



# **VEGAN MEAL PLAN**

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Before beginning any fitness routine or diet it is important that you consult with your physician or nutritionist to ensure that your health is not at risk. The information in meal plans, diet plans, recipes, nutrition advice, articles and services provided is not to be used as a substitute for consultation, evaluation or treatment by a physician, registered dietitian or nutritionist.

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## **PREP AND PACK YOUR MEALS**

In order for this new relationship with food to work, you need to put in work! When I say work, I mean you need to Prep and Pack your meals. You need to adopt this Eating Clean lifestyle into every scenario of your life. Home, work, social, school, etc. Plan your meals at the beginning of your week; Prep your meals every Sunday and Wednesday night; Pack your meals and take your meals with you everywhere you go. You will need to purchase small cooler that you can transport with your day-to-day necessities.



# Meal Plan Overview

Veganism is a lifestyle that practices the abstinence of using animal products. Dietary vegans do not consume any animal products including eggs, dairy, honey and other animal-derived foods. Some of the health benefits of a vegan diet include reduced risk of hypertension, heart disease, diabetes and various types of cancer. As with any diet, veganism has its share of challenges. For example, without proper planning an entirely plant-based diet can result in insufficient calories and deficiencies in certain micronutrients such as vitamin B-12, Iron, calcium, zinc and omega-3 fatty acids.

Proteins are crucial for creating and maintaining muscle. It is also the most satiating macronutrient. Protein sources on a vegan diet includes soy, legumes, nuts and seeds.

## ABOUT THIS MEAL PLAN

### Grocery Lists

Easy to follow shopping lists and instructions for preparing your meals.

### Tasty Meals

Each day consists of 3 meals—breakfast, lunch and dinner

### Macronutrient Info

Calorie, fat, protein, and carbohydrate information is included in with each meal and recipe.

This meal plan provides you with an **example** of how to create well-rounded meals that would help you achieve your weight loss. Diet is a key component in achieving any fitness goal, however, there are several other factors that must be taken into consideration when planning a weight loss or muscle gain regime including exercise routine, current body composition and basal metabolic rate.

## CALORIES & MACRONUTRIENTS

This meal plan is based to meet daily caloric goal of approximately **1,500-1600 calories** with proteins, fats and carbohydrates accounting for **18%**, **31%** and **51%**, respectively of the calories.



## 7-Day Vegan Meal Plan

### Days 1 & 5

**Breakfast:** 1 Serving Chia Pudding & ½ Cup Blueberries, 1 Oz Almonds

**Lunch:** 1 Cup Black Beans Stew, 1 Serving Cashew Tomato Quinoa, 2 Cups Raw Spinach with ¼ Cup Blueberries

**Dinner:** Vegan Chili & 3.5 Oz Steamed Broccoli

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### Days 2 & 6

**Breakfast:** 2 Servings Tofu Scramble, 5 Oz Mashed Baked Yams, ½ Avocado Haas, ½ Oz Almonds

**Lunch:** 1 Cup Black Beans Stew, 5 Oz Mashed Baked Yams, 8 Oz Kale Chick Pea Salad

**Dinner:** 1 Serving Smoky Tofu Spinach, 1 Serving Thai Quinoa Salad & 3.5 Oz Steam Broccoli

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### Days 3 & 7

**Breakfast:** 1 Serving Breakfast Quinoa, Spinach (2 Cups) & Olive Oil (1 Tbsp), 1 Apple

**Lunch:** 2 Servings Tempeh Stew, ½ Cup Cooked Brown Rice & 3.5 Oz Steamed Broccoli

**Dinner:** 1 Serving Curry Lentils, ½ Cup Brown Rice & 3.5 Oz Steamed Broccoli

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### Day 4

**Have fun! Repeat your favorite breakfast, lunch and dinner meals.**



# Shopping List

## PROTEINS

Black Beans (low sodium canned)  
Edamame  
Firm Tofu  
Kidney Beans (low sodium canned)  
Lentils (dry)  
Tempeh

