

# Weekly Plant-Based Meal Plan

DAY	MEAL	DESCRIPTION	PROTEIN	HEALTH BENEFITS
DAY 1	BREAKFAST	SMOOTHIE BOWL: SPINACH, KALE, BANANA, ALMOND MILK, CHIA SEEDS, AND A SPRINKLE OF GRANOLA	10G	RICH IN ANTIOXIDANTS AND FIBER; CHIA SEEDS PROVIDE OMEGA-3S AND PROTEIN.
	LUNCH	LENTIL SALAD: LENTILS, CHERRY TOMATOES, CUCUMBERS, PARSLEY, OLIVE OIL, AND LEMON JUICE	18G	LENTILS ARE HIGH IN PROTEIN AND FIBER, PROMOTING DIGESTION AND HEART HEALTH.
	DINNER	STIR-FRIED TOFU AND BROCCOLI WITH QUINOA AND SESAME SEEDS	20G	TOFU PROVIDES COMPLETE PLANT PROTEIN, AND BROCCOLI IS RICH IN VITAMINS C AND K.
DAY 2	BREAKFAST	OATMEAL TOPPED WITH ALMOND BUTTER, SLICED STRAWBERRIES, AND HEMP SEEDS	15G	A HEART-HEALTHY MEAL WITH FIBER, PROTEIN, AND ESSENTIAL FATTY ACIDS.
	LUNCH	CHICKPEA AND AVOCADO WRAP WITH WHOLE-GRAIN TORTILLA, LETTUCE, AND TAHINI DRIZZLE	12G	CHICKPEAS SUPPORT BLOOD SUGAR REGULATION, AND AVOCADO ADDS HEALTHY FATS.
	DINNER	SWEET POTATO AND BLACK BEAN CHILI TOPPED WITH FRESH CILANTRO	19G	BLACK BEANS ARE AN EXCELLENT SOURCE OF PROTEIN AND POTASSIUM, WHILE SWEET POTATOES PROVIDE BETA- CAROTENE.

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DAY 3	BREAKFAST	VEGAN YOGURT WITH BLUEBERRIES, WALNUTS, AND FLAXSEEDS	12G	A GUT-FRIENDLY MEAL PACKED WITH OMEGA-3S, ANTIOXIDANTS, AND PROBIOTICS.
	LUNCH	EDAMAME AND QUINOA SALAD WITH SHREDDED CARROTS, SESAME OIL, AND TAMARI SAUCE	16G	EDAMAME AND QUINOA ARE COMPLETE PROTEINS THAT SUPPORT MUSCLE RECOVERY AND ENERGY.
	DINNER	SPAGHETTI SQUASH WITH MARINARA SAUCE AND LENTIL "MEATBALLS"	18G	HIGH IN FIBER AND PROTEIN, LENTILS AND SQUASH SUPPORT DIGESTION AND SATIETY.
DAY 4	BREAKFAST	CHIA PUDDING WITH ALMOND MILK, MANGO SLICES, AND A SPRINKLE OF COCONUT FLAKES	12G	BOOSTS ENERGY AND HYDRATION WITH ESSENTIAL MINERALS AND HEALTHY FATS.
	LUNCH	HUMMUS AND VEGGIE PLATTER: BELL PEPPERS, CARROTS, CUCUMBERS, AND WHOLE-GRAIN CRACKERS	10G	PROVIDES FIBER, PLANT PROTEIN, AND A VARIETY OF ESSENTIAL VITAMINS.
	DINNER	STUFFED BELL PEPPERS WITH QUINOA, BLACK BEANS, AND DICED TOMATOES, TOPPED WITH NUTRITIONAL YEAST	16G	A COLORFUL, NUTRIENT-DENSE MEAL SUPPORTING EYE HEALTH AND IMMUNE FUNCTION.

