



PLANT BASED MEAL PLAN

Moroccan Veggie
TAGINE



Mexican Wild Rice
SOUP



Cacao Breakfast
SMOOTHIE

SCHEDULE

MON

- BREAKFAST
 - LUNCH
 - DINNER
- Banana Berry Oatmeal
 - Moroccan Veggie Tagine
 - Mexican Wild Rice Soup + Full Color Salad + Creamy Citrus Dessert:
 - Fresh Fruit

TUE

- BREAKFAST
 - LUNCH
 - DINNER
- Cacao Breakfast Smoothie
 - Thai Salad & Buddha Bowl + Creamy Thai Sauce
 - Marinara Pasta
 - Dessert: Creamy Green Smoothie

WED

- BREAKFAST
 - LUNCH
 - DINNER
- Chia Seed Pudding
 - Moroccan Veggie Tagine
 - Mexican Wild Rice Soup + Full Color Salad + Creamy Citrus
 - Dessert: Fresh Fruit

THU

- BREAKFAST
 - LUNCH
 - DINNER
- Cacao Breakfast Smoothie
 - Thai Salad & Buddha Bowl + Creamy Thai Sauce
 - Marinara Pasta
 - Dessert: Creamy Green Smoothie

FRI

- BREAKFAST
 - LUNCH
 - DINNER
- Creamy Green Smoothie
 - Moroccan Veggie Tagine
 - Mexican Wild Rice Soup + Full Color Salad + Creamy Citrus
 - Dessert: Fresh Fruit

SAT

- BREAKFAST
 - LUNCH
 - DINNER
- Banana Berry Oatmeal
 - Thai Salad & Buddha Bowl + Creamy Thai Sauce
 - Marinara Pasta
 - Dessert: Creamy Green Smoothie

SUN

- BREAKFAST
 - LUNCH
 - DINNER
- Chia Seed Pudding
 - Moroccan Veggie Tagine
 - Mexican Wild Rice Soup + Full Color Salad + Creamy Citrus
 - Dessert: Fresh Fruit

WEEK 16 - SHOPPING LIST

PRODUCE

<input type="checkbox"/>	Avocado	1 cup
<input type="checkbox"/>	Banana	8
<input type="checkbox"/>	Broccoli	15 spears
<input type="checkbox"/>	Carrots	2
<input type="checkbox"/>	Celery stalks	4
<input type="checkbox"/>	Cilantro	1.75 cup
<input type="checkbox"/>	Cloves garlic	6
<input type="checkbox"/>	Cucumber	7
<input type="checkbox"/>	Dates	8
<input type="checkbox"/>	Fresh basil	2 tablespoons
<input type="checkbox"/>	Fresh Cilantro	1.50 cup
<input type="checkbox"/>	Fresh Fruit of Your Choice	4 cup
<input type="checkbox"/>	Fresh ginger root	2.67 tablespoons
<input type="checkbox"/>	Green beans	1 cup
<input type="checkbox"/>	Green onion	1.50 cup
<input type="checkbox"/>	Lemons	4 tablespoons
<input type="checkbox"/>	Limes	4 tablespoons
<input type="checkbox"/>	Loose leaf spinach	14 cup
<input type="checkbox"/>	Mushrooms	3.50 cup
<input type="checkbox"/>	Shredded Carrots	8.50 cup
<input type="checkbox"/>	Shredded Purple cabbage	4 cup
<input type="checkbox"/>	Spinach	6 cup
<input type="checkbox"/>	Yellow onions	6
<input type="checkbox"/>	Zucchini	3

RICE/PASTA

<input type="checkbox"/>	Brown rice	3 cup
<input type="checkbox"/>	Quinoa	1 cup
<input type="checkbox"/>	Red lentil pasta	6 oz
<input type="checkbox"/>	Wild rice	2 cup

NUTS/SEEDS

<input type="checkbox"/>	Cashews	0.50 cup
<input type="checkbox"/>	Chia Seeds	1 cup
<input type="checkbox"/>	Peanuts	3 tablespoons
<input type="checkbox"/>	Rolled oats	0.50 cup

BAKING

<input type="checkbox"/>	Ground flaxseed	2 tablespoons
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BREAD

<input type="checkbox"/>	Whole Grain Tortilla	3
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CANNED GOODS

<input type="checkbox"/>	Almond butter	0.50 cup
<input type="checkbox"/>	Cooked garbanzo beans	7 cans (15 oz)
<input type="checkbox"/>	Diced tomatoes with chilis	4 cans
<input type="checkbox"/>	Marinara sauce	1.50 cup
<input type="checkbox"/>	Tomato paste	2 tablespoons
<input type="checkbox"/>	Vegetable Broth	26 cups