## VEGETABLES & FRUIT

Apple  
Asparagus  
Blueberries  
Broccoli  
Celery  
Garlic  
Ginger root  
Haas Avocados  
Kale  
Lemons  
Limes  
Red Onions  
Red Bell Peppers  
Spinach  
Thyme  
Tomatoes  
Yams (Jewel or Garnet)  
Yellow Onions

## FATS & OILS

Coconut Oil  
Olive Oil  
Sesame Oil

## MISCELLANEOUS

Almond Flour  
Almonds  
Baking Powder  
Brown Rice  
Canned Diced Tomatoes  
Chia Seeds  
Coconut Flour  
Coconut Milk  
Natural Peanut Butter  
Quinoa  
Soy Sauce (low sodium)  
Vegetable Stock

## SPICES & SEASONINGS

Black Pepper  
Brown Sugar  
Cayenne Pepper  
Chili Powder  
Cumin  
Curry Powder  
Ground Cinnamon  
Ground Nutmeg (optional)  
Ground Allspice (optional)  
Nutritional Yeast  
Paprika  
Salt  
Soy Sauce (low-sodium)  
Stevia  
Vanilla Extract



# Recipes

## Chia Pudding (2 Servings)

---

2 Cups Coconut Milk  
½ Cup Chia Seeds  
½ Tsp Vanilla Extract  
1 Tbsp Agave  
¼ Tsp Cinnamon powder  
Dash of ground nutmeg or allspice

1. In a blender, combine coconut milk, vanilla extract, Agave and spices (omit chia seeds). Blend until smooth. Stir in chia seeds.
2. Pour into a glass container. Refrigerate for at least 4 hours (ideally overnight). Whisk a few times within the first hour.

## Tofu Scramble (2 Servings)

---

1 package (14 oz) Firm Tofu, drained  
2 Cloves Garlic, minced  
½ Cup Red Onions, chopped  
½ Bell Peppers, sliced  
1 Cup Asparagus (or another green vegetable), chopped  
1 Tsp Curry Powder  
1 Tsp Nutritional Yeast  
1 Tsp Olive Oil  
Salt & Pepper to taste

1. Heat oil over medium heat in a large skillet. Saute garlic, onions, asparagus and bell peppers until fragrant and onions are translucent.
2. Add tofu to vegetables by crumbling it using fingers. Cook for about 2-3 minutes until tofu is hot; stir occasionally.
3. Stir in curry powder, nutritional yeast, salt and pepper; stir until all ingredients are evenly distributed.

## Mashed Baked Yams (3 Servings)

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1 Lb Jewel or Garnet Yams (Sweet Potatoes)  
Ground Cinnamon, ground nutmeg and cayenne pepper to taste  
Salt and Pepper

1. Preheat oven to 350 F. Wash yams and pierce a couple times with a fork.
2. Place potatoes on a baking sheet; bake for about 60-90 minutes until very soft.
3. Let potatoes cool then scoop out insides into a large bowl; discard skin. Add ground cinnamon, cayenne pepper, salt and black pepper to taste. Mash with fork or potato masher.

## Cashew Tomato Quinoa (4 Servings)

---

2 Cups, Cooked Quinoa  
1 Cup, Sundried Tomatoes, chopped  
1 Cup Green Bell Pepper, chopped  
½ Cup, Green Onion, chopped  
¼ Cup, Raw Cashews, coarsely chopped  
2 Cloves Garlic, minced  
½ Tsp Agave or Brown Sugar (optional)  
1 Tsp olive Oil

1. In a non-stick skillet, heat oil over medium heat. Add garlic, green onions and bell peppers. Cook for about 5 minutes until fragrant
2. Stir in quinoa, tomatoes, agave and cashews. Cook and stir occasionally until all ingredients are warm and evenly distributed.



