



**Whole Food Plant Based Meal
Plan**



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This week we are exploring a plant-based meal plan offering balanced nutrition without the use of animal products.

The Whole Food Plant Based meal plan is a completely animal product-free approach to healthy eating that maximizes whole grains, vegetables and legumes, while minimizing refined sugars and oils.











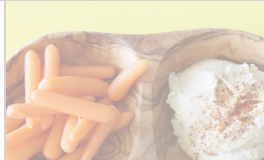















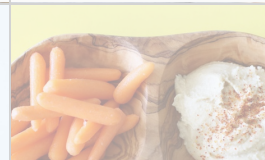
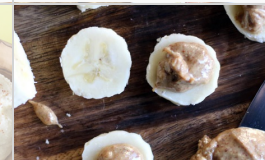


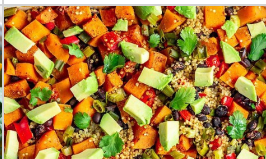


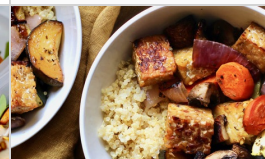

This plan provides adequate protein from a variety of plant-based sources including grains, legumes, nuts and seeds. Fats are provided by whole food sources like avocados, nuts/seeds, and high-quality oils.






















It's very important to explore what is right for you when it comes to food, and this is a great time to reflect on how you feel while trying this plan.

Do you feel more or less energetic? Do you feel better? How does your stomach feel? How is your mood? Is there any improvement or does it feel worse?

Take some time this week to keep a food journal, or just notes on your smartphone, about anything (if anything) that comes up around not eating animal food products.

Enjoy!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Protein-Packed Avocado Toast	 Gut Healing Green Smoothie	 Hummus Toast with Avocado	 Gut Healing Green Smoothie	 Protein-Packed Avocado Toast	 Tofu Veggie Scramble	 Tofu Veggie Scramble
Snack 1	 Blackberries & Pistachios	 Baby Carrots & Hummus	 Blackberries & Pistachios	 Baby Carrots & Hummus	 Banana with Almond Butter	 Grapes & Walnuts	 Pistachios
Lunch	 Marinated Mixed Bean Salad	 Broccoli Almond Protein Salad	 Marinated Mixed Bean Salad	 Sweet Potato Black Bean Quinoa Bake	 Marinated Mixed Bean Salad	 Lentil, Sweet Potato & Arugula Salad	 Balsamic Roasted Tempeh Bowls
Snack 2	 Apple Slices & Hummus	 Banana with Almond Butter	 Apple Slices & Hummus	 Grapes & Walnuts	 Pistachios	 Baby Carrots & Hummus	 Banana with Almond Butter
Dinner	 Broccoli Almond Protein Salad	 Peanut Butter Curry Chickpea Stew	 Sweet Potato Black Bean Quinoa Bake	 Peanut Butter Curry Chickpea Stew	 Lentil, Sweet Potato & Arugula Salad	 Balsamic Roasted Tempeh Bowls	 Swiss Chard, Lentil & Rice Bowl

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  46%	Fat  46%	Fat  44%	Fat  41%	Fat  46%	Fat  45%	Fat  48%
Carbs  40%	Carbs  40%	Carbs  44%	Carbs  46%	Carbs  40%	Carbs  38%	Carbs  35%
Protein  14%	Protein  14%	Protein  12%	Protein  13%	Protein  14%	Protein  17%	Protein  17%
Calories 1771	Calories 1704	Calories 1865	Calories 1597	Calories 1856	Calories 1404	Calories 1620
Fat 96g	Fat 93g	Fat 96g	Fat 77g	Fat 101g	Fat 74g	Fat 92g
Saturated 11g	Saturated 12g	Saturated 14g	Saturated 12g	Saturated 11g	Saturated 11g	Saturated 15g
Polyunsaturated 32g	Polyunsaturated 31g	Polyunsaturated 33g	Polyunsaturated 35g	Polyunsaturated 30g	Polyunsaturated 33g	Polyunsaturated 24g
Monounsaturated 47g	Monounsaturated 39g	Monounsaturated 43g	Monounsaturated 23g	Monounsaturated 52g	Monounsaturated 26g	Monounsaturated 46g
Carbs 184g	Carbs 182g	Carbs 215g	Carbs 197g	Carbs 194g	Carbs 139g	Carbs 150g
Fiber 63g	Fiber 51g	Fiber 63g	Fiber 49g	Fiber 58g	Fiber 32g	Fiber 34g
Sugar 45g	Sugar 71g	Sugar 40g	Sugar 68g	Sugar 38g	Sugar 45g	Sugar 39g
Protein 67g	Protein 64g	Protein 61g	Protein 54g	Protein 68g	Protein 63g	Protein 72g

