

28-DAY VEGAN MEAL PLAN



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A top-down view of a wooden table. In the center is a white plate with a meal consisting of a bowl of quinoa or rice topped with vegetables and a slice of white cheese. To the right of the plate is a small white bowl filled with fresh green cilantro leaves. A striped napkin is partially visible in the bottom right corner. The background is a light-colored wooden surface.

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THE VEGAN GUIDE

WHAT IS VEGANISM?

The vegan lifestyle is becoming increasingly popular these days. Also known as a plant-based diet, vegans do not eat any food from animal sources including red meat, chicken, eggs, dairy, and honey.

People who choose to see veganism as a lifestyle rather than just a way of eating also avoid animal products in the form of leather, fur, or any other clothing item made out of animal products.

People go vegan for many reasons including health, animal rights, and the environment. This Ebook will focus mostly on a plant-based diet and its health benefits.

Please keep in mind just because a diet is free of meat doesn't mean that it is healthy!

TYPES OF PLANT-BASED DIETS

Fishatarian Diet: Vegan + Eggs + Dairy + Seafood

Chickenatarian Diet: Vegan + Eggs + Dairy + Chicken

Lacto-Ovo-Vegetarian: Vegan + Eggs + Dairy

Lacto-Vegetarian: Vegan + Dairy

Vegan: No Animal Products, no Honey, no Leather Products

PLANT-BASED BENEFITS

1. **Better Mood:** Research is suggesting they are happier than meat-eaters.
2. **Disease Fighting:** When done right the diet is naturally low in fat and cholesterol, and has been shown to reduce heart disease risk. Epidemiological data has shown vegetarians suffer less from diseases caused by the modern western diet (coronary heart disease, hypertension, obesity, type 2 diabetes, and cancers). This must be attributed to a higher intake of fiber, phytonutrients, and antioxidants.
3. **Lean Figure:** Vegetarians typically weigh less as a result of a diet that has fewer calories in the form of grains, legumes, nuts, seeds, fruits, and vegetables.
4. **Less Toxicity:** Plant sources are safer than animal foods. Particularly when consuming organic fruits and vegetables. Food-borne illnesses, antibiotics, bacteria, parasites, and chemical toxins are more common in commercial meat, poultry, and seafood when compared to plant foods.
5. **Saving the Planet:** Plant-based diet is better for the planet as it requires less energy and farmland to feed a vegetarian.
6. **Sight:** Vegetarians tend to have better sight.
7. **Money-Saving:** Plant foods tend to be less expensive except for a few delicacies.
8. **Better Athletic Performances:** A high carb/low fat and vitamin and mineral-rich vegetarian diet may be optimal for sports performance.
9. **Supporting Animal Rights:** Animal welfare is improved.
10. **Longevity:** Vegetarians have been found to enjoy longer and healthier lives when compared to meat-eaters.

FRIDGE AND PANTRY STAPLES

VEGETABLES

Artichoke
Arugula
Asparagus
Beet
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard Greens
Cucumber
Endives
Fennel
Garlic
Kale
Leek
Lettuce
Mushrooms
Mustard Greens
Okra
Onions
Parsnip
Peppers
Potatoes
Radish
Rhubarb
Spinach
Squashes
Tomato
Zucchini

FRUITS

Apples
Avocado
Bananas
Blackberries
Blueberries
Dates
Grapefruit
Grapes
Kiwi
Lemon
Lime
Mango
Melon
Orange
Peach
Pear
Pineapple
Pomegranate
Strawberries
Raspberries
Watermelon

NUTS & SEEDS

Almonds
Brazil Nuts
Cashews
Chia Seeds
Flax Seeds
Hemp Seeds
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Walnuts

GRAINS

Barley
Bran
Buckwheat
Bulgur
Couscous
Kamut
Millet
Orzo
Spelt
Corn
Rice
Rye
Oats
Teff
Wheat

BEANS & LEGUMES

Bean Sprouts
Black Beans
Black-Eyed Peas
Butter Beans
Chickpeas
Green Beans
Kidney Beans
Lentils
Mung Beans
Navy Beans
Peanuts
Pinto Beans
Soy Beans

HERBS & SPICES

Basil
Cilantro/Coriander
Dill
Fennel
Oregano
Paprika
Parsley
Rosemary
Sage
Thyme

CLEAN 15 & DIRTY DOZEN

The more organic products you can include in your diet the better, but of course, not everyone has the budget for it. Eat organic as much as you can but never avoid buying fruits or vegetables just because you can't afford the organic version.

The Environmental Working Group releases a Clean 15 and Dirty Dozen list every year showing us which fruits and vegetables have the most and the least pesticides added to our food. I recommend referring to this list while grocery shopping to minimize your exposure to toxins and cut costs.

CLEAN 15

Avocado
Sweet Corn
Pineapple
Cabbage
Frozen Sweet Peas
Onions
Asparagus
Mangos
Papayas
Kiwi
Eggplant
Honey Dew Melon
Grapefruit
Cantaloupe
Cauliflower

DIRTY DOZEN+

Strawberries
Apples
Nectarines
Peaches
Celery
Grapes
Cherries
Spinach
Tomatoes
Sweet Bell Peppers
Cherry Tomatoes
Cucumbers
Hot Peppers
Kale and Collard Greens

VEGAN SWAPS

Cow's Milk

Cream

Butter

Cheese

Eggs

Meat

Honey

Ice Cream

Nut or Oat Milk

Coconut Cream

Extra Virgin Olive Oil

Nutritional Yeast

Flax Egg

Tofu or Tempeh

Agave Syrup

Frozen Bananas

VEGAN PROTEIN SOURCES

Tempeh

Soy Beans

Lentils

Black Beans

Kidney Beans

Veggies Burgers

Chickpeas

Tofu

Quinoa

Peanut Butter

Nuts

Seeds

SPOTLIGHT ON SOY

Soy is a popular and sometimes controversial ingredient, it is derived from soybean legumes. A complete protein and rich in calcium, iron, zinc, fiber, and potassium. Soy can replace dairy and/or meat in the diet although it may be considered a healthy food, not all soy products are created equal.

