

7 Day Vegan Meal Plan

***Includes over 30 Plant-based Recipes &
Grocery List***



WWW.PLANTBASEDCOOKBOOK.COM

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!

Vegans can't eat any foods made from animals, including:



Beef, pork, lamb, and other red meat.



Chicken, duck, and other poultry.



Fish or shellfish such as crabs, clams, and mussels.



Eggs



Butter & Cheese



Milk, cream or Ice-cream



Honey

Vegans also exclude Mayonnaise and they do not wear Leather.



THE TOP 10 BENEFITS OF A VEGAN

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 fiber, phytonutrients and Antioxidants.
3. **Lean Figure:** Vegans 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 vegan.
6. **Sight:** Vegans 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:** Vegans have been found to enjoy longer and healthier lives.

TOP VEGAN SWAPS



Cows Milk



Almond Milk



Soy Milk



Coconut Milk



Cream



Coconut Cream



Butter



Olive
Oil



Mashed
Avocado



Nut
Butters



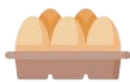
Cheese



Nutritional
Yeast



Vegan
Cheese

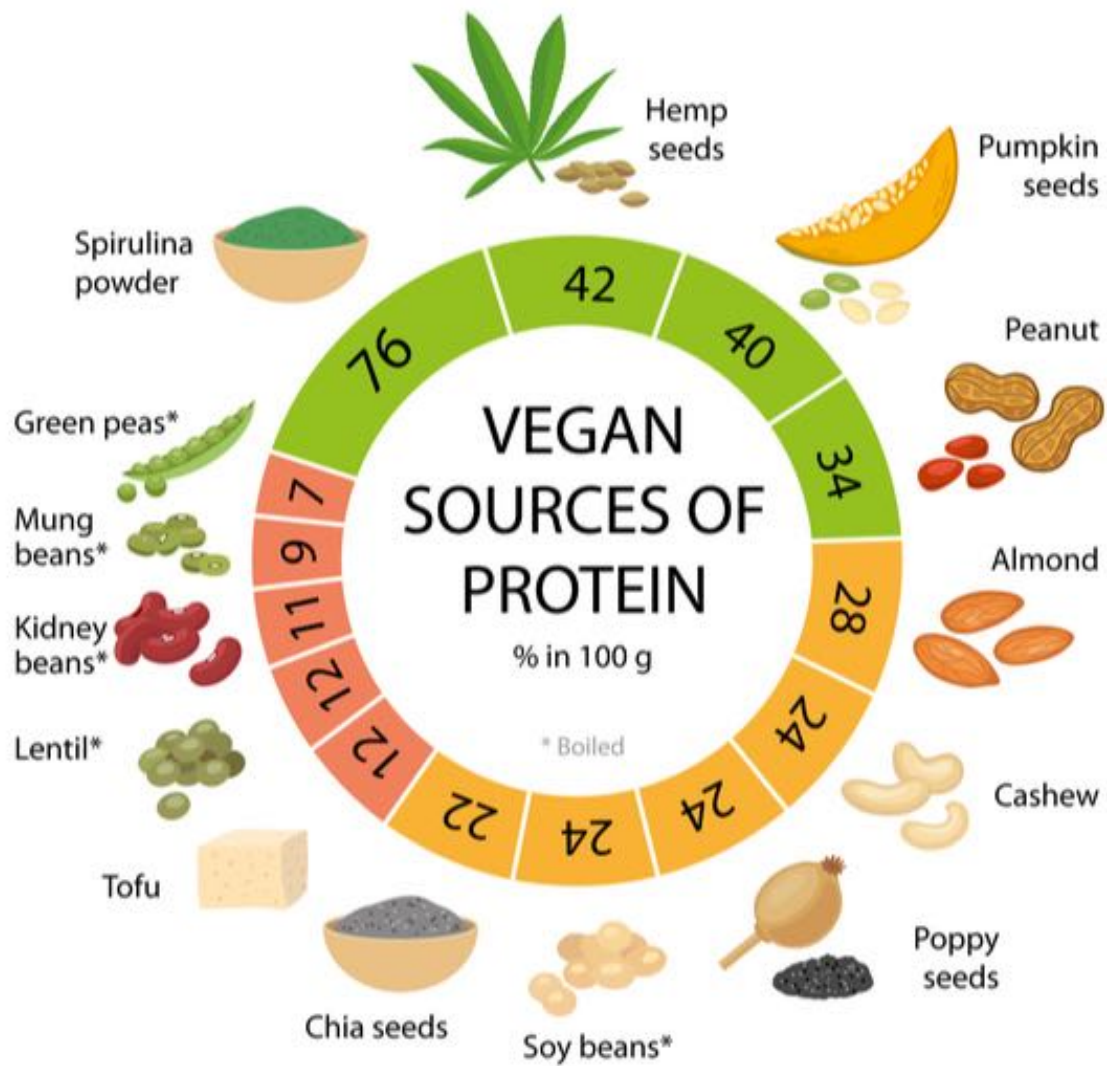


Eggs



Flax Egg

TOP VEGAN PROTEIN SOURCES





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, fiber 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

WANT TO TRY A 30 DAY VEGAN CHALLENGE?

Please check out our
Vegan Meal Plans at

www.1MonthVeganchallenge.com



BLUEBERRY SMOOTHIE



INGREDIENTS:

- ❖ 1 Cup of Blueberries
- ❖ 1 Banana
- ❖ 1/2 Cup of Coconut Milk
- ❖ 1 Serving of Vanilla Protein Powder
- ❖ Handful of Ice

DIRECTIONS:

1. Start by pouring the coconut milk into the blender to avoid the ingredients sticking at the bottom of the blender.
2. Add in the blueberries, banana, protein powder and the ice.
3. 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

BLUEBERRY HEMPSEED PORRIDGE



INGREDIENTS:

- ❖ 1 Cup of Almond Milk