Fruits

- 8 Apple
- 9 1/3 Avocado
- 16 Banana
- 8 cups Blackberries
- 8 cups Grapes
- 4 Lemon
- 3 1/3 Lime

Breakfast

- 1/2 cup All Natural Peanut Butter
- 2 cups Almond Butter
- 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- 1 cup Almonds
- 1/4 cup Chia Seeds
- 1 1/3 tbsps Chili Powder
- 2 tsps Cinnamon
- 2 tsps Coriander
- 2 1/3 tbsps Cumin
- 1 1/3 tsps Garlic Powder
- 1/2 cup Ground Flax Seed
- 2 cups Hemp Seeds
- 1/4 cup Italian Seasoning
- 1 tsp Paprika
- 6 cups Pistachios
- 1 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Sunflower Seeds
- 2 1/3 tbsps Turmeric
- 2 cups Walnuts

Frozen

- 4 cups Frozen Edamame

Vegetables

- 8 cups Arugula
- 9 cups Baby Carrots
- 4 cups Baby Spinach
- 8 cups Broccoli
- 12 Carrot
- 1/2 cup Cilantro
- 22 Garlic
- 2 tbsps Ginger
- 6 cups Green Beans
- 12 stalks Green Onion
- 8 cups Kale Leaves
- 5 1/3 cups Mushrooms
- 7 1/3 Red Bell Pepper
- 1 1/3 cups Red Onion
- 8 Sweet Potato
- 8 cups Swiss Chard
- 4 Yellow Onion
- 6 Zucchini

Boxed & Canned

- 2 2/3 cups Black Beans
- 1/2 cup Brown Rice
- 8 cups Chickpeas
- 6 cups Lentils
- 12 cups Mixed Beans
- 6 2/3 cups Organic Vegetable Broth
- 3 1/3 cups Quinoa
- 4 cups White Navy Beans

Baking

- 1/4 cup Nutritional Yeast
- 1/2 cup Raw Honey

Bread, Fish, Meat & Cheese

- 7 cups Hummus
- 16 slices Organic Bread
- 8 slices Rye Bread
- 1 1/2 lbs Tempeh
- 2 lbs Tofu

