



30 DAY JUMPSTART GUIDE



100 DONE-FOR-YOU-VEGAN-RECIPES

WWW.PLANTBASEDCOOKBOOK.COM

30 Day Plant-Based Diet Challenge



- ☒ Burn off Body Fat
- ☒ Build New Lean Muscle
- ☒ Be Healthier
- ☒ Have More Energy
- ☒ Be Fitter
- ☒ Build An Athletic Body
- ☒ Get 6-Pack Abs
- ☒ Perform Better

Disclaimer

The recipes or other information provided in this report are for informational purposes only and are not intended to provide dietary advice. A medical practitioner should be consulted before making any changes in your diet. Additionally, recipe cooking times may require adjustments depending on age and quality of appliances. Readers are strongly urged to take all precautions to ensure ingredients are fully cooked in order to avoid the dangers of foodborne viruses. The recipes and suggestions provided in this book are solely the opinion of the author. The author and publisher do not take responsibility for any consequences that may result due to the instructions provided in this book.

Copyright ©2019 Plant-Based Recipe Cookbook

All rights reserved. This book or parts thereof may not be reproduced in any form, stored in any retrieval system, or transmitted in any form by any means—electronic, mechanical, photocopy, recording, or otherwise—without prior written permission of the publisher, except for the use of brief quotations in a book review.

INTRODUCTION

Perhaps you are looking to eat healthier and feel more alive. Or reduce your impact on the environment by being more conscious about your food choices. What- ever your reasons, we are here to lead you on the path to exploring a vegan diet.

This guide will set you up with a daily meal plan to experience the benefits of plant-based nutrition for 30 Days. Why 30 Days? It takes 22 days to make or break a habit and by day 30, you've found the way. If you take on the challenge, your body will enjoy a greater variety of vitamins and minerals without intake of animal products will have a positive effect on the environment.

On the following pages, you'll find 30Days of vegan meal plans. You'll find that the recipes are easy to prepare, healthy and delicious to boot! All of the meal plans and recipes were lovingly created by Justin Kaye.



PLANT BASED MEAL PLANS



DAY 1

BREAKFAST: Pumpking Protein Oatmeal (Recipe 1 in manual)

LUNCH: Avacado & Black Bean Wrap (Recipe 48 in manual)

AFTERNOON SNACK: Easy Trial Mix (Recipe 84 in manual)

DINNER: Zoodles & Lentil Meat Balls (Recipe 56 in manual)

DESSERT: Coconut Chia Pudding (Recipe 85 in manual)

DAY 2

BREAKFAST: Banana Pancakes (Recipe 2 In manual)

LUNCH: Roasted Chicpea Wrap (Recipe 46 in manual)

AFTERNOON SNACK: Red Bean Salad (Recipe 27 in manual)

DINNER: Tofu Curry (Recipe 60 in manual)

DESSERT: Chocolate moouse (Recipe 81 in manual)

DAY 3

BREAKFAST: Apple and Chia Bircher Muesli [\(Recipe 6 in manual\)](#)

LUNCH: Black Bean & Corn Salad [\(Recipe 24 in manual\)](#)

AFTERNOON SNACK: Kale Avacado Salad [\(Recipe 19 in manual\)](#)

DINNER: Broiled Sesame Tofu [\(Recipe 59 in manual\)](#)

DESSERT: Apple Pie Bites [\(Recipe 83 in manual\)](#)

DAY 4

BREAKFAST: Blueberry, Banana & Peanut Butter English Muffins [\(Recipe 8 in Manual\)](#)

LUNCH: Rainbow Rice Salad [\(Recipe 37 in manual\)](#)

AFTERNOON SNACK: Protein Date Bars [\(Recipe 80 in manual\)](#)

DINNER: Black Bean Buddah Bowl with Avocado Pestao [\(Recipe 57 in manual\)](#)

DESSERT: Lemon Blueberry Moose [\(Recipe 82 in manual\)](#)

DAY 5

BREAKFAST: Quinoa Superfood Breakfast Bowl [\(Recipe 4 in manual\)](#)

LUNCH: Bell Pepper Avocado Toast [\(Recipe 53 in manual\)](#)

AFTERNOON SNACK: Coconut Chia Pudding [\(Recipe 85 in manual\)](#)

DINNER: Garlic Broccoli Tofu [\(Recipe 59 in manual\)](#)

DESSERT: Raw Chocolate Fruit & Nut Balls [\(Recipe 86 in manual\)](#)

DAY 6

BREAKFAST: Apple & Chia Bircher Muesli [\(Recipe 6 in manual\)](#)

LUNCH: Sweet potato & Lentil Stew [\(Recipe 45 in manual\)](#)

AFTERNOON SNACK: Easy Trail Mix [\(Recipe 84 in manual\)](#)