OTHER

<input type="checkbox"/>	Nutritional Yeast	4 tablespoons
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FREEZER

<input type="checkbox"/>	Frozen berries	1 cup
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DAIRY/JUICE

<input type="checkbox"/>	Light coconut milk	4 tablespoons
<input type="checkbox"/>	Orange juice	0.50 cup
<input type="checkbox"/>	Unsweetened Almond Milk	9 cup

SPICES AND CONDIMENTS

<input type="checkbox"/>	Black pepper	1 teaspoon
<input type="checkbox"/>	Cacao powder	4 tablespoons
<input type="checkbox"/>	Cayenne pepper	1.13 teaspoons
<input type="checkbox"/>	Chili powder	4 teaspoons
<input type="checkbox"/>	Cinnamon	0.25 teaspoons
<input type="checkbox"/>	Cumin	0.50 teaspoons
<input type="checkbox"/>	Dijon Mustard	1 teaspoon
<input type="checkbox"/>	Garlic Powder	4 teaspoons
<input type="checkbox"/>	Ground cumin	2.67 tablespoons
<input type="checkbox"/>	Ground turmeric	0.50 teaspoons
<input type="checkbox"/>	Hot sauce	1 teaspoon
<input type="checkbox"/>	Liquid aminos	3 tablespoons
<input type="checkbox"/>	Paprika	0.50 teaspoons
<input type="checkbox"/>	Raisins	0.50 cup
<input type="checkbox"/>	Stevia	12 drops
<input type="checkbox"/>	Salsa	1 cup
<input type="checkbox"/>	White vinegar	1 teaspoon

Meal Prep

Prep the following at the beginning of the week in the order shown below. See Individual recipes for instructions where recipe is included below:

Recipe/Food	Prep Time
Moroccan Veggie Tagine	30 minutes
Mexican Wild Rice Soup	30 minutes
Creamy Thai Sauce	10 minutes
Cooked Brown Rice for Buddha Bowl: (3 cups total)	30 minutes
Creamy Citrus Dressing	5 minutes
Chop and Freeze Bananas for Creamy Green Dream Smoothie 4 Bananas	5 minutes
Blended almond/date milk: for oatmeal. Blend 1 cup almond milk with 2-3 dates, more for more sweetness.	



Full Color Salad (1 serving)

Ingredients

¼ cup avocado (or optional nuts)
¼ cup shredded Purple cabbage
1 stalk celery
1 cup cucumber
½ cup garbanzo beans
1 cup shredded carrots
2 cups fresh spinach
(top with any other fresh berries, fruit, or vegetables of your choice!)

Instruction

1. Chop vegetables and toss with your favorite Nutritarian dressing. Top with garbanzo beans.
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Thai Buddha Bowl (1 serving)

Ingredients

1 cups brown rice/Quinoa Mixture
4-5 spears steamed broccoli
1 raw cucumber, chopped
½ cup garbanzo beans
½ cup purple cabbage
½ cup shredded carrots
Top with 1 tablespoon Peanut Sauce

Instruction

1. Place 1 cup of cooked brown rice in a bowl and garnish with toppings. Drizzle with creamy Thai sauce or creamy curry sauce (or your favorite dressing) and enjoy.

Thai Salad (1 serving)

Ingredients

2 cups loose leaf spinach
½ cup Shredded Carrots
½ cup shredded Purple cabbage
½ cup green onion
½ cup Cilantro
½ cans (15 oz.) Cooked garbanzo beans
1-2 tbsp. peanuts

Instruction

Chop and toss all vegetables together and serve with Peanut Dressing

Cooked

Marinara Pasta (1 servings)

Ingredients

1/2 yellow onion
1/2 cup mushrooms frozen or fresh
2 teaspoons fresh basil chopped
1 Cloves garlic chopped
1/2 cup Shredded Carrots
1 zucchini chopped
1/2 cup marinara sauce
2oz red lentil pasta or garbanzo bean pasta

Instructions

1. Cook lentil pasta according to package directions. (if you are cooking for one person, just cook one serving of pasta)
2. Chop all vegetables that aren't already pre-cut. Water sauté vegetables over medium high heat. Once veggies are tender, but not overcooked, add herbs and marinara sauce and bring to a simmer.
3. Stir in desired amount of sauce with pasta and refrigerate or freeze the remainder of the sauce for next week or a lunch substitute later this week.