Condiments & Oils

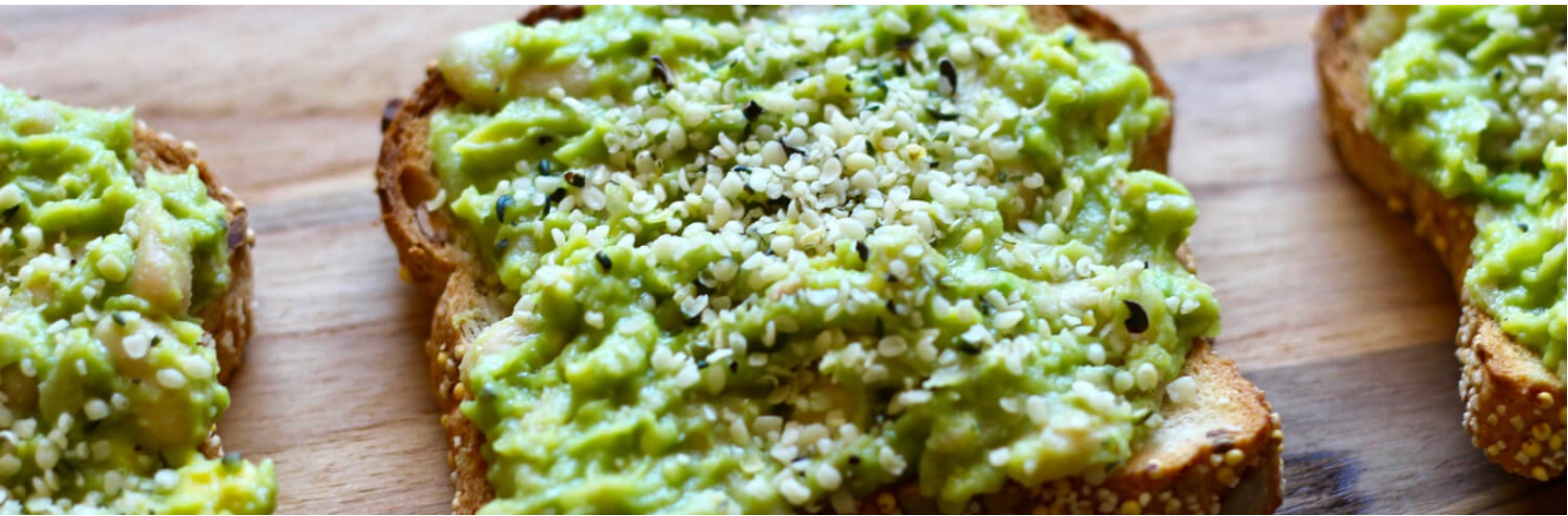
- 1/2 cup Apple Cider Vinegar
- 1/4 cup Avocado Oil
- 1/3 cup Balsamic Vinegar
- 3 tbsps Coconut Oil
- 1 1/4 cups Extra Virgin Olive Oil
- 2 tbsps Rice Vinegar
- 2 tbsps Sesame Oil
- 1/2 cup Tahini
- 2 tbsps Tamari

Cold

- 2 cups Unsweetened Almond Milk

Other

- 15 1/3 cups Water



Protein-Packed Avocado Toast

4 servings
15 minutes

Ingredients

2 Avocado
2 cups White Navy Beans (cooked)
1/2 Lemon (juiced)
1/2 tsp Sea Salt
8 slices Organic Bread
1/2 cup Hemp Seeds

Nutrition

Amount per serving	
Calories	555
Fat	30g
Saturated	3g
Polyunsaturated	11g
Monounsaturated	14g
Carbs	59g
Fiber	20g
Sugar	6g
Protein	19g

Directions

- 1 In a bowl, mash the avocado, white beans, lemon juice and sea salt together with a fork. Continue to mash until you get a guacamole-like consistency.
- 2 Divide the avocado bean mixture onto the toast. Sprinkle with hemp seeds and enjoy!

Notes

No White Beans, Use chickpeas instead.

Likes it Spicy, Add hot sauce or chili flakes into the avocado bean mixture.



Gut Healing Green Smoothie

4 servings

5 minutes

Ingredients

- 5 cups Water (cold)
- 4 cups Kale Leaves
- 1 Avocado (peeled and pit removed)
- 2 Banana (frozen)
- 2 tbsps Chia Seeds
- 1/4 cup Ground Flax Seed
- 1/2 cup Hemp Seeds
- 1/4 cup Raw Honey

Nutrition

Amount per serving	
Calories	376
Fat	22g
Saturated	2g
Polyunsaturated	10g
Monounsaturated	7g
Carbs	42g
Fiber	10g
Sugar	24g
Protein	11g

Directions

- 1 Throw all ingredients into a blender and blend until very smooth and creamy. Divide into glasses and enjoy!

Notes

No Kale, Use spinach instead.

No Honey, Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy, Use almond milk instead of water for extra creaminess.

Storage, Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.



