

28 DAY VEGAN MEAL PLAN



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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 it doesn't mean that it is healthy!

TYPES OF VEGETARIAN DIETS



Fishatarian Diet
Only Fish

Chickenatarian Diet
Only Chicken

Lacto-Ovo-Vegetarian
Eat Eggs and Dairy

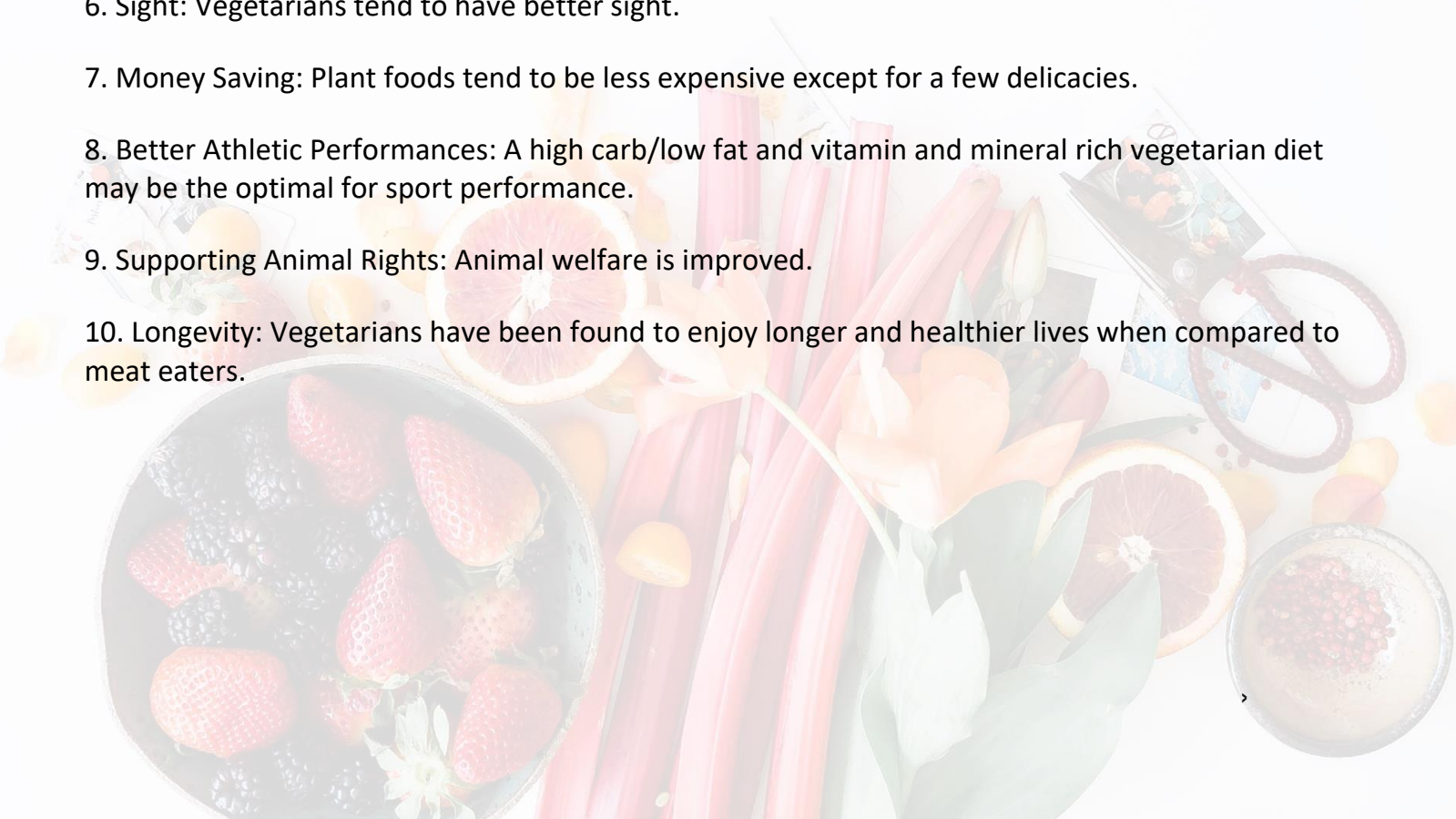
Lacto-Vegetarian
Only Dairy

Vegan

No Animal Products, no Honey, no Leather Products

THE TOP 10 BENEFITS OF A VEGAN DIET

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 modern western diet (coronary heart disease, hypertension, obesity, type 2 diabetes and cancers). This must be attributed to a higher intake of fibre, phytonutrients and antioxidants.
3. **Lean Figure:** Vegetarians typically weigh less as a result from 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 farm land 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 the optimal for sport 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.



FOODS TO EAT ON A VEGAN DIET

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
Water Melon

NUTS

Almonds
Brazil Nuts
Cashews
Chestnuts
Hazelnuts
Pecans
Pine Nuts
Macadamias
Pistachios
Walnuts