# Recipes

## **Black Bean Stew** (8 servings)

6-8 Cups Water (for soaking beans)  
6-8 Cups Water (for cooking)  
2 Cups Dried Black Beans  
2 Cups Tomatoes, diced  
2 Cups Onion, chopped  
1 Cup Celery, chopped  
4 Tbsp Garlic, chopped  
2 Tbsp Olive Oil  
1 Tsp Cayenne Pepper  
1 Tsp Cumin (optional)  
½ Tsp Cinnamon  
4-5 Sprigs of Fresh Thyme  
Salt & Black Pepper to taste

### *METHOD 1 (If not using a pressure cooker)*

1. Soak beans overnight (or for at least 6 hours) in 6-8 cups of water.
2. After soaking, drain water and rinse beans; heat large pot on medium heat.
3. Add oil and sauté chopped onion, celery and garlic for 2 minutes; add tomatoes and cook for an additional 2 minutes.
4. Add rinsed black beans, thyme, cayenne pepper, cumin and cinnamon to sautéed vegetables.
5. Add water increase heat and let simmer covered for 1 1/2 to 2 hours; stirring occasionally. Add more hot water if necessary; add salt and pepper to taste.

### *METHOD 2 (If using a pressure cooker)*

1. Soak beans overnight (or for at least 6 hours) in 6-8 cups of water.
2. After soaking, drain water and rinse beans.
3. Place water, beans and all other ingredients (except salt and black pepper) into pressure cooker; secure lid and turn up flame to high.
4. Cook on high, according to slow cooker's instructions, for about 35 minutes.
5. Before opening pressure cooker, allow steam to release; refer to your pressure cooker's instructions to determine when it is safe to remove lid. Add salt and pepper to taste.

## **Kale Chick Pea Salad** (5 Servings)

1 Lbs Kale  
1 ½ Cups Canned Chick Peas, rinsed  
¼ Cup Parsley, minced  
2 Garlic Cloves  
¼ Cup Lemon Juice  
2 Tbsp Dijon Mustard  
2 Tbsp Agave  
¼ Tsp Cayenne Pepper  
Salt & Black Pepper to taste

1. Wash kale in cold water and let dry (set aside in colander to drip dry or gently pat dry); remove stems and midribs from kale.
2. Chop kale and place in a large bowl.
3. Remove any excess water from chick peas; add chick peas and parsley to kale.
4. In a small bowl combine garlic, lemon juice, dijon mustard, agave and cayenne pepper; whisk mixture thoroughly.
5. Pour lemon juice mixture into the large bowl of kale and toss thoroughly. Add salt and black pepper to taste.
6. Let salad marinate for 30-60 minutes before serving.



# Recipes

## Sautéed Spinach (4 Servings)

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1 Lb Fresh Spinach, washed & drained  
1 Tbsp Garlic, minced  
2 Tsp Olive Oil or Coconut Oil  
Salt & black pepper to taste  
Optional: ½ Tsp Sesame oil

1. In large skillet heat oil over low-medium heat. Add garlic and cook for about 3 to 5 minutes until fragrant. *Garlic burns easily, so keep an eye on the pot.*
2. Add spinach and increase heat to medium-high. Stir continuously and cook for about 2 minutes until all the spinach is wilted. Add salt, pepper and red pepper flakes while stirring.

## Tempeh Stew (5 Servings)

---

8 oz(s) Tempeh  
2 Tbsp Natural Peanut Butter  
1 Tsp Ginger root, grated  
2 Clove Garlic, minced  
1 Cup Yellow Onion, chopped  
1 Cup Tomatoes, chopped  
1 ½ Cup Vegetable Stock  
¼ Cup Low Sodium Soy Sauce  
1 Tsp Olive Oil

1. Slice tempeh into 1/2 inch thick slices then steam for 10 minutes.
2. In a small bowl, whisk soy sauce, peanut butter, ginger root and garlic. Combine tempeh and peanut mix; ensure that tempeh is evenly coated. Cover and marinate for at least 2 hours.
3. In a non-stick pan heat oil over medium heat; sauté onions and tomatoes for about 5 minutes until onions are translucent. Stir in marinated tempeh and vegetable stock. Bring to a boil then reduce to a simmer; cook covered for 10 minutes, stirring occasionally.