Soy products, both fermented and unfermented, range in their degree of processing, from soy flour and soy protein to more traditional foods like miso, soy milk, and tofu. Highly processed items to avoid include soy cheese, soy yogurt, and imitation meats. Focus on traditional forms to maintain the soy's nutrient density.

TOP SOY PRODUCTS

Miso

A thick paste made from fermented soybeans, rice, or barley malt.

Soy Milk

Finely ground up soybeans, soaked and strained to produce a milky liquid.

Tofu

Soybean curds.

Tempeh

Whole soybeans are fermented into a cake or patty.

Edamame

Whole, green soybean.



THE VEGAN RECIPES



CREAMY GREEN SMOOTHIE

INGREDIENTS

1 frozen banana
1 cup of spinach
1/2 avocado
1 serving of vanilla protein powder
1 cup of unsweetened almond milk

NUTRITIONAL VALUE

(per serving)

Fat: 19 g

Carbs: 53 g

Protein: 22 g

Total Calories: 441 Calories

DIRECTIONS

1. Start by pouring the almond milk into the blender to avoid having the ingredients stick at the bottom of the blender.
2. Next add in the banana, avocado, spinach, and protein powder.
3. Turn the blender on, starting at a low speed, and increasing as needed.
4. Once the liquid looks smooth, pour into a cup and enjoy immediately to conserve as many nutrients as possible.



TRIPLE BERRY SMOOTHIE BOWL

INGREDIENTS

- 1 cup of unsweetened almond milk
- 1/2 frozen banana
- 1 cup of frozen mixed berries
- 1 tbsp of chia seeds
- 1 serving of vanilla protein powder

NUTRITIONAL VALUE

(per serving)

Fat: 13 g

Carbs: 69 g

Protein: 23 g

Total Calories: 452 Calories

DIRECTIONS

1. Start by pouring the almond milk into the blender to avoid having the ingredients stick at the bottom of the blender.
2. Next add in the banana, berries, and protein powder.
3. Turn the blender on, starting at a low speed, and increase as needed.
4. Once it looks smooth, pour into a bowl and enjoy immediately to conserve as many nutrients as possible.



CHOCOLATE PB SMOOTHIE BOWL

INGREDIENTS

- 1 cup of unsweetened almond milk
- 1 frozen banana
- 1 servings of chocolate protein powder
- 1 tbsp of chia seeds
- 1 tbsp of peanut butter

NUTRITIONAL VALUE

(per serving)

Fat: 15 g

Carbs: 39 g

Protein: 33 g

Total Calories: 420 Calories

DIRECTIONS

1. Start by pouring the almond milk into the blender to avoid having the ingredients stick at the bottom of the blender.
2. Next add in the banana, peanut butter, and protein powder.
3. Turn the blender on, starting at a low speed, and increase as needed.
4. Once it looks smooth, pour into a bowl and enjoy immediately to conserve as many nutrients as possible.



HOMEMADE GRANOLA BOWL

INGREDIENTS

(4 servings)

3/4 cup of gluten-free rolled oats

1/4 cup almonds

2 tbsp of pumpkin seeds

1/4 cup of maple syrup

2 tbsp of coconut oil

1/2 tsp of ground cinnamon

(per serving)

1 cup of coconut yogurt

1 cup of fresh berries

DIRECTIONS FOR HOMEMADE GRANOLA

1. Preheat the oven to 350°F/175°C.
2. Mix everything in a bowl
3. Spread out on a baking sheet lined with parchment paper
4. Bake for 20 minutes.
5. Allow the granola to cool down.
6. Store in an airtight container.

NUTRITIONAL VALUE

(per serving)

Fat: 25 g

Carbs: 43 g

Protein: 17 g

Total Calories: 469 Calories



BANANA BREAD OATMEAL BITES

INGREDIENTS

(6 oatmeal bites)

2 cups gluten-free rolled oats

2 bananas

1/4 cup of peanut butter

1/4 cup unsweetened almond milk

2 tbsp maple syrup

1 tsp vanilla extract

1/2 tsp cinnamon

1/4 tsp sea salt

DIRECTIONS

1. Preheat the oven to 350°F/175°C.

2. Combine all of the ingredients in a large bowl.

3. Line a muffin tin with parchment paper liners.

4. Divide the mixture equally into 6 cups.

5. Bake in the oven for 20-25 minutes.

NUTRITIONAL VALUE

(per oatmeal bite)

Fat: 7 g

Carbs: 25 g

Protein: 5 g

Total Calories: 177 Calories



SUPERFOOD BREAKFAST COOKIE

INGREDIENTS

(8 Cookies)

1 1/2 cup of gluten-free rolled oats
1/4 cup of dried cranberries
1/4 cup of pumpkin seeds
2 tbsp of ground flax seeds
2 tbsp of chia seeds
1 banana
1/4 cup of maple syrup
1/4 cup of coconut oil
Pinch of salt

DIRECTIONS

1. Preheat the oven to 165C/325F.
2. Combine all of the dry ingredients in a medium bowl.
3. In a separate bowl mash the banana, then add the melted coconut oil and maple syrup.
4. Combine the dry and wet ingredients and form 8 cookies.
5. Bake the cookies for 18 minutes on a baking sheet with parchment paper. Once the cookies are done, let them cool and then store them in an airtight container in the fridge.