SEEDS

Chia
Flax
Hemp
Pumpkin
Quinoa
Sesame
Sunflower

GRAINS

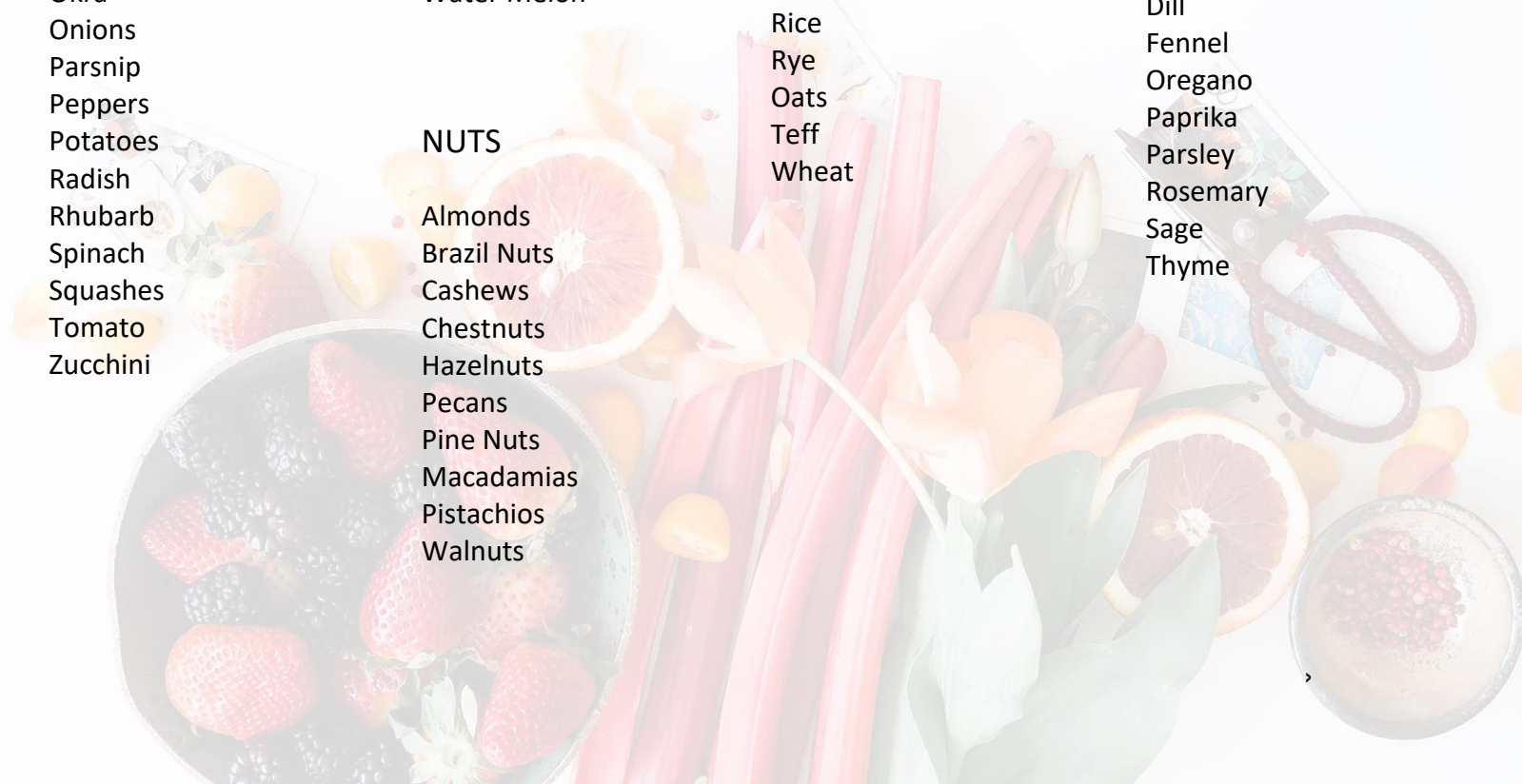
Barley
Bran
Buckwheat
Bulgur
Couscous
Kamut
Millet
Orzo
Spelt
Corn
Rice
Rye
Oats
Teff
Wheat

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 BY EWG

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 on cost.

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

TOP VEGAN SWAPS

| | | |
|-----------|----|-------------------|
| Milk | —> | Almond Milk |
| Cream | —> | Coconut Cream |
| Butter | —> | Olive Oil |
| Cheese | —> | Nutritional Yeast |
| Eggs | —> | Flax Egg |
| Meat | —> | Tempeh |
| Honey | —> | Agave Syrup |
| Ice Cream | —> | Frozen Bananas |

TOP VEGAN PROTEIN SOURCES

Tempeh

Chickpeas

Soy Beans

Tofu

Lentils

Quinoa

Black Beans

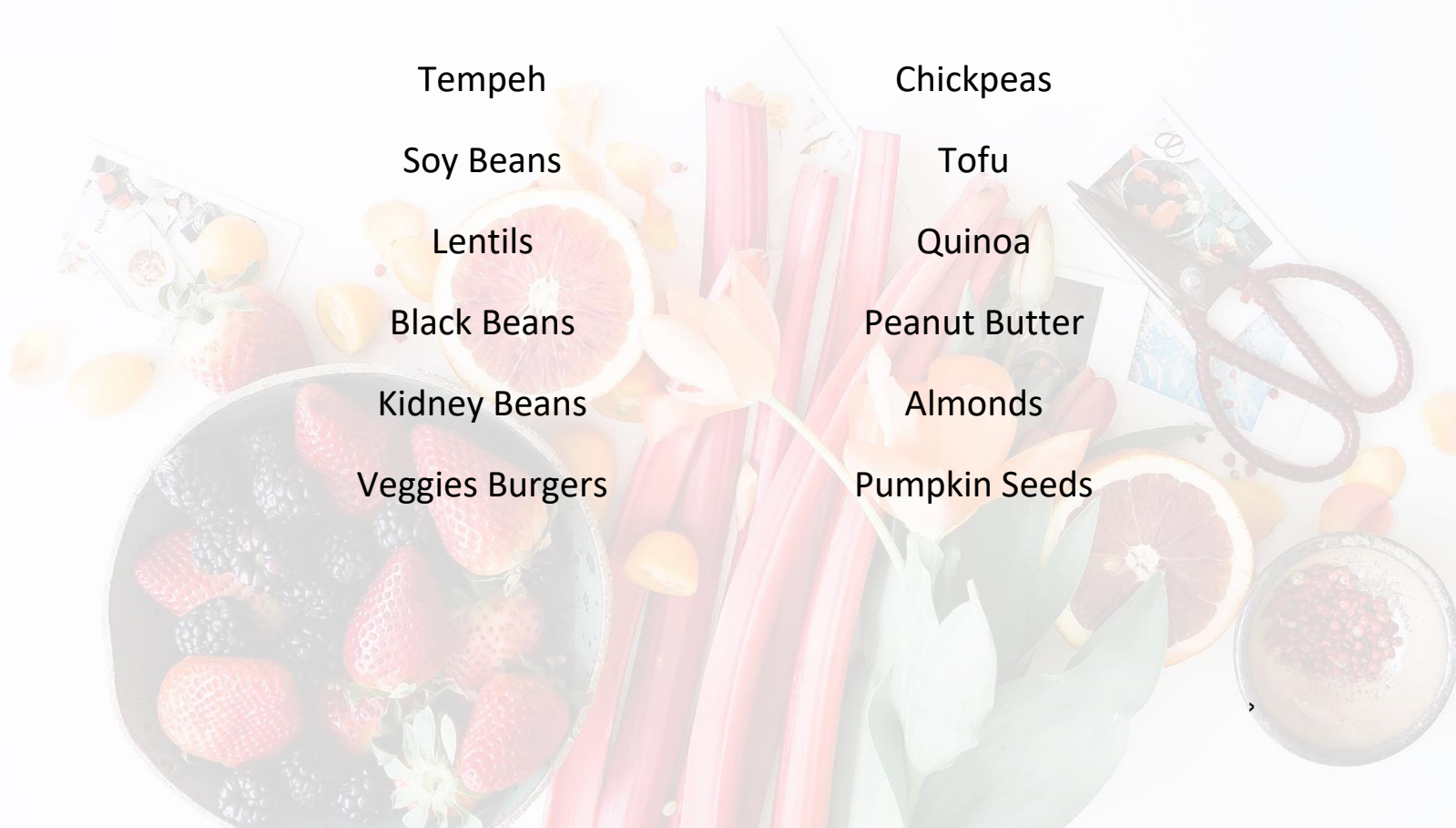
Peanut Butter

Kidney Beans

Almonds

Veggies Burgers

Pumpkin Seeds



SPOTLIGHT ON SOY

Soy is a popular and sometimes controversial ingredient, it is derived from the soy bean legume. A complete protein and rich in calcium, iron, zinc, fibre and potassium. Soy can replace dairy and/or meat in the diet although it may be considered a health 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 yogourt and imitation meats. Focus on traditional forms to maintain the soys nutrient density.