- ❖ 1/2 Cup of Hemp Seeds
- ❖ 1/2 Cup of Blueberries
- ❖ 1 Tbsp of Ground Flax Seeds
- ❖ 1 Tbsp of Chia Seeds
- ❖ 1 tsp of Vanilla Extract

DIRECTONS:

1. Combine all of the ingredients except for the blueberries in a small pot, stir together and bring to a boil.
2. Once it's boiling bring down the heat to a low-medium. Allow the porridge to simmer for 3-5 minutes.
3. Once the mixture has thickened up remove it from the heat. Transfer the hemp seed porridge into a bowl and add the blueberries on top.

NUTRITIONAL VALUE

Fat: 46 g

Carbs: 25 g

Net Carbs: 10 g

Protein: 33 g

Total Calories: 651 Calories

CHOCOLATE BANANA SMOOTHIE

Recipe

3



INGREDIENTS:

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

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, 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

(per serving)

Fat: 10 g

Carbs: 54 g

Protein: 41 g

Total Calories: 448 Calories

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

DIRECTIONS:

1. Start by pouring the coconut milk into the blender to avoid the ingredients sticking at the bottom of the blender.
2. 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.
3. Once the liquid looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.

NUTRITIONAL VALUE

(per serving)

Fat: 10 g

Carbs: 54 g

Protein: 41 g

Total Calories: 448 Calories

CHICKPEA OMELETTE WITH LEFTOVERS

Recipe

5



INGREDIENTS:

- ❖ 1/2 cup* chickpea flour
- ❖ 1 tbsp tapioca flour or cornstarch
- ❖ 1 tsp turmeric
- ❖ 1/2 tsp Kala namak/Himalayan black salt (or replace it with other salt you have, but it does make a difference)
- ❖ 1/4 tsp cumin powder
- ❖ Black pepper to taste
- ❖ 3/4 cup water
- ❖ Parsley and/or spring onions to taste
- ❖ 8 cherry tomatoes, cut into wedges
- ❖ Your leftovers! This time I used 1/2 cup of bulgur and about 1/3 cup of peas, but I also tried with brown rice, mushrooms and some veggies.