NUTRITIONAL VALUE

(2 Cookies)

Fat: 24 g
Carbs: 56 g
Protein: 10 g
Total Calories: 468 Calories



APPLE CINNAMON OVERNIGHT OATS

INGREDIENTS

1/2 cup gluten-free rolled oats
1/2 apple, chopped
1/4 teaspoon cinnamon
1 teaspoon chia seeds
1/2 cup unsweetened almond milk
1 tbsp maple syrup
1 tbsp chopped walnuts

DIRECTIONS

1. Place all of the ingredients in an air-tight container and store them in the fridge overnight.

NUTRITIONAL VALUE

(per serving)

Fat: 8 g

Carbs: 43 g

Protein: 5 g

Total Calories: 251 Calories



TOFU SCRAMBLE

INGREDIENTS

- (1 serving)
- 100 g of tofu
- 1/2 cup of red bell pepper
- 1 cup of spinach
- 1/4 cup of red onion
- 1 tbsp of coconut aminos
- 1 tsp of coconut oil
- 1 tsp of turmeric
- Salt and pepper to taste

DIRECTIONS

1. Place a pan on medium heat and add the onions and peppers with the coconut oil.
2. Once the vegetables become translucent add the tofu to the pan and roughly break it down with a spatula.
3. Next add the coconut aminos, turmeric, salt, and pepper and cook for another 5 minutes.
4. Add the spinach in the last 2 minutes to avoid wilting too much.
5. Enjoy!

NUTRITIONAL VALUE

- Fat: 14 g
- Carbs: 12 g
- Protein: 15 g
- Total Calories: 173 Calories



PANCAKES

INGREDIENTS

1 cup of gluten free rolled oats
1/4 cup of unsweetened almond milk
1 banana
1 tbsp of coconut oil
2 tsp of baking powder
1/2 tsp of ground cinnamon

NUTRITIONAL VALUE

Fat: 24 g
Carbs: 30 g
Protein: 14 g
Total Calories: 378 Calories

DIRECTIONS

1. In a bowl combine all of the ingredients except for the coconut oil. Use a hand blender or a fork to mix everything. Aim for a consistency similar to pancake batter.
2. Place a pan on medium heat and melt the coconut oil. Slowly add the batter to the pan forming 5-inch diameter pancakes. Place the cover on and cook for a couple of minutes on each side.
3. Repeat until you have cooked the whole batch. Be creative with your toppings, add any of your favorite clean foods. These may include but are not limited to berries, almond butter, coconut flakes, and chopped nuts.



CHICKPEA SALAD WRAP

INGREDIENTS

(2 servings)
4 brown rice tortillas
1 (15oz) can of chickpeas
1/2 avocado
1 stalk of celery
1/4 cup of red onions
1/4 cup of vegan mayo
Salt and pepper to taste

DIRECTIONS

1. Wash and drain the chickpeas. Put the chickpeas in a big bowl and mash them with a fork.
2. Chop the celery and red onion into small pieces and add them to the chickpeas.
3. Toss in the remaining ingredients.
4. Divide the mixture up into two separate wraps.

NUTRITIONAL VALUE

Fat: 36 g
Carbs: 45 g
Protein: 15 g
Total Calories: 631 Calories



FALAFEL SALAD

INGREDIENTS

(2 Servings)

1 can (15oz) of chickpeas
1/2 cup of red onion, diced
1 cup of fresh parsley
2 tbsp of ground flax seed
1/2 tsp of ground cumin
Salt & pepper to taste

(per serving)

2 cups of spring mix
1 tbsp of tahini
1/2 tbsp of lemon juice

DIRECTIONS

1. Pre-heat the oven to 400F.
2. Combine the chickpeas, red onions, ground flaxseed, parsley, cumin, salt, and pepper in a food processor. Process for a few seconds, leaving the mixture a little bit chunky.
3. Form 8 small patties with the mixture.
4. Bake for 45 minutes, flipping them halfway.
5. While the falafel is baking prepare the salad and the dressing by combining the tahini and lemon juice.

NUTRITIONAL VALUE

(4 Falafel)

Fat: 3 g

Carbs: 29 g

Protein: 9 g

Total Calories: 171 Calories



CHICKPEA QUINOA AVOCADO SALAD

INGREDIENTS

(2 Servings)

1 (15oz) can of chickpeas
1/4 cup of quinoa
1 tomato
1/4 English cucumber, diced
1 avocado
1 tbsp of extra virgin olive oil
Salt & pepper to taste

NUTRITIONAL VALUE

(per serving)

Fat: 15 g
Carbs: 41 g
Protein: 11 g
Total Calories: 339 Calories

DIRECTIONS

1. Measure out 1/4 cup of quinoa and add to a pot with 1/2 cup of water.
2. Turn the heat on high until it's boiling then bring the heat down to low until all the water has been absorbed and the quinoa is fluffy.
3. While the quinoa is cooking chop the cucumber, tomatoes, and avocado into small cubes.
4. Combine all of the vegetables in a large bowl.
5. Add the quinoa to the vegetables once it's done.
6. Mix in the olive oil, salt, and pepper to finish.



CRUNCHY KALE SALAD

INGREDIENTS

(2 servings)

4 cups of kale

1 carrot, grated

1 avocado

1 cup of chickpeas

Dressing:

2 tbsp of tahini

1 tbsp of lemon juice

DIRECTIONS

1. Preheat the oven to 350F/175C.
2. Drain and rinse the chickpeas. Dry them with a paper towel and spread them evenly on a baking tray. Bake for 45 minutes.
3. Meanwhile prepare the vegetables by rinsing and chopping up the kale, peeling and shredding the carrots, and cutting the avocado into small cubes. Set the vegetables aside.
4. Combine all the dressing ingredients into a bowl and whisk together until it forms a smooth consistency.
5. Place all of the vegetables in a bowl with the baked chickpeas and then drizzle the dressing on top.