TOP SOY PRODUCTS

Miso

A thick pasta made from fermented soy beans, rice or barley malt.

Soy Milk

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

Tofu

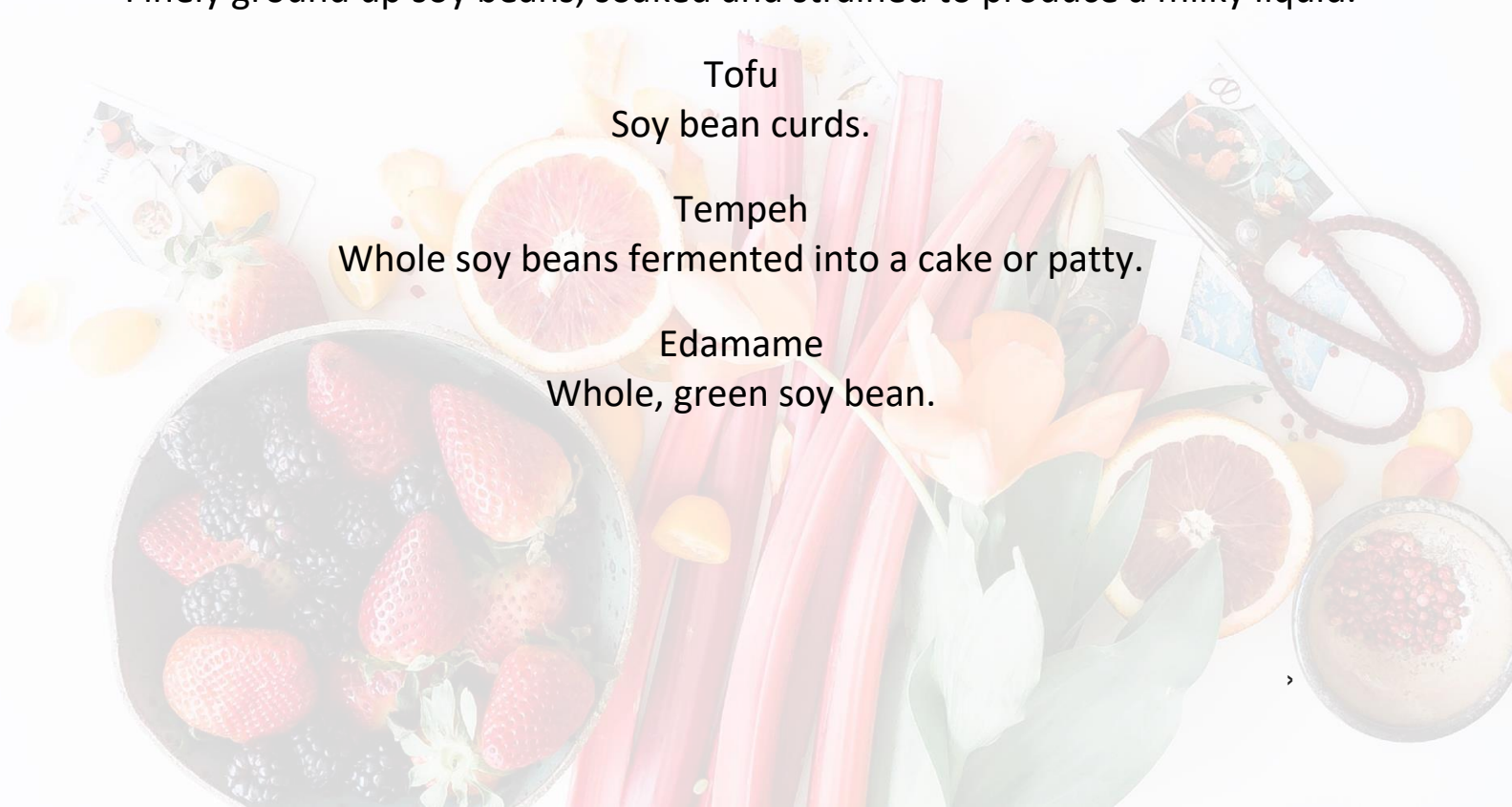
Soy bean curds.

Tempeh

Whole soy beans fermented into a cake or patty.

Edamame

Whole, green soy bean.



THE VEGAN RECIPES





GREEN PROTEIN SMOOTHIE

INGREDIENTS

1/2 Frozen Banana
1 Cup of Spinach
1 Avocado
1 Serving of Vanilla Protein Powder
1 Cup of Almond Milk
1 Tbsp of Chia Seeds

NUTRITIONAL VALUE

(per serving)

Fat: 20 g

Carbs: 28 g

Protein: 42 g

Total Calories: 430 Calories

DIRECTIONS

Start by pouring the almond milk into the blender to avoid the ingredients sticking at the bottom of the blender.

Next add in the banana, avocado, spinach, chia seeds and the protein powder.

Turn the blender on, starting at a low speed and increase as needed.

Once the liquid looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.



RASPBERRY COCONUT SMOOTHIE

INGREDIENTS

1 Cup of Raspberries
1/2 Frozen Banana
1 Tbsp of Chia Seeds
1 Cup of Coconut Milk
1 Serving of Vanilla Protein Powder

NUTRITIONAL VALUE

(per serving)

Fat: 10 g

Carbs: 54 g

Protein: 41 g

Total Calories: 448 Calories

DIRECTIONS

Start by pouring the coconut milk into the blender to avoid the ingredients sticking at the bottom of the blender.
Next add in the banana, raspberries, chia seeds and the protein powder.
Turn the blender on, starting at a low speed and increase as needed.
Once the liquid looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.



CHOCOLATE BANANA SMOOTHIE

INGREDIENTS

- 1 Frozen Banana
- 1/2 Avocado
- 1 Cup of Almond Milk
- 2 Tbsp of Raw Cacao Powder
- 1 Serving Chocolate Protein Powder

DIRECTIONS

Start by pouring the almond milk into the blender to avoid the ingredients sticking at the bottom of the blender. Next, throw in the banana, avocado, cacao powder and the protein powder. Turn the blender on, starting at a low speed and increase as needed. Once the liquid is even pour into a cup and enjoy immediately to conserve as many nutrients as possible.