DIRECTIONS:

1. Mix all dry ingredients
2. Add the water and stir with a fouet or fork to obtain a homogeneous mixture, without any lumps
3. Add your herbs, tomatoes and leftovers, mixing to combine.
4. Pop the mixture into a preheated, non-stick pan with a little oil.
5. Cover and cook over medium heat until you see that the top has dried up, then flip the dough with the help of a plate and cook the other side over low heat, covering again, for about 5 minutes.

NUTRITIONAL VALUE

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

BLACK BEAN-TOMATO CHILI



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:

1. Start by washing an apple and then cut it into small pieces.
2. Combine the apple pieces and all the remaining ingredients into a small bowl.
3. Feel free to 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 ON TOAST



DESCRIPTION:

1. Place a pan on medium heat and add the onions, tomatoes and peppers with the coconut oil.
2. Once the vegetables become translucent add the tofu to the pan and roughly break it down with a spatula.
3. Add the coconut aminos, turmeric, salt and pepper and cook for another 5 minutes.
4. Only add the spinach in the last 2 minutes so that it doesn't wilt too much.

INGREDIENTS:

- ❖ 4oz of Tofu
- ❖ 1/2 Cup of Red Bell Pepper
- ❖ 1 Cup of Spinach
- ❖ 1/4 Cup of Red Onion
- ❖ 1/4 Cup of Chopped Tomato
- ❖ 1 Tbsp of Coconut Aminos
- ❖ 1 tsp of Coconut Oil
- ❖ 1 tsp of Turmeric
- ❖ 1/2 tsp of Sea Salt
- ❖ Pinch of Black Pepper
- ❖ 2 Slices of Whole Wheat Toast

NUTRITIONAL VALUE

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

BANANA PANCAKES



DESCRIPTION:

1. Combine all of the ingredients in a blender and blend until smooth.
2. Allow the batter to sit on the counter for 5 minutes. While the batter is sitting place a pan over medium heat and melt the coconut oil.
3. Once the batter is ready cook 3 mini pancakes at a time. Cook for about 2 minutes per side.
4. Repeat until the batter is done. Next add your favourite pancake toppings! These may include but are not limited to berries, almond butter, coconut flakes and chopped nuts.

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: 13 g
Carbs: 82 g
Protein: 12 g
Total Calories: 475 Calories

CHICKPEA WRAP



INGREDIENTS:

(2 Servings)

- ❖ 4 Cups of Romaine Lettuce
- ❖ 1 Avocado
- ❖ 1/2 Cup of Salsa
- ❖ 1/2 Cup of Shredded Mexican Cheese
- ❖ 2 Tbsp of Sour Cream

Seasonings —>

- ❖ 1 Tbsp Paprika
- ❖ 1 tsp Garlic Powder
- ❖ 1 tsp Onion Powder
- ❖ 1/2 tsp Cayenne Powder

DESCRIPTION:

1. Wash and drain the chickpeas. Put the chickpeas in a big bowl and mash them with a fork.
2. Chop the celery and red onion into small pieces and add it to the chickpeas. Then go ahead and mix in the remaining of the ingredients.
3. 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 Ground Pepper

DESCRIPTION:

1. Pre-heat the oven to 200C/400F. Drain and wash the chickpeas and then pat them dry with a paper towel.
2. Spread the chickpeas out on a baking sheet with parchment paper and drizzle the 2 Tbsp of olive oil on top.
3. Bake the chickpeas for 30 minutes, moving them around every 10 minutes. While the chickpeas are baking prepare the salad ingredients.
4. 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.
5. Once the chickpeas are done toss them into the prepared salad for a much healthier

“crouton” alternative.