Moroccan Veggie Tagine (4 servings)

Ingredients

1 yellow onions
2 carrots
2 Cloves garlic minced
2 teaspoons fresh ginger root minced
2 tablespoons tomato paste
1/4 teaspoon cinnamon
1/2 teaspoon Cumin
1/2 teaspoon Paprika
1/2 teaspoon ground turmeric

1/8 teaspoon cayenne pepper
2 cups Vegetable Broth
1 cup green beans chopped
2 cups mushrooms diced
2 cans cooked garbanzo beans drained
¼ cup lemons juiced
¼ cup cilantro chopped
½ cup raisins

Instructions

1. into a heated pan, pour 1/4 cup vegetable broth, chopped onion, carrots, garlic, ginger and sauté for 5 minutes
2. Add mushrooms, tomato paste, spices, vegetable broth, and green beans and stir together until tomato paste is well assimilated
3. stir in garbanzo beans
4. cover and simmer over low heat for 20 minutes
5. uncover and mix in raisins, cilantro, and lemon.
6. May be eaten alone or served over brown or wild rice or quinoa. This will account for your grains for the day. To conserve your grains, I recommend serving this dish over just ½ cup of rice.

Mexican Wild Rice Soup (4 servings)

Ingredients

1 yellow onion
6 tablespoons Fresh Cilantro
1 can diced tomatoes with chilies
1 tablespoon minced garlic
6 cup Vegetable Broth
1 teaspoon Garlic Powder
1 teaspoon chili powder
2 teaspoons Ground cumin
¼ teaspoon cayenne pepper
¼ teaspoons black pepper
½ cup wild rice
¼ cup barley
¼ cup Quinoa
¼ cup salsa your FAVORITE salsa

Instructions

1. In a heated pan, water sauté onion, cilantro, garlic, and drained tomatoes in vegetable broth for 5 minutes
2. add remaining ingredients, bring to a boil, then reduce to simmer until grains are cooked through.

Toppers

Creamy Thai Dressing

Ingredients

1/2cup Almond butter
1/4cup light coconut milk
1/4cup limes juiced
2 tablespoons fresh ginger root
1 Cloves garlic
3 tablespoons liquid aminos
1 teaspoon hot sauce optional

Instructions

1. Blend all ingredients in a high speed blender.
2. Store leftovers in the refrigerator and use as a condiment for other recipes.

Breakfast

Chia Seed Pudding (makes 4 servings)

Ingredients

3 cups almond milk
1 banana
¾ cup chia seeds
4 dates

Instruction

1. Blend almond milk and dates in a high speed blender until you reach an even consistency.
 2. Stir chia seeds and milk mixture into a large mason jar or container with a lid.
 3. Shake milk/chia seed mixture vigorously for 1 minute.
 4. Refrigerate mixture for one hour. Remove mixture from fridge and shake again for 1 minute (to prevent chia seeds from clumping).
 5. Refrigerate overnight and serve with chopped bananas and any other fruit.
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Banana Berry Oatmeal (1 Serving)

Ingredients

¼ - ½ cup frozen berries
½ Banana sliced
¼ cup rolled oats
1 date (more may be added for sweetness)
½ cup almond milk

Instructions

1. In a high speed blender, blend almond milk and date until date is well assimilated.

2. In a microwave-safe bowl, layer berries, banana, and top with rolled oats and almond milk.
3. Microwave for 90 seconds.
4. Serve hot.

Cacao Breakfast Smoothie (Serving 1)

Ingredients

1 Banana Frozen
2 tablespoons cacao powder (Cocoa powder may be used as well)
1 tablespoon ground flaxseed
1.5-2 cups Unsweetened Almond Milk
3-4 drops stevia
optional added ice

Instructions

1. Slice and freeze banana overnight
2. Into a blender cup, place frozen bananas and remaining ingredients and blend until smooth

Recipes Notes

Breakfast smoothies are the best. This one utilizes ground flaxseed, an absolute POWER FOOD!! Did you know that flaxseed is rich in Omega 3's (anti-inflammatory) and contains nearly 800 times more lignans than other plant foods? That means lots of protection against cardiovascular disease and breast cancer (among other things). Adding just 1 tablespoons of flax meal to your diet will do it. It's so easy!!

Desserts

Creamy Green Smoothie

Ingredients

1 Banana frozen
1 cup Unsweetened Almond Milk
2 cups spinach
2 drops stevia(optional)
½ cup ice

Instruction

Blend all ingredients in a high speed blender until smooth

Fresh Fruit of Your Choice (Serving 1)

Ingredients

1 cup Fresh Fruit of Your Choice