NUTRITIONAL VALUE

- Fat: 10 g
- Carbs: 54 g
- Protein: 41 g
- Total Calories: 448 Calories



BLUEBERRY SMOOTHIE

INGREDIENTS

1 Cup of Blueberries
1 Banana
1 Cup of Coconut Milk
1 Serving of Vanilla Protein Powder
Handful of Ice

DIRECTIONS

Start by pouring the coconut milk into the blender to avoid the ingredients sticking at the bottom of the blender. Next, throw in the blueberries, banana, collagen powder and the ice. Turn the blender on, starting at a low speed and increase as needed. Once the liquid looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.

NUTRITIONAL VALUE

Fat: 18 g
Carbs: 53 g
Protein: 20 g
Total Calories: 436 Calories



SUPERFOOD OATMEAL

INGREDIENTS

1/2 Cup of Gluten Free Oatmeal
1 Cup of Almond Milk
1/4 Cup of Almonds
1/2 Cup of Berries
1 tsp of Ground Cinnamon

DIRECTIONS

In a pot place the oats, cinnamon and the almond milk and turn the heat on high until it starts boiling. Once it is boiling turn the heat down to low and stir until all of the almond milk is absorbed. Once the oatmeal is ready transfer it into a bowl and add the nuts and fresh berries.
Optional: Add honey or extra toppings.

NUTRITIONAL VALUE

Fat: 21 g
Carbs: 40 g
Protein: 12 g
Total Calories: 401 Calories



CHOCOLATE OVERNIGHT OATS

INGREDIENTS

1/2 Cup of Gluten Free Oatmeal
1 Cup of Almond Milk
1 Serving of Chocolate Protein Powder
1 Tbsp of Chia Seeds
1 Tbsp of Raw Cacao Powder
1 Tbsp of Maple Syrup
Optional: Raw Cacao Nibs

DIRECTIONS

Combine all the ingredients into a mason jar or a sealed container, give it a good stir and place in the fridge overnight.
In the morning, add raw cacao nibs on top for an extra crunch if desired.
Enjoy cold or heated up.

NUTRITIONAL VALUE

Fat: 18 g
Carbs: 60 g
Protein: 46 g
Total Calories: 550 Calories



APPLE CINNAMON CEREAL

INGREDIENTS

1 Apple
1/4 Cup of Coconut Chips
1/2 Cup of Almond Milk
2 Tbsp of Walnuts
2 Tbsp of Almonds
1/2 tsp of Ground Cinnamon

DIRECTIONS

Start by washing an apple and then cut it into small pieces.
Next combine the apple pieces and all the remaining ingredients into a small bowl.
Add any other nuts and seeds that you enjoy to add texture to this grain free cereal.

NUTRITIONAL VALUE

Fat: 28 g
Carbs: 19 g
Protein: 8 g
Total Calories: 350 Calories



TOFU SCRAMBLE

INGREDIENTS

4oz 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
1/2 tsp of Sea Salt
Pinch of Black Pepper

DIRECTIONS

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

NUTRITIONAL VALUE

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



BANANA PANCAKES

INGREDIENTS

1 Cup of Gluten Free Oatmeal
1/4 Cup of Almond Milk
1 Banana
1 Tbsp of Coconut Oil
2 tsp of Baking Powder
1/2 tsp of Cinnamon

NUTRITIONAL VALUE

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

DIRECTIONS

In a bowl combine all of the ingredients except for the coconut oil. Use a hand blender or a fork to mix everything together. Aim for a consistency similar to pancake batter.

Place a pan on medium heat and melt the coconut oil. Slowly add the batter in the pan forming 5 inch diameter pancakes. Place the cover on and cook for a couple minutes on each side.

Repeat until you have cooked the whole batch. Be creative with your toppings, add any of your favourite clean foods. These may include but are not limited to berries, almond butter, coconut flakes and chopped nuts.



CHICKPEA WRAP

INGREDIENTS

1 Brown Rice Tortilla Wraps
1 Cup of Chickpeas
1/2 Avocado
1 Stalks of Celery
1/4 Cup of Red Onions
2 Tbsp of Vegan Mayo
Pinch of Sea Salt and Ground Pepper

DIRECTIONS

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

NUTRITIONAL VALUE

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



BALSAMIC ARUGULA SALAD

INGREDIENTS

(2 Servings)

4 Cups of Arugula

2 Tomatoes

1 Cup of Chopped Cucumber

1 Cup of Chickpeas

2 Tbsp of Balsamic Vinegar

1/4 Cup of Extra Virgin Olive Oil

Pinch of Sea Salt and Pepper

NUTRITIONAL VALUE

(per serving)

Fat: 29 g

Carbs: 28 g

Protein: 6 g

Total Calories: 391 Calories

DIRECTIONS

Pre-heat the oven to 200C/400F.

Drain and wash the chickpeas and then pat them dry with a paper towel. Spread the chickpeas out on a baking sheet with parchment paper and drizzle the 2 Tbsp of olive oil on top. Bake the chickpeas for 30 minutes, moving them around every 10 minutes. While the chickpeas are baking prepare the salad ingredients. Make the dressing by combining the balsamic vinegar, olive oil, sea salt and pepper. You can add a sweetener of choice here as well if desired.

Once the chickpeas are done toss them into the prepared salad for a much healthier crouton alternative.



RAINBOW SALAD

INGREDIENTS

1 Cup of Spinach
1/2 Zucchini (Preferably Spiralized)
1/2 Cup of Shredded Carrots
1/2 Cup of Shredded Red Cabbage
Dressing:
1/2 Avocado
2 Tbsp of Extra Virgin Olive Oil
Juice of 1/2 Lime

DIRECTIONS

Prepare all of the vegetables as listed above. I highly recommend creating different textures with your vegetables to add variety.
Place the mixed greens at the bottom of the bowl then add all of the vegetables on top. Combine the avocado, extra virgin olive oil and the lime juice with salt and pepper to create a creamy dressing.
Serve with the dressing drizzled on top.

NUTRITIONAL VALUE

Fat: 42 g
Carbs: 23 g
Protein: 3 g
Total Calories: 457 Calories



FALAFEL SALAD

INGREDIENTS

(2 Servings)

1 Can of Chickpeas

1/4 Cup of Red Onion

1/2 Cup of Fresh Parsley

1 Cloves of Garlic

1/2 tsp of Cumin

Pinch of Sea Salt & Pepper

2 Cup of Fresh Greens

2 Tbsp of Tahini

1 tsp of Lemon Juice

DIRECTIONS

Pre-heat the oven to 400F.