NUTRITIONAL VALUE

Fat: 22 g

Carbs: 40 g

Protein: 16 g

Total Calories: 431 Calories



PESTO PASTA

INGREDIENTS

(2 Servings)

200 g of brown rice pasta

1/3 cup of dairy-free pesto

1 cup cherry tomatoes, halves

Salt and pepper to taste

DIRECTIONS

1. Place a pot with 6 cups on the stovetop and bring to a boil.
2. Once the water is boiling add in the brown rice pasta.
3. While the pasta is cooking, slice the cherry tomatoes.
4. Once the pasta is ready, drain and rinse it.
5. Combine with the pesto and cherry tomato halves.

NUTRITIONAL VALUE

(per serving)

Fat: 18 g

Carbs: 81 g

Protein: 10 g

Total Calories: 524 Calories



VEGAN POWER BOWL

INGREDIENTS

(2 Servings)

2 cups kale

1 sweet potato

1 avocado

1 red bell pepper

1 cup of black bean

1 tsp of extra virgin olive oil

Dressing:

2 tbsp of tahini

1 tbsp of lemon juice

NUTRITIONAL VALUE

(per serving)

Fat: 33 g

Carbs: 67 g

Protein: 21 g

Total Calories: 599 Calories

DIRECTIONS

1. Pre-heat the oven at 350°F/175°C. Place the cube-sized sweet potatoes on a baking tray with parchment paper and bake for 30 minutes.
2. While the sweet potatoes are baking, clean and chop up the kale. Once the kale is ready mix it in with the olive oil and massages it into the kale.
3. Chop the red pepper and avocado. Prepare the dressing by mixing the tahini and the fresh lemon juice.
4. Once the sweet potatoes are done, place the massaged kale at the bottom of a dish and add all of the other ingredients on top of it and finish it off with the dressing.



PORTOBELLO FAJITA BOWL

INGREDIENTS

(2 Servings)

2 portobello mushroom

1 red bell pepper

1/4 cup of yellow onions, sliced

1/2 cup of rice

1/2 cup of guacamole or mashed avocado

Fajita Seasoning:

1 tbsp of ground paprika

1/2 tbsp of garlic powder

1/2 tbsp chilli powder

NUTRITIONAL VALUE

(per serving)

Fat: 19 g

Carbs: 46 g

Protein: 8 g

Total Calories: 390 Calories

DIRECTIONS

1. Place a pan on medium heat and add the coconut oil.
2. Once the oil has melted add the onions and garlic and sauté for 1 minute.
3. Next, add the red pepper and portobello mushroom cut into long thin slices.
4. Add the fajita seasoning and cook for another 5-7 minutes.
5. Meanwhile, prepare the guacamole.
6. Once everything is ready combine the portobello mixture, brown rice, and guacamole in a big bowl.



BLACK BEAN BURGER

INGREDIENTS

(2 Servings)

- 1 1/2 cups of black beans
- 1/4 cup of gluten-free oats
- 1/4 cup of yellow onion, diced
- 1 garlic cloves
- 1/4 cup of fresh parsley
- 1 tsp of chilli powder
- 1/2 tsp of ground cumin
- 1/2 tsp of sea salt

(per serving)

- 2 cups of mixed greens
- 1/4 avocado

DIRECTIONS

1. Drain and rinse the black beans and pat dry with a paper towel.
2. Place all of the ingredients in a food processor and the mixture becomes sticky.
3. Form 4 patties and cook on the stovetop on medium heat with coconut oil.
4. Fry the patty for about 3-5 minutes on each side and then you can add any of your favorite toppings to the burger patties.

NUTRITIONAL VALUE

(2 Patties)

- Fat: 2 g
- Carbs: 46 g
- Protein: 16 g
- Total Calories: 262 Calories



SPICY CAULIFLOWER TACOS

INGREDIENTS

(2 Servings)

1 large head cauliflower
1 taco seasoning packet
1 tbsp of extra virgin olive oil
8 small corn tortillas
1 cup of purple cabbage, shredded
Cilantro Lime Cream:
1/4 cup of raw cashews
1/4 cup of water
1/8 cup of fresh cilantro
1 tbsp of lime juice
salt to taste

DIRECTIONS

1. Place the raw cashews into a bowl and cover with boiling water for 30 minutes.
2. Preheat the oven at 400°F/200°C and line a baking sheet with parchment paper.
3. Wash and separate the cauliflower heads into florets.
4. Coat with avocado oil and taco seasoning. Roast for 30 minutes.
5. Once the cashews have soaked for 30 minutes, add all the cilantro lime cream ingredients into a blender and blend until smooth.
6. Place the roasted cauliflower on the tortillas. Top with shredded cabbage and cilantro lime cream.

NUTRITIONAL VALUE

(per serving)

Fat: 17 g, Carbs: 62 g, Protein: 13 g, Total Calories: 436 Calories



SWEET POTATO CHICKPEA CURRY

INGREDIENTS

(2 Servings)

1 sweet potato

1 can (15 oz) of chickpeas

1 cup of canned coconut milk

1/4 cup of yellow onion, diced

1 can of chopped tomato

1 tbsp of extra virgin olive oil

1 tbsp of ground turmeric

1 tbsp of ground cumin

1 tbsp of ground ginger

1 tsp of salt

1/2 tsp of pepper

DIRECTIONS

1. In a large pot heat the olive oil and the onions and the spices. Cook until the onions become translucent.
2. Next add in the rest of the ingredients, making sure that the sweet potatoes are completely covered with the liquid.
3. Bring the curry to a boil and then turn it down to a simmer for about 40 minutes or until the sweet potatoes are completely done.