Hummus Toast with Avocado

4 servings
10 minutes

Ingredients

8 slices Rye Bread (toasted)
2 cups Hummus
2 Avocado (sliced or mashed)
1/2 cup Sunflower Seeds
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	712
Fat	47g
Saturated	7g
Polyunsaturated	18g
Monounsaturated	19g
Carbs	62g
Fiber	19g
Sugar	4g
Protein	20g

Directions

- 1 Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

Notes

No Sunflower Seeds, Use hemp seeds, sesame seeds or pumpkin seeds instead.
Make Your Own Bread, See our Grain-Free Flax Bread recipe.



Tofu Veggie Scramble

8 servings

15 minutes

Ingredients

2 lbs Tofu (firm)
1/4 cup Avocado Oil
2 Yellow Onion (medium, diced)
8 Garlic (cloves, minced)
4 Red Bell Pepper (sliced)
4 cups Baby Spinach (chopped)
1/4 cup Nutritional Yeast
1 tsp Turmeric
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	198
Fat	13g
Saturated	2g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	10g
Fiber	4g
Sugar	6g
Protein	13g

Directions

- 1 Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
- 2 In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and bell pepper. Saute for 4 to 5 minutes, or until onions are translucent.
- 3 Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through.
- 4 Season with sea salt and black pepper taste. Enjoy!

Notes

More Carbs, Serve with toast or brown rice.

Likes it Spicy, Serve with hot sauce, cayenne pepper or chili flakes.

Leftovers, Store in the fridge up to 3 to 4 days.



Blackberries & Pistachios

8 servings

2 minutes

Ingredients

8 cups Blackberries
2 cups Pistachios (shelled)

Nutrition

Amount per serving	
Calories	234
Fat	15g
Saturated	2g
Polyunsaturated	5g
Monounsaturated	7g
Carbs	22g
Fiber	11g
Sugar	9g
Protein	8g

Directions

- 1 Divide blackberries into bowls. Top with shelled pistachios. Enjoy!

Notes

Make Them Last, Do not wash blackberries until ready to eat. Once you wash the berries they spoil a lot faster.



Baby Carrots & Hummus

12 servings

5 minutes

Ingredients

9 cups Baby Carrots
3 cups Hummus

Nutrition

Amount per serving	
Calories	191
Fat	11g
Saturated	2g
Polyunsaturated	5g
Monounsaturated	3g
Carbs	20g
Fiber	6g
Sugar	6g
Protein	5g

Directions

- 1 Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

Notes

No Baby Carrots, Use celery sticks, cucumber slices or sliced bell peppers instead..

Like it Spicy, Top with a pinch of cayenne pepper or chili powder.



Banana with Almond Butter

4 servings

2 minutes

Ingredients

4 Banana
1/2 cup Almond Butter

Nutrition

Amount per serving	
Calories	297
Fat	18g
Saturated	1g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	33g
Fiber	6g
Sugar	16g
Protein	8g

Directions

- 1 Slice banana.
- 2 Dip in almond butter.
- 3 Bam.



Marinated Mixed Bean Salad

12 servings

15 minutes

Ingredients

6 cups Green Beans (fresh or frozen)
 12 cups Mixed Beans (cooked)
 3/4 cup Extra Virgin Olive Oil
 1/3 cup Apple Cider Vinegar
 3 tbsps Italian Seasoning
 3 Garlic (clove, minced)
 3 Lemon (juiced)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	367
Fat	15g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	45g
Fiber	13g
Sugar	3g
Protein	16g

Directions

- 1 Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
- 2 Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

Notes

No Mixed Beans, Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

Leftovers, Keeps well covered in the fridge up to 4 to 5 days.



Apple Slices & Hummus

4 servings

5 minutes

Ingredients

4 Apple
1 cup Hummus

Nutrition

Amount per serving	
Calories	241
Fat	11g
Saturated	2g
Polyunsaturated	6g
Monounsaturated	3g
Carbs	34g
Fiber	8g
Sugar	19g
Protein	5g

Directions

- 1 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

Notes

No Apple, Use pear slices instead.



Grapes & Walnuts

8 servings

3 minutes

Ingredients

8 cups Grapes (washed)
2 cups Walnuts

Nutrition

Amount per serving	
Calories	253
Fat	19g
Saturated	2g
Polyunsaturated	14g
Monounsaturated	3g
Carbs	20g
Fiber	3g
Sugar	16g
Protein	5g

Directions

- 1 Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

Notes

No Walnuts, Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!



