

THE BIRTH OF A MEAL PLAN.

The story behind this simple and easy plant-based meal plan:

My 23 year old son was tired of feeling like crap...and he knew the reason he felt that way was because of the food he was eating. Even though he gave my husband and I a hard time when we first started our plant-based journey, he did observe that we felt much happier and healthier than we ever did. He witnessed the weight loss and listened as we told him we were on less meds. So one day he told me that he was willing to try a plant-based diet if I helped him. I said "Of course...what can I do?" He said..."I need you to tell me what to eat for each meal - breakfast, lunch, dinner and snacks... everyday... and help me with a detailed shopping list. I need it spelled out in black and white...if you do that, I will try."

First off, I knew I needed to follow some guidelines.

1. The meals needed to be easy to make...my son has NO cooking experience. He was currently eating out for all meals.
2. The equipment needed to be basic...he just moved into his own place and he did not have a lot of kitchen supplies/tools.
3. The ingredients needed to be easy to find at the grocery store.

I knew choosing the recipes from my collection would be easy. I am all about keeping things simple. Whenever I try a recipe, I go through and alter the ingredient list (substitute easy-to-find items for the ones I can't find at my local grocery store). I then go through and alter the directions to remove any use of oil.

That week, he sent me daily photos of the meals he made and I was surprised to learn he loved all of them. The best part...he felt great...and lost 8 pounds in the first week! I then went on to make him 3 more weekly meal plans to round out a complete month.

The attached plan includes the dinners from his first week plan. I am working on perfecting the entire daily plan (breakfast, lunch, dinner & snacks). It will be available very soon.

I would love your feedback. Thank you and enjoy!

Jacqui



7-DAY MEAL PLAN

This plan feeds 1-2 people for 7 days

1 person =
7 dinners with leftovers
for lunch the next day

2 persons =
7 dinners only

These meals are suggestions.
Please feel free to move all days
and recipes around to
accommodate your needs.
Staying flexible and improvising
are the keys to
Plant-Based eating success!

The fine print:

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SUNDAY

Pasta with
Marinara Sauce

A

MONDAY

Bok Choy
Stir Fry

B

TUESDAY

Sweet Potato
Nachos

C

WEDNESDAY

Minestrone
Soup

D

THURSDAY

One Pot
Pasta

E

FRIDAY

Veggie
Fajitas

F

SATURDAY

Lentil
Chili

G

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A Pasta with Marinara Sauce

8 oz. whole wheat pasta
vegetable broth for sautéing
1 15 oz. can tomato sauce
2 roma tomatoes - diced
1 onion - chopped
1 teaspoon minced garlic
1/2 Tablespoon dried basil
1/2 Tablespoon dried oregano

Make the marinara sauce first. Sauté onion and garlic in medium saucepan with a few tablespoons of vegetable broth or water until onion is translucent (a few minutes). Add tomato sauce, tomatoes and spices. Cover and simmer while you make the pasta.

Add pasta to large pot of boiling water. Follow instructions on package for cooking time.

Drain and serve with sauce.

B Bok Choy Stir Fry

1 cup uncooked brown rice
2 bunches of baby bok choy
8 oz. fresh mushrooms - sliced
1 carrot - thinly sliced
1/2 onion - cut in strips
1/2 Tablespoon minced garlic
vegetable broth for sautéing
1/2 Tablespoon ginger - peeled & minced
2 Tablespoons low sodium soy sauce
1/2 Tablespoon rice wine vinegar
Fresh cilantro leaves - roughly chopped
4 green onions (scallion) sliced
red pepper flakes (optional)

Place rice and 1 1/4 cups water in medium saucepan. Cover and bring to a boil then reduce to simmer and cook until all water is absorbed - about 30 min.

While rice cooks, wash and cut all vegetables.

When rice has 10 minutes remaining: In a large non-stick skillet or wok, place onions, carrots, red pepper flakes, ginger and garlic with a small amount of broth. Heat to medium high. Sauté until onion is translucent and carrots soften, about 5 min. Add small amounts of broth to prevent sticking. Next add bok choy and mushrooms. Sauté until bok choy gets bright green. Add soy sauce and vinegar. Cook until warmed through. Serve over rice. Top with cilantro and green onions.