NUTRITIONAL VALUE

(per serving)

Fat: 26 g

Carbs: 56 g

Protein: 13 g

Total Calories: 518 Calories



TOFU ALMOND BUTTER STIR-FRY

INGREDIENTS

(2 Servings)

200 g of tofu, cubed
2 cups of broccoli
1 red bell pepper
8 mushrooms
1 tbsp of coconut oil
1/4 cup of coconut aminos
2 tbsp of almond butter

DIRECTIONS

1. In a large pan, place the coconut oil and tofu on medium heat and cook for a few minutes
2. Chop all the vegetables into bite-size pieces.
3. Once the tofu has begun to brown a little bit add all of the chopped vegetables and the sauce and cook for another 5-10 minutes (depending on how you like your vegetables).
4. Turn the heat off, take the cover off and let the sauce thicken up for a few minutes before serving.

NUTRITIONAL VALUE

(per serving)

Fat: 43 g
Carbs: 49 g
Protein: 25 g
Total Calories: 563 Calories



ZOODLES & LENTIL MEATBALLS

INGREDIENTS

(2 Servings)

3 large zucchinis
1 cup of cooked lentils
1/4 cup of quinoa
1/2 cup of almond flour
1/4 cup of chopped onion
2 garlic cloves
2 tbsp of Italian seasoning
2 cups of marinara sauce

NUTRITIONAL VALUE

(per serving)

Fat: 18 g
Carbs: 55 g
Protein: 20 g
Total Calories: 441 Calories

DIRECTIONS

1. Start by preparing the lentils and quinoa according to directions on the package.
2. Once the lentils and quinoa are ready add everything except for the marinara sauce and zucchini in the food processor.
3. Process until it is completely smooth. Roll out 10 small “meatballs” with the lentil mixture.
4. Heat olive oil in a large pan and cook the meatballs for 5 minutes.
5. Next, add the marinara sauce to the pan, mix in with the meatballs and cook for another 5 minutes.
6. Serve over spiralized zucchini. If you do not have a spiralizer you can create linguini noodles out of zucchini with a regular peeler.



MEXICAN STUFFED PEPPERS

INGREDIENTS

(2 Servings)

2 red bell peppers
1 cup of quinoa
1 yellow onion, chopped
1/2 cup of black beans
1/2 cup of diced tomatoes
1 tsp of cumin
1 tsp of garlic
1/2 tbsp of chili powder
1/2 tsp of salt
1/4 tsp of pepper

DIRECTIONS

1. Pre-heat the oven to 375F/190C
2. Slice the bell peppers in half and clean out the inside.
3. Place the bell pepper halves on a baking sheet and bake for 15 minutes.
4. Meanwhile, cook 1/2 of dry quinoa on the stovetop following packaging directions.
5. Place a pan on medium heat with avocado oil, and add the chopped onion
6. Mix all the ingredients into a bowl then take the red pepper out of the oven and stuff them with the mixture.
7. Place the stuffed peppers back on the baking sheet and bake for another 10 minutes.

NUTRITIONAL VALUE

(per serving)

Fat: 2 g, Carbs: 44 g

Protein: 12 g

Total Calories: 238 Calories



TOFU PAD THAI

INGREDIENTS

(2 Servings)

- 200 g of tofu, cubed
- 100g of brown rice noodles
- 1 cup of bean sprouts
- 2 tbsp of green onions
- 1/4 cup of coconut aminos
- 2 tbsp of almond butter
- 1 tbsp of coconut oil

NUTRITIONAL VALUE

(per serving)

- Fat: 26 g
- Carbs: 58 g
- Protein: 24 g
- Total Calories: 485 Calories

DIRECTIONS

1. Place a pan on medium heat and add the coconut oil.
2. Once the oil had melted, add in the tofu.
3. Meanwhile, place a medium pot with water on high heat and bring to a boil. Once the water is boiling add the brown rice noodles.
4. Once the tofu is starting to brown add in the bean sprouts.
5. Mix the coconut aminos and the almond butter to form a thick sauce and toss it in the pan and lower the heat.
6. Cook for another 5 minutes.
7. Once the noodles are ready, toss them in the pan and mix well.
8. Plate and top with fresh green onions.



ROASTED RED PEPPER HUMMUS

INGREDIENTS

(4 servings)

2 red bell peppers
1 can (15oz) of chickpeas
1/4 cup of tahini
2 tbsp of extra virgin olive oil
2 tbsp of lemon juice
1 clove of garlic
1 tsp of ground cumin
1/2 tsp of sea salt
1 English cucumber

NUTRITIONAL VALUE

(per serving)

Fat: 16 g
Carbs: 22 g
Protein: 8 g
Total Calories: 251 Calories

DIRECTIONS

1. Remove the core of the peppers and slice each pepper into 4 quarters. Place on a baking sheet with parchment paper and broil for 5-10 minutes, until the skin has charred.
2. Meanwhile, place the rest of the ingredients in a food processor and process until it forms a smooth and creamy texture.
3. Once the red bell peppers are done, allow them to cool down. Once you can handle them, peel the charred skin off and add the peeled roasted peppers to the food processor. Process until smooth.
4. Store the hummus into an air-tight container or immediately separate it into 4 servings.