Combine the chickpeas, red onions, garlic, cumin, parsley and cilantro in a food processor. Process for a few seconds, leaving the mixture a little bit chunky.

Form 8 small patties with the mixture and then refrigerate for an hour to let them set.

Bake for 45 minutes, flipping them half way.

While the falafel are 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 Can of Chickpeas
- 1/2 Cup of Cooked Quinoa
- 1 Small Tomato
- 1/2 Cup of Diced Cucumber
- 1 Avocado
- 1 Tbsp of Olive Oil

DIRECTIONS

Measure out 1/4 cup of quinoa and add to a pot with 1/2 cup of water.

Turn the heat on to high until it's boiling then bring the heat down to low until all the water has been absorbed and the quinoa is fluffy.

While the quinoa is cooking chop the cucumber, tomatoes and avocado into small cubes.

Combine all of the vegetables in a large bowl.

Add the quinoa to the vegetables once it's done.

Mix in the olive oil, salt and pepper to finish.

NUTRITIONAL VALUE

(per serving)

Fat: 15 g

Carbs: 41 g

Protein: 11 g

Total Calories: 339 Calories



CRUNCHY KALE SALAD

INGREDIENTS

2 Cups of Kale
1 Carrot
1/2 Avocado
1/2 Cup of Chickpeas
Dressing:
1 Tbsp of Tahini
1 Tbsp of Lemon
Juice

NUTRITIONAL VALUE

Fat: 22 g
Carbs: 40 g
Protein: 16 g
Total Calories: 431 Calories

DIRECTIONS

Preheat the oven to 350F/175C.
Drain and rinse the chickpeas. Dry them with a paper towel and spread them evenly on a baking tray. Bake for 45 minutes.
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.
Combine all the dressing ingredients into a bowl and whisk together until it forms a smooth consistency.
Place all of the vegetables to a bowl with the baked chickpeas and then drizzle the dressing on top.



QUINOA TABOULEH

INGREDIENTS

1/4 Cup of Quinoa
1/2 Cup of Fresh Parsley
2 Tomatoes
2 Tbsp of Pine Nuts
1 Tbsp of Tahini
1 Tbsp of Olive Oil
Juice of 1/2 Lemon

DIRECTIONS

Start by preparing the quinoa according to the directions on the packaging.
While the quinoa is cooking start chopping the parsley and the tomatoes.
Once the quinoa is done let it cool down for a little bit and then add all of the remaining ingredients.
Mix well and serve cold.

NUTRITIONAL VALUE

Fat: 29 g
Carbs: 36 g
Protein: 10 g
Total Calories: 423 Calories



CREAMY AVOCADO PASTA

INGREDIENTS

(2 Servings)

4 oz of Brown Rice Linguini
1 Avocado
1/2 Cup of Fresh Basil
2 Tbsp of Extra Virgin Olive Oil
2 Cloves of Garlic
1 Tbsp of Lemon Juice
Pinch of Sea Salt and Pepper

DIRECTIONS

Start by preparing the pasta according to the directions on the packaging.

While the pasta is cooking start preparing the avocado cream sauce by combining all of the ingredients in a food processor.

Process until the consistency is nice and smooth.

Add the avocado cream sauce with the noodles once they are ready.

Feel free to add to favourite vegetarian protein source to this dish if you prefer a meal with higher protein.

NUTRITIONAL VALUE

(per serving)

Fat: 27 g

Carbs: 47 g

Protein: 7 g

Total Calories: 446 Calories



VEGAN POWER BOWL

INGREDIENTS

(2 Servings)

2 Cups Kale

1 Roasted Sweet Potato

1 Avocado

1 Red Bell Pepper

1 Can of Black Bean

1 tsp of Olive Oil

Dressing:

2 Tbsp of Tahini

2 Tbsp of Lemon Juice

DIRECTIONS

Pre-heat the oven at 350F/175C. Place the cube sized sweet potatoes on a baking tray with parchment paper and bake for 30 minutes.

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 massage it into the kale.

Chop the red pepper and avocado. Prepare the dressing by mixing the tahini and the fresh lemon juice together.

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.

NUTRITIONAL VALUE

(per serving)

Fat: 33 g

Carbs: 67 g

Protein: 21 g

Total Calories: 599 Calories



PORTOBELLO FAJITA BOWL

INGREDIENTS

(2 Servings)

2 Portobello Mushroom

1 Red Bell Pepper

1/4 Cup of Onions

2 Cloves of Garlic

1/2 Cup of Brown Rice

1/2 Cup of Guacamole

Fajita Seasoning:

2 Tbsp of Paprika

1 Tbsp of Garlic Powder

1 Tbsp of Onion Powder

1 tsp of Cayenne Powder

DIRECTIONS

Place a pan on medium heat and add the coconut oil.

Once the oil has melted add the onions and garlic and sauté for 1 minute.

Next add the red pepper and portobello mushroom cut into long thin slices.

Add the fajita seasoning and cook for another 5-7 minutes.

Meanwhile prepare the guacamole.

Once everything is ready combine the portobello mixture, brown rice and guacamole in a big bowl.

NUTRITIONAL VALUE

(per serving)

Fat: 19 g

Carbs: 46 g

Protein: 8 g

Total Calories: 390 Calories



BLACK BEAN BURGER

INGREDIENTS

(2 Servings)

- 1 Can of Black Beans
- 1/4 Cup of Gluten Free Oatmeal
- 1/4 Cup of Chopped Onion
- 2 Cloves of Garlic
- 1/4 Cup of Fresh Parsley
- 1 tsp of Chilli
- 1/2 tsp of Cayenne Powder
- 1/2 tsp of Sea Salt
- 1/2 tsp of Pepper

DIRECTIONS

Drain and rinse the black beans and pat dry with paper towel.

Place all of the ingredients in a food processor and the mixture becomes sticky.

Form 4 patties and cook on the stove top on medium heat with coconut oil.

Fry the patty for about 3-5 minutes each side and then you can add any of your favourite toppings to the burger patties.

NUTRITIONAL VALUE

(2 Patties)

Fat: 2 g

Carbs: 46 g

Protein: 16 g

Total Calories: 262 Calories



SWEET POTATO & CHICKPEA CURRY

INGREDIENTS

(2 Servings)

- 1.5 Cup (1 Small) of Sweet Potato
- 1 Can of Chickpeas
- 1 Cup of Coconut Milk
- 1/4 Cup of Onion
- 1 Can of Chopped Tomato
- 1 Tbsp of Olive Oil
- 1 Tbsp of Ground Turmeric
- 1 Tbsp of Ground Cumin
- 1 Tbsp of Ground Ginger
- 1 tsp of Sea Salt

DIRECTIONS

In a large pot heat the olive oil and the onions and the spices. Cook until the onions become translucent.