C Sweet Potato Nachos

2 medium size sweet potatoes
1/4 cup red onion - diced
1 red pepper - chopped
fresh cilantro leaves - chopped
1 lime
1 avocado
1 individual serving container of
plain dairy free yogurt (Silk)
salsa
sriracha to taste
1 15 oz. can black beans
parchment paper

Preheat oven to 425 degrees. Wash sweet potatoes. Slice potatoes into 1/2 inch thick round slices and place on parchment lined baking sheet. Season with salt and pepper. Make sure potato slices are in a single layer. Bake in oven for 25 minutes.

While potatoes are baking...place diced red onion, chopped pepper and chopped cilantro in medium bowl. Halve the avocado, remove pit and dice the flesh. Add it to the bowl. Juice the lime and put in bowl. Toss ingredients and season with salt and pepper.

Empty yogurt into small bowl. Stir in 4 Tablespoons of salsa (or more to taste) and a squirt of sriracha sauce. Mix well.

Open can of beans, drain in colander and rinse well. Place beans in medium skillet with a 1/4 cup of water. Put on medium heat. Simmer until water is absorbed. Then mash the beans with a fork until half are crushed.

Divide sweet potatoes into 2 servings, top with black beans and avocado salsa. Drizzle with yogurt sauce. Enjoy!

D Minestrone Soup

1/2 cup small pasta (like orzo or ABC's)
1 15 oz. can diced tomatoes with liquid
1 15 oz. can tomato sauce
1 onion - diced
1 carrot - thinly sliced
2 stalks celery - sliced
1 cup zucchini - chopped
1 15 oz. can white beans - drained & rinsed
2 Tablespoons minced garlic
fresh ground black pepper
1/4 teaspoon red pepper flakes
1 teaspoon dried oregano
1 teaspoon dried basil
1 cup fresh spinach - chopped
2 cups vegetable broth
1 cup water

Add onion, carrot, celery and zucchini to dutch oven. Sauté with a few tablespoons of vegetable broth, stirring often, until the onion has softened and is translucent, about 6-8 minutes.

Add garlic and seasonings. Cook one minute. Pour in tomatoes and cook a few more minutes, stirring often.

Next add broth, tomato sauce and water. Bring to a boil, then partially cover pot, and reduce heat to a gentle simmer. Cook for 25 minutes.

Prepare noodles to package instructions, set aside.

Add beans, spinach and noodles to the pot, cook for 5 more minutes.

E One Pot Pasta

8 oz. pasta
1 15 oz. can diced tomatoes with liquid
1/4 cup sun dried tomatoes
1/2 onion cut in julienne strips
1/2 Tablespoon minced garlic
fresh ground black pepper
1/4 teaspoon red pepper flakes
1 teaspoon dried oregano leaves
handful of chopped fresh basil
handful of fresh spinach*
4 1/2 cups vegetable broth

Place all ingredients (except spinach*) into large stock pot. Cover and bring to a boil. Reduce to a low simmer and cook until pasta is done (usually 10 min). Almost all of the liquid will be evaporated...there should be about 1 inch.

*add spinach 7-8 minutes into cooking.

F Veggie Fajitas

1 red pepper - sliced
1 red onion - sliced
8 oz. mushrooms - sliced
1/2 Tablespoon minced garlic
1/2 teaspoon paprika
1/2 teaspoon cumin
1/8 teaspoon chili powder
1/8 teaspoon cayenne pepper
salsa
1 ripe avocado - mashed
1 lime
4 (or more) medium tortillas
small handful cilantro
Parchment Paper

Preheat oven to 400 degrees.

Place veggies on baking sheet lined with parchment paper. Sprinkle with garlic and spices. Bake for 15 min. Meanwhile, mash the avocado.

When veggies are done, layer avocado on tortilla, top with veggie mix, sprinkle with cilantro leaves and drizzle with fresh lime juice.