CARROTS & ALMOND BUTTER

INGREDIENTS

2 carrots
1 tbsp of almond butter

DIRECTIONS

1. Slice the carrots into sticks and use the almond butter as a dip.

NUTRITIONAL VALUE

Fat: 19 g
Carbs: 13 g
Protein: 5 g
Total Calories: 229 Calories



APPLE NACHOS

INGREDIENTS

(1 serving)

1 apple

1 tbsp of almond butter

1 tbsp of chocolate chips

DIRECTIONS

1. Thinly slice an apple and spread it out on a plate.

2. Drizzle with almond butter and chocolate chips.

NUTRITIONAL VALUE

(per serving)

Fat: 13 g

Carbs: 37 g

Protein: 5 g

Total Calories: 260 Calories



LEMON TAHINI KALE CHIPS

INGREDIENTS

(3 servings)

1 bunch of kale

2 tbsp of tahini

1 lemon, juiced

1 tbsp of water

Salt and pepper to taste

DIRECTIONS

1. Preheat the oven to 250F°/120C°.
2. De-stem and roughly chop the kale
3. In a large bowl, mix the tahini, lemon juice, water, salt, and pepper.
4. Toss the kale in the bowl and coat the kale leaves with the mixture.
5. Place the kale on a baking sheet with parchment paper and bake for about 60 minutes or until crispy.

NUTRITIONAL VALUE

(per serving)

Fat: 7 g

Carbs: 14 g

Protein: 8 g

Total Calories: 129 Calories



BERRY CHIA PUDDING

INGREDIENTS

(1 Serving)

2 tbsp of chia seeds

1/2 cup of unsweetened almond milk

1 tsp of maple syrup

1 cup of mixed berries

DIRECTIONS

1. Place the chia seeds, almond milk, and maple syrup in an air-tight jar and mix well.
2. Place in the fridge to set for at least 2 hours or overnight.
3. Serve with fresh berries.

NUTRITIONAL VALUE

(per serving)

Fat: 11 g

Carbs: 29 g

Protein: 6 g

Total Calories: 221 Calories



BBQ CRISPY CHICKPEAS

INGREDIENTS

(4 Servings)

1 (15oz) can of chickpeas

1 tbsp of avocado oil

2 tsp of maple syrup

1 tsp of paprika

1 tsp of chili powder

1 tsp of garlic powder

1/2 tsp of sea salt

1/4 tsp of black pepper

NUTRITIONAL VALUE

(per serving)

Fat: 5 g

Carbs: 27 g

Protein: 5 g

Total Calories: 167 Calories

DIRECTIONS

1. Preheat the oven to 350F° degrees.
2. Drain chickpeas and rinse well with water.
3. Place the chickpeas on a clean towel and gently pat the chickpeas dry. Removing as much of the skin as possible.
4. Transfer the chickpeas to a baking sheet lined with parchment paper.
5. Drizzle the avocado oil on top, making sure all the chickpeas are well coating, and bake for 45 minutes.
6. In a medium-size bowl, combine the maple syrup with the seasonings.
7. Once the chickpeas are done, add them to the seasoning mix.
8. Give them a good stir and then pour the contents of the bowl back onto the baking sheet to allow the chickpeas to cool completely.
9. Store in an airtight container



BROWNIE BITES

INGREDIENTS

(6 Balls)
3/4 cup of almond flour
3 tbsp of cocoa powder
7 Medjool dates
1/4 tsp of sea salt

NUTRITIONAL VALUE

(2 balls)
Fat: 18 g
Carbs: 36 g
Protein: 6 g
Total Calories: 324 Calories

DIRECTIONS

1. Remove the pit from the dates.
2. Place the almond flour, cocoa powder, and sea salt in a food processor.
3. Turn the food processor on and add one Medjool date at a time.
4. Continue mixing until you can no longer see date pieces.
5. Form 6 balls with the mixture.
6. Store in an airtight container in the fridge.



NO-BAKE GRANOLA BARS

INGREDIENTS

(6 Servings)

3/4 cup of gluten-free oats
1/2 cup of raw almonds
1/4 cup of pumpkin seeds
2 tbsp of dried cranberries
2 tbsp of chocolate chips
1/4 tsp of salt
1/4 cup of almond butter
2 tbsp of coconut oil, melted
1/4 tsp of vanilla extract
2 tbsp of maple syrup

DIRECTIONS

1. Line a loaf pan with parchment paper.
2. Combine the almond butter, melted coconut oil, vanilla extract, and maple syrup in a bowl.
3. Combine the rest of the ingredients in a separate bowl. Pour the dry ingredients into the wet ingredients and mix well.
4. Transfer the mixture to the loaf pan. Spread out evenly and using a small piece of parchment paper press down on the energy bars with your hands.
5. Place the loaf pan in the fridge for 2 hours or overnight.
6. Once the energy bars are ready remove them from the loaf pan and cut them into 6 bars.

NUTRITIONAL VALUE

(per serving)

Fat: 22 g
Carbs: 23 g
Protein: 8 g
Total Calories: 302 Calories



THE VEGAN MEAL PLAN

Week 1

Breakfast	Creamy Green Smoothie	2 Banana Bread Oatmeal Bite	Creamy Green Smoothie	2 Banana Bread Oatmeal Bite	Creamy Green Smoothie	2 Banana Bread Oatmeal Bite	Banana Pancakes
Lunch	Chickpea Salad Wrap (1 portion)	Vegan Power Bowl (leftovers)	Tofu Pad Thai (leftovers)	Chickpea Quinoa Avocado Salad (leftovers)	Black Bean Burger (leftovers)	Pesto Pasta (leftovers)	Portobello Fajita Bowl (leftovers)
Dinner	Vegan Power Bowl	Tofu Pad Thai	Chickpea Quinoa Avocado Salad	Black Bean Burger	Pesto Pasta	Portobello Fajita Bowl	Falafel Salad
Snack	Roasted Red Pepper Hummus	Brownie Bites	Roasted Red Pepper Hummus	Brownie Bites	Roasted Red Pepper Hummus	Brownie Bites	Roasted Red Pepper Hummus