Next add in the rest of the ingredients, making sure that the sweet potatoes are completely covered with the liquid.

Bring the curry to a boil and then turn 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)

8 oz of Tofu

2 Cups of Broccoli

1 Red Bell Pepper

4 Mushrooms

1/4 Cup of Red Onion

2 Tbsp of Coconut Oil

Almond Butter Sauce:

1/4 Cup of Coconut

Aminos

2 Tbsp of Almond Butter

DIRECTIONS

Chop all the vegetables in bite size pieces.

In a large pan place the coconut oil and the tofu cubed on medium heat and cook for a few minutes.

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).

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)

2 Zucchini

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

400 ml of Marinara Sauce

NUTRITIONAL VALUE

(per serving)

Fat: 18 g

Carbs: 55 g

Protein: 20 g

Total Calories: 441 Calories

DIRECTIONS

Start by preparing the lentils and quinoa according to directions on the package.

Once the lentils and quinoa are ready add everything except for the marinara sauce and zucchini in the food processor.

Process until it is completely smooth. Roll out 10 small "meatballs" with the lentil mixture.

Heat olive oil in a large pan and cook the meatballs for 5 minutes.

Next add the marinara sauce to the pan, mix in with the meatballs and cook for another 5 minutes.

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
1/4 Cup of Quinoa
1/2 Cup of Black Beans
1/2 Cup of Salsa
1/4 Cup of Fresh Chopped
Cilantro
1 tsp of Paprika
1 tsp of Chili Powder
Pinch of Sea Salt & Pepper

DIRECTIONS

Pre-heat the oven to 350F/175C and bake the peppers for 10 minutes on a baking tray.
Meanwhile cook the quinoa according to the directions on the packaging.
Mix all of the ingredients into a bowl then take the red pepper out of the oven and stuff them with the mixture.
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)

8 oz of Tofu

4 oz of Brown Rice Noodles

1 Cup of Bean Sprouts

1/2 Cup of Green Onions

1 Cloves of Garlic

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

Place a pan on medium heat and add the coconut oil.

Finely chop the garlic and onions and place it in the pan with the cubed tofu. While the tofu is sautéing, fill up a pot with water and bring to a boil.

Once the water is boiling add the brown rice noodles.

When the tofu is starting to brown add in the bean sprouts.

Mix together the coconut aminos and the almond butter to form a thick sauce and toss it in the pan and lower the heat.

Cook for another 5 minutes.

Once the tofu and the noodles are ready, combine them in a plate.

Add the fresh green onions on top.



HUMMUS & VEGETABLES

INGREDIENTS

(4 servings)

- 1 Can 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 Cumin
- 1/2 tsp of Sea Salt
- 1 Cup of Cucumber Sticks

DIRECTIONS

Start by preparing the chickpeas. If you are preparing dry chickpeas follow the instructions on the packaging or if you are using canned make sure to drain the chickpeas and rinse them well. Once the chickpeas are ready, place all of the ingredients in a food processor and process until it forms a smooth and creamy texture. Store the hummus into an air tight container or portion it out immediately into 4 servings.

NUTRITIONAL VALUE

(per serving)

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



CARROTS & ALMOND BUTTER

INGREDIENTS

2 Carrots
1 Tbsp of Almond Butter

DIRECTIONS

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



SEED CRACKERS & GUACAMOLE

INGREDIENTS

(Makes 4 Servings)

1/4 Cup of Chia Seeds

1/4 Cups of Sesame Seeds

1/4 Cups of Sunflower Seeds

1/2 Tbsp of Herb Mix Seasoning

1/2 tsp of Sea Salt

1 Cup of Water

Guacamole:

1/2 Mashed Avocado

Juice of Half a Lime

Pinch of Sea Salt

DIRECTIONS

Preheat the oven to 175C.

Combine all the seeds together with water and seasonings. Let the mixture sit for 5 minutes.

Line a baking sheet with parchment paper and spread the seed mixture evenly until flat.

Bake for 30 minutes then remove from the oven, cut them into squares, flip them and bake for another 15 minutes.

Meanwhile combine the guacamole ingredients in a bowl and mash until you have your desired consistency.

NUTRITIONAL VALUE

(per serving)

Fat: 24 g

Carbs: 14 g

Protein: 8 g

Total Calories: 280 Calories



CACAO COCONUT BALLS

INGREDIENTS

(Makes 10 Balls)

- 1 Cup of Almonds
- 1/2 Cup of Shredded Coconut
- 8 Medjool Dates
- 2 Tbsp of Raw Cacao Powder

DIRECTIONS

Remove the pit from the dates. Combine all the ingredients in a food processor and mix until it forms a doughy mixture.

Form 10 balls with the mixture and then store them into the fridge to preserve freshness.

NUTRITIONAL VALUE

(2 balls)

- Fat: 18 g
- Carbs: 36 g
- Protein: 6 g
- Total Calories: 324 Calories



APPLE PIE BITES

INGREDIENTS

(10 balls)
8 Medjool Dates
1 Cup of Dried Apples
1 Cup of Walnuts
1 tsp of Cinnamon

DIRECTIONS

Remove the pit from the dates. Combine all the ingredients in a food processor and mix until it forms a doughy mixture.
Form 10 balls with the mixture and then store them into the fridge to preserve freshness.

NUTRITIONAL VALUE

(2 Balls)
Fat: 16 g
Carbs: 44 g
Protein: 5 g
Total Calories: 314 Calories



OATMEAL COOKIES

INGREDIENTS

(8 Cookies)

1 Cup of Gluten Free Oatmeal

1 Ripe Banana

1 tsp of Cinnamon

Optional: Add nuts, dried fruit or chocolate chips to customize the cookies to your liking.

DIRECTIONS

Preheat the oven at 375F/200C.

In a bowl, mash the banana and add the oats, cinnamon and any additional ingredients if you choose.

Combine until it forms a sticky and even mixture.

Divide the mixture in 8 equal cookies and place them on a baking sheet. Bake for 8 minutes.

NUTRITIONAL VALUE

(per cookie)

Fat: 1 g

Carbs: 19 g

Protein: 3 g

Total Calories: 99 Calories



EASY TRAIL MIX

INGREDIENTS

(3 servings)

1/2 Cup of Coconut Chips

1/4 Cup of Almonds

1/4 Cup of Pumpkin Seeds

DIRECTIONS

1. Place all of the ingredients in an air tight jar and store somewhere cool or immediately divide the trail mix into 3 portions.