NUTRITIONAL VALUE

(per serving)

Fat: 29 g

Carbs: 28 g

Protein: 6 g

Total Calories: 391 Calories

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:

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

NUTRITIONAL VALUE

Fat: 34 g
 Carbs: 16 g
 Net Carbs: 10 g
 Protein: 12 g
 Total Calories: 392 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
- ❖ 1/2 Cup of Cherry Tomatoes
- ❖ 1/2 Cup of Cucumbers
- ❖ 2 Tbsp of Tahini

DIRECTIONS:

1. Pre-heat the oven to 400F. Combine the chickpeas, red onions, garlic, cumin, parsley and cilantro in a food processor.
2. 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.
3. 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

Fat: 3 g
 Carbs: 29 g
 Protein: 9 g
 Total Calories: 171 Calories

CHICKPEA QUINOA AVOCADO SALAD

Recipe

13



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
- ❖ 1 Pinch of Sea Salt & Pepper

DESCRIPTION:

1. Measure out 1/4 cup of quinoa and add to a pot with 1/2 cup of water.
2. Turn the heat on to high until it's boiling then bring down to low until all the water has been absorbed and the quinoa is fluffy.
3. While the quinoa is cooking chop the cucumber, tomatoes and avocado into small cubes. Combine all of the vegetables in a large bowl.
4. 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

DESCRIPTION:

1. Pre-heat the oven to 350F/175C. Drain and rinse the chickpeas.
2. Dry them with a paper towel and spread them evenly on a baking tray.
3. Bake for 45 minutes. While the chickpeas are baking prepare the vegetables by rinsing and chopping up the kale, peeling and shredding the carrots and cutting the avocado into small cubes.
4. Set the vegetables aside and prepare the dressing. Combine all the dressing ingredients into a bowl and whisk together until it forms a smooth consistency.
5. Add all of the vegetables to a bowl with the baked chickpeas and then drizzle the dressing on top.

NUTRITIONAL VALUE

Fat: 34 g
 Carbs: 72 g
 Protein: 22 g
 Total Calories: 634 Calories

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

DESCRIPTION:

1. Start by preparing the quinoa according to the directions on the packaging.
2. While the quinoa is cooking start chopping the parsley and the tomatoes.
3. 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



DIRECTIONS:

1. 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.
2. Process until the consistency is nice and smooth.
3. 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.

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

NUTRITIONAL VALUE

(per serving)

Fat: 27 g

Carbs: 47 g

Protein: 7 g

Total Calories: 446 Calories

DIRECTIONS

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

DESCRIPTION:

1. 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.
2. Once the kale is ready mix it in with the olive oil and massage it into the kale. Chop the red pepper and avocado.
3. Prepare the dressing by mixing the tahini and the fresh lemon juice together.
4. 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

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

DESCRIPTION:

1. 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.
2. Next add the red pepper and portobello mushroom cut into long thin slices.
3. Add the fajita seasoning and cook for another 5-7 minutes.
4. 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



DESCRIPTION:

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

2. 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.

3. Fry the patty for about 3-5 minutes each side and then you can add any of your favourite toppings to the burger patty. I highly recommend some avocado with this recipe.

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

NUTRITIONAL VALUE

Fat: 2 g
 Carbs: 46 g
 Protein: 16 g
 Total Calories: 262 Calories

SWEET POTATO & CHICKPEA CURRY

Recipe

20



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
- ❖ Tbsp of Ground Turmeric
- ❖ 1 Tbsp of Ground Cumin
- ❖ 1 Tbsp of Ground Ginger
- ❖ 1 tsp of Sea Salt

DESCRIPTION:

1. In a large pot heat the olive oil and the onions and the spices. Cook until the onions become translucent.
2. in the rest of the ingredients, making sure that the sweet potatoes are completely covered with the liquid.
3. 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

Fat: 26 g
Carbs: 56 g
Protein: 13 g
Total Calories: 518 Calories

TOFU ALMOND BUTTER STIR FRY

Recipe

21



DESCRIPTION:

1. 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.
2. 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).
3. Turn the heat off, take the cover off and let the sauce thicken up for a few minutes before serving.