Pistachios

8 servings

1 minute

Ingredients

4 cups Pistachios (in the shell)

Nutrition

Amount per serving	
Calories	345
Fat	28g
Saturated	4g
Polyunsaturated	9g
Monounsaturated	14g
Carbs	17g
Fiber	7g
Sugar	5g
Protein	12g

Directions

- 1 Divide into bowls, peel and enjoy!



Broccoli Almond Protein Salad

8 servings
20 minutes

Ingredients

8 cups Broccoli (chopped into small florets)
4 cups Frozen Edamame (shelled)
8 stalks Green Onion (sliced)
1 cup Almonds (chopped)
1/2 cup Almond Butter
2 tbsps Rice Vinegar
2 tbsps Tamari (or Coconut Aminos)
2 tbsps Maple Syrup
2 tbsps Sesame Oil
2 Garlic (clove, minced)
1/4 cup Water

Nutrition

Amount per serving	
Calories	374
Fat	25g
Saturated	2g
Polyunsaturated	8g
Monounsaturated	13g
Carbs	24g
Fiber	11g
Sugar	8g
Protein	19g

Directions

- 1 In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
- 2 To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
- 3 Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

Notes

Leftovers, Keeps well in the fridge up to 3 days.



Peanut Butter Curry Chickpea Stew

8 servings

45 minutes

Ingredients

2 tbsps Coconut Oil
 2 Yellow Onion (medium, diced)
 4 Garlic (cloves, minced)
 2 tbsps Ginger (grated)
 2 tsp Cumin
 2 tsp Coriander
 2 tsp Cinnamon
 2 tbsps Turmeric
 1/2 cup Water
 1/2 cup All Natural Peanut Butter
 4 cups Organic Vegetable Broth
 2 cups Unsweetened Almond Milk
 2 tps Sea Salt
 2 Red Bell Pepper (sliced)
 2 Zucchini (sliced)
 4 Carrot (medium, peeled and sliced)
 8 cups Chickpeas (cooked)
 2 Lime (juiced)
 1/2 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	466
Fat	17g
Saturated	5g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	63g
Fiber	18g

Directions

- 1 Heat a large saucepan over medium-low heat and melt the coconut oil. Add the onion, garlic and ginger. Cook for 2-3 minutes, stirring frequently.
- 2 Add the spices and cook for 1 minute, until fragrant. Add the water to deglaze the pan, then stir in the peanut butter.
- 3 Add the vegetable broth and almond milk. Stir until all is smoothly combined. Add the salt.
- 4 Add the pepper, zucchini, carrots and chickpeas and stir well to mix. Simmer uncovered for 20 minutes, stirring occasionally.
- 5 Stir in the lime juice and cilantro. Divide into bowls, and top with more cilantro if desired. Enjoy!

Notes

Leftovers, Store in the fridge up to 4 days or freeze.

Sugar	17g
Protein	21g



Sweet Potato Black Bean Quinoa Bake

8 servings
55 minutes

Ingredients

4 Sweet Potato (small, peeled and chopped)
 2 2/3 cups Black Beans (cooked, from the can)
 1 1/3 cups Quinoa (dry, uncooked)
 1 1/3 Red Bell Pepper (chopped)
 4 stalks Green Onion (chopped)
 1 1/3 tbsps Chili Powder
 1 1/3 tbsps Cumin (ground)
 1 1/3 tsps Garlic Powder
 1/3 tsp Sea Salt
 2 2/3 cups Organic Vegetable Broth
 1 1/3 Lime (juiced)
 1 1/3 Avocado (diced)

Nutrition

Amount per serving	
Calories	311
Fat	8g
Saturated	1g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	52g
Fiber	12g
Sugar	5g
Protein	12g

Directions

- 1 Preheat oven to 375°F (190°C).
- 2 In a large baking dish, add the sweet potatoes, black beans, quinoa, pepper, onion, chili powder, cumin, garlic and sea salt. Stir well to combine and then add the broth.
- 3 Cover the baking dish with foil and bake for 40 minutes or until the broth has absorbed completely, the quinoa is fluffy and the sweet potatoes are tender. Remove from the oven.
- 4 Let the quinoa bake sit for 5 minutes before dividing between plates. Top each plate with lime juice and avocado. Enjoy!