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DAY 5	BREAKFAST	SMOOTHIE WITH FROZEN BERRIES, ALMOND MILK, SPINACH, AND A SCOOP OF PLANT-BASED PROTEIN POWDER	20G	PROMOTES MUSCLE RECOVERY AND ADDS A BURST OF ANTIOXIDANTS.
	LUNCH	ROASTED VEGGIE BOWL WITH CHICKPEAS, KALE, AND TAHINI DRESSING	15G	CHICKPEAS PROVIDE PLANT-BASED PROTEIN, AND KALE IS A NUTRIENT POWERHOUSE.
	DINNER	CAULIFLOWER STEAK WITH A SIDE OF MASHED SWEET POTATOES AND STEAMED GREEN BEANS	10G	A NUTRIENT-DENSE MEAL LOADED WITH VITAMINS AND ANTI-INFLAMMATORY PROPERTIES.
DAY 6	BREAKFAST	AVOCADO TOAST ON WHOLE-GRAIN BREAD WITH PUMPKIN SEEDS	10G	RICH IN HEALTHY FATS, FIBER, AND MAGNESIUM FOR HEART AND BRAIN HEALTH.
	LUNCH	VEGAN SUSHI ROLLS WITH TOFU, AVOCADO, CUCUMBER, AND SEAWEED	15G	SEAWEED IS HIGH IN IODINE FOR THYROID HEALTH, AND TOFU PROVIDES COMPLETE PROTEIN.
	DINNER	MUSHROOM AND TEMPEH STIR-FRY WITH BROWN RICE	22G	TEMPEH IS RICH IN PROBIOTICS AND PROTEIN, SUPPORTING GUT HEALTH.

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DAY 7	BREAKFAST	BANANA PANCAKES MADE WITH OATS, ALMOND MILK, AND A SIDE OF ALMOND BUTTER	12G	OFFERS ENERGY, FIBER, AND PLANT PROTEIN TO START THE DAY.
	LUNCH	SPINACH AND KALE SALAD WITH ROASTED CHICKPEAS, AVOCADO, AND A LEMON-TAHINI DRESSING	14G	COMBINES LEAFY GREENS AND PROTEIN-PACKED CHICKPEAS FOR A HEART-HEALTHY MEAL.
	DINNER	ZUCCHINI NOODLES WITH CASHEW CREAM SAUCE AND SAUTÉED CHERRY TOMATOES	12G	LOW IN CARBS, HIGH IN VITAMINS, AND PROVIDES HEALTHY FATS FROM CASHEWS.

# 7 Day Plant-Based Meal Plan Grocery List



## VEGETABLES

SPINACH (5 CUPS)  
KALE (5 CUPS)  
BROCCOLI (2 HEADS)  
CHERRY TOMATOES (3 CUPS)  
CUCUMBERS (3)  
CARROTS (5)  
BELL PEPPERS (4)  
SWEET POTATOES (4 MEDIUM)  
ZUCCHINI (3 LARGE)  
MUSHROOMS (2 CUPS)  
GREEN BEANS (2 CUPS)  
PARSLEY (1 BUNCH)  
CILANTRO (1 BUNCH)  
AVOCADO (5)

## GRAINS AND LEGUMES

QUINOA (2 CUPS)  
LENTILS (2 CUPS)  
BLACK BEANS (2 CANS)  
CHICKPEAS (3 CANS OR 3 CUPS DRIED)  
EDAMAME (1 BAG, FROZEN OR FRESH)  
BROWN RICE (1 CUP)  
WHOLE-GRAIN BREAD (1 LOAF)  
WHOLE-GRAIN CRACKERS (1 BOX)  
WHOLE-GRAIN TORTILLAS (1 PACK)

## FRUITS

BANANAS (6)  
STRAWBERRIES (1 PINT)  
BLUEBERRIES (1 PINT)  
MANGOES (2)  
FROZEN MIXED BERRIES (1 BAG)

## PLANT-BASED PROTEIN

TOFU (2 BLOCKS)  
TEMPEH (1 BLOCK)  
PLANT-BASED PROTEIN POWDER (1 CONTAINER)  
ALMOND BUTTER (1 JAR)  
NUTS AND SEEDS  
CHIA SEEDS (1 CUP)  
HEMP SEEDS (½ CUP)  
WALNUTS (1 CUP)  
PUMPKIN SEEDS (½ CUP)  
SESAME SEEDS (¼ CUP)  
FLAXSEEDS (½ CUP)

## PANTRY STAPLES

ALMOND MILK (1 CARTON)  
VEGAN YOGURT (4 SERVINGS)  
TAHINI (1 JAR)  
CASHEWS (2 CUPS, FOR CREAM SAUCE)  
OLIVE OIL (1 BOTTLE)  
NUTRITIONAL YEAST (1 CONTAINER)  
TAMARI SAUCE (1 BOTTLE)  
LEMON JUICE (FRESH OR BOTTLED, 4 LEMONS)  
MARINARA SAUCE (1 JAR)  
OPTIONAL TOPPINGS AND EXTRAS  
COCONUT FLAKES (½ CUP)  
GRANOLA (1 CUP)