Week 2

Breakfast	Triple Berry Smoothie Bowl	Apple Cinnamon Overnight Oats	Triple Berry Smoothie Bowl	Apple Cinnamon Overnight Oats	Triple Berry Smoothie Bowl	Apple Cinnamon Overnight Oats	Banana Pancakes
Lunch	Falafel Salad (leftovers)	Sweet Potato Chickpea Curry (leftovers)	Tofu Almond Butter Stir-Fry (leftovers)	Crunchy Kale Salad (leftovers)	Mexican Stuffed Peppers (leftovers)	Zoodles & Lentil Meatballs (leftovers)	Spicy Cauliflower Tacos (leftovers)
Dinner	Sweet Potato Chickpea Curry	Tofu Almond Butter Stir-Fry	Crunchy Kale Salad	Mexican Stuffed Peppers	Zoodles & Lentil Meatballs	Spicy Cauliflower Tacos	Chickpea Salad Wrap
Snack	BBQ Crispy Chickpeas	Carrots & Almond Butter	BBQ Crispy Chickpeas	Carrots & Almond Butter	BBQ Crispy Chickpeas	Carrots & Almond Butter	BBQ Crispy Chickpeas

Week 3

Breakfast	Homemade Granola Bowl	Tofu Scramble	Homemade Granola Bowl	Tofu Scramble	Homemade Granola Bowl	Tofu Scramble	Banana Pancakes
Lunch	Chickpea Salad Wrap	Vegan Power Bowl (leftovers)	Tofu Pad Thai (leftovers)	Chickpea Quinoa Avocado Salad (leftovers)	Black Bean Burger (leftovers)	Pesto Pasta (leftovers)	Portobello Fajita Bowl (leftovers)
Dinner	Vegan Power Bowl	Tofu Pad Thai	Chickpea Quinoa Avocado Salad	Black Bean Burger	Pesto Pasta	Portobello Fajita Bowl	Falafel Salad
Snack	Apple Nachos	Lemon Tahini Kale Chips	Apple Nachos	Lemon Tahini Kale Chips	Apple Nachos	Lemon Tahini Kale Chips	Apple Nachos

Week 4

Breakfast	Chocolate PB Smoothie Bowl	Apple Cinnamon Overnight Oats	Chocolate PB Smoothie Bowl	Apple Cinnamon Overnight Oats	Chocolate PB Smoothie Bowl	Apple Cinnamon Overnight Oats	Banana Pancakes
Lunch	Falafel Salad (leftovers)	Sweet Potato Chickpea Curry (leftovers)	Tofu Almond Butter Stir-Fry (leftovers)	Crunchy Kale Salad (leftovers)	Mexican Stuffed Peppers (leftovers)	Zoodles & Lentil Meatballs (leftovers)	Spicy Cauliflower Tacos (leftovers)
Dinner	Sweet Potato Chickpea Curry	Tofu Almond Butter Stir-Fry	Crunchy Kale Salad	Mexican Stuffed Peppers	Zoodles & Lentil Meatballs	Spicy Cauliflower Tacos	Chickpea Salad Wrap
Snack	No Bake Granola Bars	Berry Chia Pudding	No Bake Granola Bars	Berry Chia Pudding	No Bake Granola Bars	Berry Chia Pudding	No Bake Granola Bars



THE VEGAN SHOPPING LISTS

GROCERY SHOPPING TIPS

1. Ingredients like coconut oil and olive oil are only on the first week's grocery list because they are used daily so be aware if you run out you will need to re-purchase these.
2. Ingredients like almond butter, coconut aminos, tahini, almond flour, chia seeds, oats, quinoa, and baking ingredients are listed in the grocery lists usually as a few tablespoons but I highly recommend buying these in bulk and before heading to the grocery store check if you already have them in your pantry.
3. The vegetables are sometimes rounded off, for example when you need two cups of broccoli in a recipe you will only be able to purchase a full head. In this case, I encourage you to use the extra vegetables in other meals or use it as dipping vegetables if hummus is your planned snack for the week.
4. There are also recipes with protein powder as an ingredient. Protein powders can be bought by the serving or in a big container. I recommend going to the container if it is something you plan on using past the 28-day meal plan. If not then finding single servings may be best.
5. Bananas! There are always bananas needed in smoothies every week so if you buy too many or they are on sale feel free to stock up and freeze them.
6. Many of these recipes call for fresh herbs like parsley and basil. To save money I recommend getting these two herbs as a small plants. They are very easy to maintain and don't cost much.
7. Use any excess vegetables to snack on during the week when you are hungry.
8. Lastly, always check the fridge and pantry before you head out to the grocery store with your list to make sure there are no leftovers.