Notes

Baking Dish, Use a 9x13-inch dish for six servings.

No Green Onion, Use a white or red onion instead.

No Red Bell Pepper, Use a green or yellow bell pepper instead.

Leftovers, Keeps well in the fridge for up to four days.

More Flavor, Top with chopped cilantro, shredded cheese, salsa and/or sour cream.



Lentil, Sweet Potato & Arugula Salad

8 servings
35 minutes

Ingredients

4 Sweet Potato (medium, diced)
 1 tbsp Extra Virgin Olive Oil
 1/2 cup Tahini
 1/2 cup Water
 2 tbsps Maple Syrup
 Sea Salt & Black Pepper (to taste)
 8 cups Arugula
 4 cups Lentils (cooked)

Nutrition

Amount per serving	
Calories	292
Fat	10g
Saturated	1g
Polyunsaturated	4g
Monounsaturated	4g
Carbs	40g
Fiber	12g
Sugar	8g
Protein	13g

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, stirring at the halfway point.
- 3 Meanwhile, prepare the dressing by combining the tahini, water and maple syrup in a jar. Season with a pinch of sea salt and black pepper to taste. Seal with a lid and shake well to mix. Set aside.
- 4 Divide arugula into bowls and divide the lentils on top. Next, divide the roasted sweet potato between bowls. Drizzle with tahini dressing and enjoy!

Notes

No Lentils, Use chickpeas or ground meat instead.

No Tahini, Use sunflower seed butter instead.

No Arugula, Use baby spinach, kale or mixed greens instead.

Likes it Spicy, Add cajun spice or hot sauce into the tahini dressing.



Balsamic Roasted Tempeh Bowls

8 servings

1 hour

Ingredients

1/3 cup Extra Virgin Olive Oil
 1/3 cup Balsamic Vinegar
 4 Garlic (cloves, minced)
 Sea Salt & Black Pepper (to taste)
 1 1/3 tbsps Italian Seasoning
 1 1/2 lbs Tempeh
 1 1/3 cups Red Onion (medium, sliced)
 8 Carrot (medium, peeled and chopped)
 5 1/3 cups Mushrooms (quartered)
 4 Zucchini (sliced)
 2 cups Quinoa (dry)
 3 1/3 cups Water

Nutrition

Amount per serving	
Calories	470
Fat	21g
Saturated	4g
Polyunsaturated	6g
Monounsaturated	10g
Carbs	49g
Fiber	7g
Sugar	9g
Protein	27g

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
- 3 Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
- 4 While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
- 5 To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

Notes

Leftovers, Keeps well in the fridge up to 4 days.



Swiss Chard, Lentil & Rice Bowl

4 servings

1 hour

Ingredients

1/2 cup Brown Rice (uncooked)
 3/4 cup Water
 1 tbsp Coconut Oil
 8 cups Swiss Chard (washed, stems removed and chopped)
 1 tsp Cumin
 1 tsp Paprika
 2 tbsps Extra Virgin Olive Oil
 1 Garlic (clove, minced)
 1 tbsp Apple Cider Vinegar
 2 cups Lentils (cooked, drained and rinsed)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	310
Fat	12g
Saturated	4g
Polyunsaturated	1g
Monounsaturated	6g
Carbs	41g
Fiber	10g
Sugar	3g
Protein	12g

Directions

- 1 Combine the rice and water in a medium sized pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 to 50 minutes or until rice is tender.
- 2 Heat a large skillet over medium heat and add the coconut oil. Add the swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to four days.
Serving Size, One serving is approximately 1 1/4 cups.
Speed it Up, Use quinoa or brown rice pasta instead of brown rice.
No Swiss Chard, Use kale, spinach or collard greens instead.
More Protein, Top with a poached egg.