NUTRITIONAL VALUE

(per serving)

Fat: 20 g

Carbs: 9 g

Protein: 10 g

Total Calories: 256 Calories



COCONUT CHIA PUDDING

INGREDIENTS

(4 Servings)

1 Can of Coconut Milk

1/4 Cup of Chia Seeds

1 Tbsp of Maple Syrup

1 tsp of Vanilla Extract

1 Cup of Berries

DIRECTIONS

Combine all of the ingredients in a bowl except the berries. Stir well and then transfer the mixture to a sealed container.

Let the chia seed pudding sit in the refrigerator for 3 hours or overnight.

Once it is ready you can separate it into 4 servings and add a handful of berries on top.

NUTRITIONAL VALUE

(per serving)

Fat: 25 g

Carbs: 14 g

Protein: 5 g

Total Calories: 299 Calories

28 DAY MEAL PLAN



Week 1

| | | | | | | | |
|-----------|--------------------------|------------------------------|------------------------------------|------------------------------------|--|-----------------------------|---|
| Breakfast | Green Protein Smoothie | Superfood Oatmeal | Green Protein Smoothie | Superfood Oatmeal | Green Protein Smoothie | Superfood Oatmeal | Banana Pancakes |
| Lunch | Chickpea Wrap | Vegan Power Bowl (leftovers) | Balsamic Arugula Salad (leftovers) | Portobello Fajita Bowl (leftovers) | Tofu Pad Thai (leftovers) | Rainbow Salad | Sweet Potato Chickpea Curry (leftovers) |
| Dinner | Vegan Power Bowl | Balsamic Arugula Salad | Portobello Fajita Bowl | Tofu Pad Thai | Eat Out Using the Vegan Guide Guidelines | Sweet Potato Chickpea Curry | Mexican Stuffed Peppers |
| Snack | Hummus & Cucumber Sticks | Cacao Coconut Balls | Hummus & Cucumber Sticks | Cacao Coconut Balls | Hummus & Cucumber Sticks | Cacao Coconut Balls | Hummus & Cucumber Sticks |

Week 2

| | | | | | | | |
|-----------|-------------------------------------|----------------------------------|----------------------------|---|--------------------------------|--------------------------|--|
| Breakfast | Raspberry Coconut Smoothie | Chocolate Overnight Oats | Raspberry Coconut Smoothie | Chocolate Overnight Oats | Raspberry Coconut Smoothie | Chocolate Overnight Oats | Banana Pancakes |
| Lunch | Mexican Stuffed Peppers (leftovers) | Creamy Avocado Pasta (leftovers) | Falafel Salad (leftovers) | Tofu Almond Butter Stir Fry (leftovers) | Black Bean Burgers (leftovers) | Crunchy Kale Salad | Zoodles & Lentil Meatballs (leftovers) |

| | | | | | | | |
|---------------|---------------------------|-------------------------|-----------------------------|-------------------------|--|----------------------------|---------------------------|
| Dinner | Creamy Avocado Pasta | Falafel Salad | Tofu Almond Butter Stir Fry | Black Bean Burgers | Eat Out Using the Vegan Guide Guidelines | Zoodles & Lentil Meatballs | Quinoa Tabouleh |
| Snack | Seed Crackers & Guacamole | Carrots & Almond Butter | Seed Crackers & Guacamole | Carrots & Almond Butter | Seed Crackers & Guacamole | Carrots & Almond Butter | Seed Crackers & Guacamole |

Week 3

| | | | | | | | |
|-----------|---------------------------|------------------------------|------------------------------------|------------------------------------|--|-----------------------------|---|
| Breakfast | Chocolate Banana Smoothie | Tofu Scramble | Chocolate Banana Smoothie | Tofu Scramble | Chocolate Banana Smoothie | Tofu Scramble | Banana Pancakes |
| Lunch | Chickpea Wrap | Vegan Power Bowl (leftovers) | Balsamic Arugula Salad (leftovers) | Portobello Fajita Bowl (leftovers) | Tofu Pad Thai (leftovers) | Rainbow Salad | Sweet Potato Chickpea Curry (leftovers) |
| Dinner | Vegan Power Bowl | Balsamic Arugula Salad | Portobello Fajita Bowl | Tofu Pad Thai | Eat Out Using the Vegan Guide Guidelines | Sweet Potato Chickpea Curry | Mexican Stuffed Peppers |
| Snack | Coconut Chia Pudding | Apple Pie Bites | Coconut Chia Pudding | Apple Pie Bites | Coconut Chia Pudding | Apple Pie Bites | Coconut Chia Pudding |

Week 4

| | | | | | | | |
|-----------|-------------------------------------|----------------------------------|---------------------------|---|--------------------------------|-----------------------|--|
| Breakfast | Blueberry Smoothie | Apple Cinnamon Cereal | Blueberry Smoothie | Apple Cinnamon Cereal | Blueberry Smoothie | Apple Cinnamon Cereal | Banana Pancakes |
| Lunch | Mexican Stuffed Peppers (leftovers) | Creamy Avocado Pasta (leftovers) | Falafel Salad (leftovers) | Tofu Almond Butter Stir Fry (leftovers) | Black Bean Burgers (leftovers) | Crunchy Kale Salad | Zoodles & Lentil Meatballs (leftovers) |

| | | | | | | | |
|--------|----------------------|----------------|-----------------------------|--------------------|--|----------------------------|-----------------|
| Dinner | Creamy Avocado Pasta | Falafel Salad | Tofu Almond Butter Stir Fry | Black Bean Burgers | Eat Out Using the Vegan Guide Guidelines | Zoodles & Lentil Meatballs | Quinoa Tabouleh |
| Snack | Oatmeal Cookies | Easy Trail Mix | Oatmeal Cookies | Easy Trail Mix | Oatmeal Cookies | Easy Trail Mix | Oatmeal Cookies |

THE GROCERY 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 to buy 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 plant. 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 left overs.