WEEK 1

Fruits & Vegetables

6 bananas
2 lemons
2 cups of kale
3 cups of spinach
8 cups of mixed greens
1 1/4 cup of fresh parsley
1 sweet potato
5 avocados
4 red bell peppers
2 portobello mushroom
1 stalk of celery
1 tomato
1 cup of cherry tomatoes
2 English cucumbers
1 cup of bean sprouts
Bunch of green onions
1 red onion
1 yellow onion
2 garlic cloves

Grains, Beans & Legumes

3 1/4 cups gluten-free rolled oats
2 brown rice tortillas
100 g of rice noodles
200 g of brown rice pasta
1/2 cup of rice
1/4 cup of quinoa
4 (15oz) cans of chickpeas
2 (15oz) cans of black beans

Nuts & Seeds

2 tbsp of ground flax seed

Baking Supplies

3/4 cup of almond flour
7 Medjool dates
3 tbsp of cocoa powder
2 tbsp maple syrup
1 tsp vanilla extract
2 tsp of baking powder

Condiments

Extra virgin olive oil
Coconut oil
3 1/2 cups of unsweetened almond milk
1/3 cup of dairy-free pesto
1/4 cup + 3 tbsp of tahini
1/4 cup of peanut butter
1/4 cup of coconut aminos
2 tbsp of vegan mayo
2 tbsp of almond butter

Herbs & Spices

Salt and pepper
Chilli powder
Ground cumin
Ground paprika
Garlic powder
Ground cinnamon

Extra

200 g of tofu
3 servings of vanilla protein powder

WEEK 2

Fruits & Vegetables

2 apples
3 bananas
3 cups of frozen mixed berries
1 lemon
1 lime
2 avocados
4 cups of kale
1/8 cup of fresh cilantro
1 sweet potato
1 head of cauliflower
1 cup of purple cabbage
3 red bell peppers
7 carrots
3 large zucchini
2 cups of broccoli
1 stalk of celery
8 mushrooms
1 red onion
2 yellow onions
2 garlic cloves

Grains, Beans & Legumes

1 cup of gluten-free rolled oats
8 small corn tortillas
4 brown rice tortillas
1 1/4 cup of quinoa
3 1/2 cans (15 oz) of chickpeas
1/2 can of black beans
1/2 can of lentils

Nuts & Seeds

1/4 cup of raw cashews
3 tbsp of chopped walnuts
3 tbsp + 3 tsp of chia seeds

Baking Supplies

1/2 cup of almond flour
3 tbsp + 2 tsp of maple syrup
2 tsp of baking powder

Condiments

4 3/4 cups of unsweetened almond milk
2 cups of marinara sauce
1 cup of canned coconut milk
2 cans of diced tomato
1/4 cup + 1 tbsp of almond butter
1/4 cup of coconut aminos
1/4 cup of vegan mayo
2 tbsp of tahini

Herbs & Spices

1 taco seasoning packet
Italian seasoning
Ground turmeric
Ground ginger
Garlic powder

Extra

200 g of tofu
3 servings of vanilla protein powder

WEEK 3

Fruits & Vegetables

- 4 apples
- 1 banana
- 3 cups of fresh berries
- 1 lemon
- 1 bunch + 2 cups of kale
- 3 cups of spinach
- 8 cups of mixed greens
- 1/4 cup of fresh parsley
- 1 sweet potato
- 4 avocados
- 3 red bell peppers
- 2 portobello mushroom
- 1/2 stalk of celery
- 1 tomato
- 1 cup cherry tomatoes
- 1 English cucumber
- 1 cup of bean sprouts
- 1 bunch of green onions
- 2 red onions
- 1 yellow onion
- 1 garlic cloves

Grains, Beans & Legumes

- 2 cups of gluten-free oats
- 100 g of brown rice noodles
- 200 g of brown rice pasta
- 1/2 cup of rice
- 1/4 cup of quinoa
- 2 1/2 (15oz) cans of chickpeas
- 2 1/2 cups of black beans

Nuts & Seeds

- 1/4 cup almonds
- 2 tbsp of pumpkin seeds

Baking Supplies

- 1/4 cup of maple syrup
- 2 tsp of baking powder
- 1/4 cup of dairy-free chocolate chips

Condiments

- 1/3 cup of dairy-free pesto
- 1/4 cup of unsweetened almond milk
- 1/4 cup + 3 tbsp of coconut aminos
- 1/4 cup + 2 tbsp of almond butter
- 1/4 cup + 1 tbsp of tahini
- 2 tbsp of vegan mayo
- 2 tbsp of tahini

Extra

- 500 g of tofu
- 3 cups of coconut yogurt

WEEK 4

Fruits & Vegetables

4 bananas
1 apple
3 cups of mixed berries
1 tbsp of lemon juice
1 tbsp of lime juice
1 1/2 avocado
4 cups of kale
1/8 cup of fresh cilantro
1 sweet potato
1 large head cauliflower
1 cup of purple cabbage, shredded
3 red bell peppers
3 large zucchini
2 cups of broccoli
1 stalk of celery
8 mushrooms
1 carrot, grated
1/4 cup of red onions
1 yellow onion, chopped
1/2 cup of chopped onion
2 garlic cloves

Grains, Beans & Legumes

8 small corn tortillas
4 brown rice tortillas
2 1/4 cup of gluten-free rolled oats
2 cans (15 oz) of chickpeas
1 cup of chickpeas
1/2 cup of black beans
1 1/4 cup of quinoa
1 cup of cooked lentils

Nuts & Seeds

1/2 cup of almonds
1/4 cup of pumpkin seeds
1/4 cup of raw cashews
1/2 + 2 tbsp cup of chia seeds
1 tbsp chopped walnuts

Baking Supplies

1/2 cup of almond flour
2 tsp of baking powder
1/4 cup + 2tbsp of maple syrup
2 tbsp of dried cranberries
2 tbsp of chocolate chips
1/4 tsp of vanilla extract

Condiments

2 cans of diced tomato
5 1/4 cups of unsweetened almond milk
2 cups of marinara sauce
1 cup of canned coconut milk
1/4 cup of coconut aminos
1/4 cup of vegan mayo
1/4 cup of almond butter
3 tbsp of peanut butter
2 tbsp of tahini
2 tbsp of almond butter

Herbs & Spices

1 taco seasoning packet

Extra

200 g of tofu
3 servings of chocolate protein powder