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

Sauce—>

- ❖ 1/4 Cup of Coconut Aminos
- ❖ 2 Tbsp of Almond Butter

NUTRITIONAL VALUE:

(per serving)

Fat: 43 g

Carbs: 49 g

Protein: 25 g

Total Calories: 563 Calories

SEED CRACKERS & GUACAMOLE

Recipe

22



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 Salt
- ❖ 1 Cup of Water

Guacamole —>

- ❖ 1/2 Mashed Avocado
- ❖ Juice of half a lime
- ❖ Pinch of Sea Salt

DIRECTIONS:

1. Pre-heat the oven to 175C. Mix all the seeds together with water and seasonings.
2. Let the mixture sit for 5 minutes. Line a baking sheet with parchment paper and spread the seed mixture evenly until flat.
3. Bake for 30 minutes then remove from the oven, cut them into squares, flip them and bake for another 15 minutes.
4. While the crackers are baking combine all the guacamole ingredients in a bowl and mash until you have a smooth consistency

NUTRITIONAL VALUE (per serving)

Fat: 24 g
Carbs: 14 g
Net Carbs: 3 g
Protein: 8 g
Total Calories: 280 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

DESCRIPTION:

1. Start by preparing the lentils and quinoa according to directions on the package.
2. Once the lentils and quinoa are ready add everything except for the marinara sauce and zucchini in the food processor.
3. Process until it is completely smooth. Roll out 10 small "meatballs" with the lentil mixture.
4. Heat olive oil in a large pan and cook the meatballs for 5 minutes.
5. Next add the marinara sauce to the pan, mix in with the meatballs and cook for another 5 minutes.
6. Serve over spiralized zucchini. If you do not have a spiralizer you can create linguini noodles out of your zucchini with a regular peeler.

NUTRITIONAL VALUE:

(per serving) Fat: 18 g
 Carbs: 55 g
 Protein: 20 g
 Total Calories: 441 Calories

MEXICAN STUFFED PEPPERS



DIRECTIONS:

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

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

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

DESCRIPTION:

1. 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.
2. 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.
3. When the tofu is starting to brown add in the bean sprouts.
4. Mix together the coconut aminos and the almond butter to form a thick sauce and toss it in the pan and lower the heat.
5. 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.

NUTRITIONAL VALUE:

(per serving)

Fat: 26 g

Carbs: 58 g

Protein: 24 g

Total Calories: 485 Calories

HUMMUS & VEGETABLES



DIRECTIONS:

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

INGREDIENTS:

(4 Servings)

- ❖ 1 Can of Chickpeas
- ❖ 1/4 Cup of Tahini (Sesame Paste)
- ❖ 2 Tbsp of Olive Oil
- ❖ 2 Tbsp of Lemon Juice
- ❖ 1 Clove of Garlic
- ❖ 1 tsp of Ground Cumin
- ❖ 1/2 tsp of Sea Salt
- ❖ 1 Cup of Cucumber Sticks

NUTRITIONAL VALUE (per serving)

Fat: 16 g
Carbs: 22 g
Protein: 8 g
Total Calories: 256 Calories

CACAO COCONUT BALLS



INGREDIENTS:

(10 Balls)

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

DESCRIPTION:

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

NUTRITIONAL VALUE:

(1 ball)

Fat: 9 g

Carbs: 18 g

Protein: 3 g

Total Calories: 162 Calories

COCONUT CHIA PUDDING



DIRECTIONS:

1. Combine all of the ingredients in a bowl except the berries.
2. 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.
3. Once it is ready you can separate it into 4 servings and add a handful of berries on top.