GROCERY LIST - WEEK 1

Fruits & Vegetables

3 Bananas
1/2 Cup of Berries
1 Lemon
1 Lime
4 Avocados
1/2 Cup of Guacamole
4 Cups of Arugula
4 Cups of Spinach
2 Cups Kale
1/4 Cup of Fresh Chopped Cilantro
2 Sweet Potatoes
4 Red Bell Peppers
1/2 Zucchini
1 Carrot
 1 Small Head of Red Cabbage
2 Tomatoes
1 Cucumber
1 Stalks of Celery
2 Portobello Mushroom
1 Cup of Bean Sprouts
1/2 Cup of Green Onions
1 Red Onion
1 Onion
4 Cloves of Garlic

Grains, Beans & Legumes

4 oz of Brown Rice Noodles
1 Brown Rice Tortilla Wrap
1/2 Cup of Brown Rice
1/4 Cup of Quinoa
2 1/2 Cup of Gluten Free Oatmeal
1 Can + 1/2 Cup of Black Bean
2 Cans + 2 Cups of Chickpeas

Nuts & Seeds

1 1/4 Cup of Almonds
3 Tbsp of Chia Seeds

Baking Supplies

Baking Powder
 1/2 Cup of Shredded Coconut
 2 Tbsp of Raw Cacao Powder
 8 Medjool Dates

Condiments

Organic Coconut Oil
Extra Virgin Olive Oil
Balsamic Vinegar
1 Can of Chopped Tomato
1/2 Cup of Salsa
6 1/4 Cups of Almond Milk
1 Cup of Coconut Milk
1/4 Cup of Coconut Aminos
1/4 Cup + 2 Tbsp of Tahini
2 Tbsp of Vegan Mayo
2 Tbsp of Almond Butter

Herbs & Spices

Paprika
Garlic Powder
Onion Powder
Cayenne Powder
Ground Turmeric
Ground Cumin
Ground Ginger
Chilli Powder
Ground Cinnamon

Extra

8 oz of Tofu
3 Servings of Vanilla Protein Powder



GROCERY LIST - WEEK 2

Fruits & Vegetables

- 3 Bananas
- 3 Cups of Raspberries
- 2 Avocados
- 1 Lemon
- 1 Lime
- 2 Cups of Kale
- 2 Cup of Fresh Greens
- 1 1/4 Cup of Fresh Parsley
- 1/2 Cup of Fresh Basil
- 1 Small Head of Broccoli
- 2 Zucchinis
- 1 Red Bell Pepper
- 7 Carrots
- 2 Tomatoes
- 1/2 Cup of Cherry Tomatoes
- 1 Small Cucumber
- 4 Mushrooms
- 1 Red Onion
- 1 Onion
- 7 Cloves of Garlic

Grains, Beans & Legumes

- 4 oz of Brown Rice Linguini
- 1/2 Cup of Quinoa
- 2 3/4 Cup of Gluten Free Oatmeal
- 1 Can + 1/2 Cup of Chickpeas
- 1 Can of Black Beans
- 1 Cup of Cooked Lentils

Nuts & Seeds

- 1/2 Cup + 2 Tbsp of Chia Seeds
- 1/4 Cups of Sesame Seeds
- 1/4 Cups of Sunflower Seeds
- 2 Tbsp of Pine Nuts

Baking Supplies

- 1/2 Cup of Almond Flour
- 3 Tbsp of Raw Cacao Powder
- 3 Tbsp of Maple Syrup

Condiments

- 400 ml of Marinara Sauce
- 3 Cups of Coconut Milk
- 3 1/4 Cups of Almond Milk
- 1/4 Cup of Coconut Aminos
- 1/4 Cup + 1 Tbsp of Almond Butter
- 1/4 Cup of Tahini

Herbs & Spices

- Italian Seasoning
- Herb Mix Seasoning

Extra

- 8 oz of Tofu
- 3 Servings of Vanilla Protein Powder
- 3 Servings of Chocolate Protein Powder



GROCERY LIST - WEEK 3

Fruits & Vegetables

- 4 Bananas
- 1 Cup of Berries
- 1 Lemon
- 1 Lime
- 4 Avocados
- 1/2 Cup of Guacamole
- 4 Cups of Arugula
- 2 Cups Kale
- 2 Cups of Spinach
- 1/4 Cup of Fresh Chopped Cilantro
- 2 Sweet Potatoes
- 4 1/2 Red Bell Peppers
- 1/2 Zucchini
- 1 Carrot
 - 1 Small Head of Red Cabbage
- 2 Tomatoes
- 1 Small Cucumber
- 1 Stalks of Celery
- 2 Portobello Mushroom
- 1 Cup of Bean Sprouts
- 1/2 Cup of Green Onions
- 1 Red Onion
- 1 Onion
- 3 Cloves of Garlic

Grains, Beans & Legumes

- 4 oz of Brown Rice Noodles
- 1 Brown Rice Tortilla Wrap
- 1/2 Cup of Brown Rice
- 1/4 Cup of Quinoa
- 1 Cup of Gluten Free Oatmeal
- 1 Can + 1/2 Cup of Black Bean
- 1 Can + 2 Cups of Chickpeas

Nuts & Seeds

- 1 Cup of Walnuts
- 1/4 Cup of Chia Seeds

Baking Supplies

- 1 Cup of Apple Chips
- 1/4 Cup + 2 Tbsp of Raw Cacao Powder
- 1 Tbsp of Maple Syrup
- 1 tsp of Vanilla Extract
- 8 Medjool Dates

Condiments

- 1 Can of Chopped Tomato
- 1/2 Cup of Salsa
- 3 1/4 Cups of Almond Milk
- 1 Can + 1 Cup of Coconut Milk
- 1/4 Cup + 1 Tbsp of Coconut Aminos
- 2 Tbsp of Vegan Mayo
- 2 Tbsp of Tahini
- 2 Tbsp of Almond Butter

Extra

- 12 oz of Tofu
- 3 Servings of Chocolate Protein Powder



GROCERY LIST - WEEK 4

Fruits & Vegetables

- 4 Bananas
- 3 Apples
- 3 Cups of Blueberries
- 2 Avocados
- 1 Lemon
- 2 Cups of Kale
- 2 Cup of Fresh Greens
- 1 1/4 Cup of Fresh Parsley
- 1/2 Cup of Fresh Basil
- 1 Small Head of Broccoli
- 2 Zucchini
- 1 Red Bell Pepper
- 1 Carrot
- 2 Tomatoes
- 1/2 Cup of Cherry Tomatoes
- 1 Small Cucumber
- 4 Mushrooms
- 1 Red Onion
- 1 Onion
- 7 Cloves of Garlic

Grains, Beans & Legumes

- 4 oz of Brown Rice Linguini
- 1/2 Cup of Quinoa
- 1 1/4 Cup of Gluten Free Oatmeal
- 1 Can + 1/2 Cup of Chickpeas
- 1 Can of Black Beans
- 1 Cup of Cooked Lentils

Nuts & Seeds

- 1/2 + 2 Tbsp of Almonds
- 1/4 Cup + 2 Tbsp of Walnuts
- 1/4 Cup of Pumpkin Seeds
- 2 Tbsp of Pine Nuts

Baking Supplies

- 1 1/4 Cup of Coconut Chips
- 1/2 Cup of Almond Flour

Condiments

- 400 ml of Marinara Sauce
- 3 Cups of Coconut Milk
- 1 1/2 Cup of Almond Milk
- 1/4 Cup of Coconut Aminos
- 1/4 Cup of Tahini
- 2 Tbsp of Almond Butter

Extra

- 8 oz of Tofu
- 3 Servings of Vanilla Protein Powder