## String Bean Almondine (4 Servings)

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1 Lb String Beans, trimmed  
1 Tbsp Slivered almonds  
1 Tbsp Olive Oil  
1 Tbsp Lemon Juice  
2 Clove Garlic, minced  
Salt and black pepper to taste

1. Prepare ice bath.
2. Bring a large pot of water to boil. Add string beans and salt to boiling water. Cook beans until bright green and a tender-crisp, about 4 minutes. Immediately transfer beans to ice bath.
3. In a skillet, heat oil and almonds over medium-low heat. Cook for about 5 minutes, stirring frequently, until almonds are a deep brown. Add garlic and cook for about 2 minutes until lightly browned.
4. Remove from heat. Add lemon juice add beans to pan and toss. Return to medium heat and cook for about 1 minute; stirring to ensure that beans are evenly covered with sauce. Add salt and pepper to taste.



# Recipes

## Vegetable Rice (4 Servings)

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2 Cups Brown Rice, cooked  
2 Cloves of garlic, minced  
½ Tbsp Olive Oil  
1 Red Bell Pepper, chopped  
1 Cup Red Onions, chopped  
1 Cup Asparagus, chopped  
Salt and pepper to taste

1. Heat oil in large skillet over medium high heat. Cook vegetables for about 5 minutes until onions are translucent.
2. Mix in rice. Season with salt and pepper. Cook until rice is warm.

## Avocado Black Bean Salad (4 Servings)

---

2 Haas Avocados, diced  
16 Oz Can of Black beans  
2 Cups Spinach, chopped  
1 Cup Tomatoes, chopped  
¼ Cup Cilantro, chopped  
¼ Cup Red Onions, chopped  
2 Tbsp Olive Oil  
1 Clove Garlic, minced  
Juice from 1 Lemon  
Pinch of Cumin  
Pinch of Brown Sugar  
Salt and black pepper to taste

In a large bowl, add all ingredients and stir to combine. Serve cold.

## Breakfast Quinoa (3 Servings)

---

1 Cup Blueberries  
½ Cup Dry Quinoa  
½ Cup Light Coconut Milk  
1 Cup water  
½ Tsp Ground Cinnamon  
2 Tbsp Natural Peanut Butter

1. In a small saucepan, bring quinoa, coconut milk, water, cinnamon, vanilla and nutmeg to a boil. Reduce to a simmer; cook covered for 15 minutes until liquid is absorbed. Fluff lightly with a fork.
2. Serve in a bowl topped Top with blueberries and peanut butter.



# Recipes

## Thai Quinoa Salad (3 Servings)

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### Salad

- 1 1/2 Cups Quinoa, cooked
- 1 Cup Red cabbage, shredded
- 1 Red Bell pepper, sliced
- 1/4 Cup red onion, chopped
- 1 Cup carrots, shredded
- 1/2 Cup Cilantro, chopped
- 1/4 Cup Green Onions , chopped
- 1 Cup Edamame

In a large bowl, combine salad ingredients (quinoa, peppers, onions, carrots, edamame and cilantro). In a small bowl or using a blender, whisk/blend dressing ingredients until smooth and creamy. Use water to thin dressing to desired thickness.

Mix dressing into salad ingredients.

### Dressing

- 1/4 cup Natural Peanut Butter
- 2 Tsp Grated Ginger
- 3 Tbsp Reduced Sodium Soy Sauce
- 2 Tbsp Lime Juice
- 1 Tsp Brown Sugar
- 1 Tsp Sesame oil
- 1 Tsp Olive Oil
- 1/4 Tsp Red Pepper flakes
- Water

## Coconut Garlic Rice (4 Servings)

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- 1 Cup Brown Rice
- 3 Cloves Garlic, minced
- 1 Cup Reduced Fat Coconut Milk
- 1 Cup Water or Vegetable Broth
- 1/2 Cup Cilantro, chopped
- 1 Tsp Coconut Oil
- 1/2 Tsp Red Pepper Flakes
- Salt and black pepper to taste

1. In a sauce pan, heat oil over medium heat. Sauté garlic until medium brown. Add coconut milk and water or broth. Bring to a boil.
2. Add rice, salt, pepper and red pepper flakes. Bring to a boil then reduce to simmer. Cook for about 45 minutes covered until all the water is absorbed. Stir once after about 20 minutes.
3. Fluff rice with fork and add cilantro.