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

NUTRITIONAL VALUE

(per serving)

Fat: 25 g

Carbs: 14 g

Protein: 5 g

Total Calories: 299 Calories

EASY TRAIL MIX



DIRECTIONS:

1. Add all of the ingredients in an air tight jar and store somewhere cool or immediately divide the trail mix into 5 mini plastic bags.

NUTRITIONAL VALUE:

(per serving)

Fat: 20 g

Carbs: 9 g

Protein: 10 g

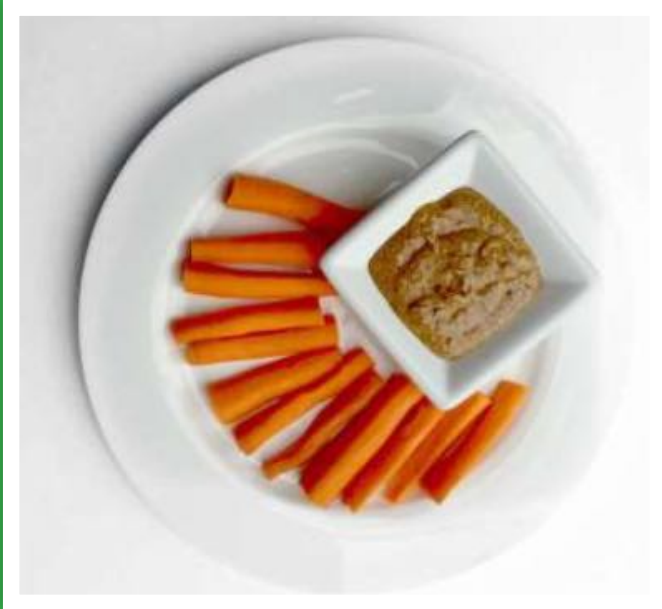
Total Calories: 256 Calories

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

CARROTS & ALMOND BUTTER



DIRECTIONS:

1. Cut the carrots in sticks and use the almond butter for dipping.

NUTRITIONAL VALUE

Fat: 19 g
Carbs: 13 g
Protein: 5 g
Total Calories: 229 Calories

INGREDIENTS:

- ❖ 2 Carrots
- ❖ 1 Tbsp of Almond Butter

SALTED MACADAMIA NUTS



NUTRITIONAL VALUE:

Fat: 22 g
Carbs: 2 g
Net Carbs: 1 g
Protein: 3 g
Total Calories: 224 Calories

INGREDIENTS:

- ❖ 1/4 Cup of Macadamia Nuts



GROCERY SHOPPING TIPS

The grocery lists are as precise as possible and here are a few 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.

7 DAY MEAL PLAN

BREAKFAST	Green Protein Smoothie	Blueberry Hemp Seed Porridge	Green Protein Smoothie	Green Protein Smoothie	Blueberry hemp seed porridge	Banana Pancakes
LUNCH	Chickpea Wrap	Vegan Power Bowl (left overs)	Balsamic Arugula Salad (left overs)	Tofu Pad Thai (left overs)	Rainbow Salad	Sweet Potato Chickpea Curry (left overs)
DINNER	Vegan Power Bowl	Balsamic Arugula Salad	Tofu Pad Thai	Eat Out Using the Vegan Guide Guidelines	Sweet Potato Chickpea Curry	Mexican Stuffed Peppers
SNACK	Hummus & Cucumber Sticks	Cacao Coco-Nut Balls	Cacao Coconut Balls	Hummus & Cucumber Sticks	Cacao Coconut Balls	Hummus & Cucumber Sticks

7 DAY GROCERY LIST

FRUITS & VEGABLES

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

EXTRAS

8 oz of Tofu
3 Servings of Vanilla Protein Powder

WANT TO TRY A 30 DAY VEGAN CHALLENGE?

Please check out our
Vegan Meal Plans at

www.1MonthVeganchallenge.com

