/2 cup (68 g) mixed berries
- 1 green apple
- 2 lemons
- 1 lime
- 4 avocados
- 1/2 cup (72 g) strawberries
- Fresh pico de gallo, small container
- Salsa, small container
- 1/4 cup (42 g) shelled edamame

GRAINS, BEANS, NUTS, LEGUMES

- 2 cups (280 g) mung beans
- 1 cup (260 g) Canned black beans
- 1/2 cup (100 g) chickpeas
- 1, 15 oz can cannelli beans
- 12 oz (340 g) tempeh
- Hummus, small container
- 8 oz (227 g) firm tofu
- Chia seeds, small container
- 1/3 cup (46 g) dry roasted mixed nuts
- 1 cup (80 g) rolled oats
- Brown rice, medium bag
- Sprouted grain tortillas and taco wraps
- 2 cups (370 g) quinoa
- 1/4 cup (30 g) sliced almonds
- 1/2 cup (62 g) chopped walnuts
- Sesame seeds, small container
- Tahini, small container
- Almond milk
- Almond butter, small container
- Hemp hearts, small container

MISCELLANEOUS

- Apple cider vinegar
- Rice wine vinegar
- Soy sauce
- Nutritional yeast, small container
- Olive oil
- Avocado oil
- Sesame oil
- Maple syrup, small jar
- 2 cups (450 g) Coconut milk yogurt
- Sea salt
- Black pepper
- Turmeric, ground
- Ginger, ground
- Bay leaf
- Italian seasoning
- Crushed red pepper flakes
- Cumin, ground
- Taco seasoning mix
- Sriracha

DAILY AVERAGES

Calories: 1,319

Carbohydrate: 150 grams, Protein: 52 grams, Fat: 65 grams

HOW TO MEAL PREP WEEK 4

- Pre-cook quinoa to be had during breakfast on Monday and Wednesday.
- Pre-cook rice to be had with lunch on Monday and Tuesday.
- Prepare overnight oats on Monday and Wednesday evening to be had for breakfast the following days.
- Option to cook Tuscan soup ahead of time to be had for dinner on Thursday and Friday evening. This meal stores well in the freezer.
- Be sure to save half of dinner meals on Sunday - Friday to be had for dinner the following evening.