G Lentil Chili

1 onion - chopped
1/2 cup celery - chopped
1 medium carrot - sliced
1 red bell pepper - chopped
1 Tablespoon minced garlic
3 cups vegetable broth
1/2 Tablespoon chili powder
1/4 teaspoon cumin
1/4 teaspoon paprika
1/4 teaspoon cayenne pepper
1/2 cup red lentils
1 15 oz. can crushed tomatoes
1 15 oz. can black beans - rinsed and drained
8 oz. pasta

Place onions, celery, carrots, peppers, garlic and 1 cup of broth into large pot over medium-high heat. Cook stirring occasionally until veggies are soft (6 min). Add spices, stir well and cook for one more minute.

Add lentils, can of tomatoes, beans and remaining stock. Cover and bring to a boil. Reduce heat to med-low and simmer, stirring occasionally until lentils are soft (45 min).

In the last 10 minutes, cook pasta according to package directions.

Serve chili over pasta. Enjoy!

SHOPPING LIST

FRESH PRODUCE

Meal	Ingredient	Total
<input type="checkbox"/> A B D E G	Onions	4
<input type="checkbox"/> A	Roma Tomatoes	2
<input type="checkbox"/> B D	Baby Bok Choy	2 bunches
<input type="checkbox"/> B F	Mushrooms	16 oz.
<input type="checkbox"/> B D G	Carrots	3
<input type="checkbox"/> B	Ginger Root	1 inch piece
<input type="checkbox"/> B C F	Fresh Cilantro	1 bunch
<input type="checkbox"/> B	Green Onions	4
<input type="checkbox"/> C	Sweet Potatoes	2 medium
<input type="checkbox"/> C F	Red Onions	2
<input type="checkbox"/> C F G	Red Peppers	3
<input type="checkbox"/> C F	Limes	2
<input type="checkbox"/> C F	Avocados	2
<input type="checkbox"/> D G	Celery	3 stalks
<input type="checkbox"/> D	Zucchini	1
<input type="checkbox"/> D E	Fresh Spinach	1 small bunch
<input type="checkbox"/> E	Fresh Basil	1 small bunch
<input type="checkbox"/> A B D E F G	Minced Garlic	1 medium jar
<input type="checkbox"/> E	Sun Dried Tomatoes	1 pouch

GRAINS/PASTA

Meal	Ingredient	Total
<input type="checkbox"/> A E G	Pasta	24 oz. dry
<input type="checkbox"/> G	Red Lentils	1/2 cup dry
<input type="checkbox"/> B	Brown Rice	1 cup dry
<input type="checkbox"/> D	Small Soup Pasta	1/2 cup dry

ETHNIC AISLE

Meal	Ingredient	Total
<input type="checkbox"/> B	Low Sodium Soy Sauce	1 bottle
<input type="checkbox"/> B	Rice Wine Vinegar	1 bottle
<input type="checkbox"/> C F	Salsa	1 jar
<input type="checkbox"/> C	Siracha Sauce	1 sm. bottle
<input type="checkbox"/> F	Tortillas	4 or more

CANNED /CARTON

Meal	Ingredient	Total
<input type="checkbox"/> A D	Tomato Sauce	2 cans (15 oz.)
<input type="checkbox"/> B E G	Low Sodium Vegetable broth	2 cartons (32 oz.)
<input type="checkbox"/> D E	Diced Tomatoes	2 cans (15 oz.)
<input type="checkbox"/> G	Crushed Tomatoes	1 can (15 oz.)
<input type="checkbox"/> D	White Beans	1 can (15 oz.)
<input type="checkbox"/> C G	Black Beans	2 can (15 oz.)

REFRIGERATED

<input type="checkbox"/> C	Plain Non-Dairy Yogurt (silk)	1 single serve
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PAPER GOODS

Meal	Item	Total
<input type="checkbox"/> C F	Parchment Paper	1 roll

DRIED SPICES

<input type="checkbox"/>	Basil
<input type="checkbox"/>	Oregano
<input type="checkbox"/>	Red Pepper Flakes
<input type="checkbox"/>	Black Pepper
<input type="checkbox"/>	Paprika
<input type="checkbox"/>	Cumin
<input type="checkbox"/>	Chili Powder
<input type="checkbox"/>	Cayenne Pepper