DINNER: Broiled Sesame Tofu [\(Recipe 58 in manual\)](#)

DESSERT: Chia Berry & Cardamom Smoothie [\(Recipe 109 in manual\)](#)

DAY 7

BREAKFAST: Vanilla Pumpkin & Chickpea Pancakes (Recipe 17 in manual)

LUNCH: Chickpea Quinoa and Avocado Salad (Recipe 25 in manual)

AFTERNOON SNACK: Tomato, Hummus & Rye Sandwich (Recipe 50 in manual)

DINNER: Vegan Mac and Cheese (Recipe 67 in manual)

DESSERT: Chocolate Moose (Recipe 81 in manual)

DAY 8

BREAKFAST: Spinach, Mushroom and Tofu Omelet (Recipe 5 in manual)

LUNCH: Crunchy Kale Salad (Recipe 26 in manual)

AFTERNOON SNACK: Apple, banana, melon, berries, or any other fresh fruit of choice

DINNER: Curry Cauliflower (Recipe 64 in manual)

DESSERT: Cinnamon Spice Chia Balls (Recipe 87 in manual)

DAY 9

BREAKFAST: Oatmeal Pancakes (Recipe 15 in manual)

LUNCH: Avocado & Black Bean Wrap (Recipe 48 in manual)

AFTERNOON SNACK: Blood Orange & Green Juice (Recipe 103 in manual)

DINNER: Vegan Mac N' Cheese (Recipe 67 in manual)

DESSERT: Chocolate Cherry Gronala (Recipe 88 in manual)

DAY 10

BREAKFAST: Blueberry Banana & Peanut Butter English Muffins (Recipe 8 in manual)

LUNCH: Kale Avacado Salad (Recipe 19 in manual)

AFTERNOON SNACK: 1 cup almond milk blended with vegan Protein Powder of your choice.

DINNER: Black Bean Buddah Bowl With Avacado Pesto (Recipe 57 in manual)

DESSERT: Raw Chocolate, Fruit & Nut Balls (Recipe 86 in manual)

DAY 11

BREAKFAST: Spinach Mushroom & Tofu Omelet (Recipe 5 in manual)

LUNCH: Tofu Feta Salad (Recipe 20 in manual)

AFTERNOON SNACK: Apple, banana, melon, berries, or any other fresh fruit of choice

DINNER: Garlic Broccoli Tofu (Recipe 59 in manual)

DESSERT: Apple Pie Bites (Recipe 83 in manual)

DAY 12

BREAKFAST: Banana Pancakes (Recipe 2 in manual)

LUNCH: Chickpea Sandwich (Recipe 51 in manual)

AFTERNOON SNACK: Celery sticks served with 2 tablespoons of peanut or almond butter and raisins

DINNER: Bean Spouts with Tofu (Recipe 61 in manual)

DESSERT: Coconut Chia Pudding (Recipe 85 in manual)

DAY 13

BREAKFAST: Tofu Breakie Protein Pancakes (Recipe 16 in manual)

LUNCH: Crunchy Kale Salad (Recipe 26 in manual)

AFTERNOON SNACK: Apple, banana, melon, berries, or any other fresh fruit of choice

DINNER: Kung Pao Tempeh (Recipe 63 in manual)

DESSERT: Lemon Blueberry Mousse (Recipe 82 in manual)

DAY 14

BREAKFAST: Peanut Butter & Apple Quinoa Bowl (Recipe 3 in manual)

LUNCH: Veggie Nori Roll (Recipe 31 in manual)

AFTERNOON SNACK: Peanut Stew (Recipe 43 in manual)

DINNER: Tofu Almond Butter Stir Fry (Recipe 55 in manual)

DESSERT: Chocolate Mousse (Recipe 81 in manual)

DAY 15

BREAKFAST: Peanut Butter Apple Quinoa Bowl (Recipe 10 in manual)

LUNCH: Veggie Power Bowl (Recipe 30 in manual)

AFTERNOON SNACK: Tomato Soup (Recipe 42 in manual)

DINNER: Garlic Broccoli Tofu (Recipe 59 in manual)

DESSERT: Easy Trail Mix (Recipe 84 in manual)

DAY 16

BREAKFAST: Purple Sweet Potato Smoothie Bowl (Recipe 7 in manual)

LUNCH: Crunch Kale Salad (Recipe 26 in manual)

AFTERNOON SNACK: Easy Potato Salad (Recipe 29 in manual)

DINNER: Black Bean Buddha Bowl With Avocado Pesto (Recipe 57 in manual)

DESSERT: Lemon Blueberry Moose (Recipe 82 in manual)

DAY 17

BREAKFAST: Banana Nut Oatmeal (Recipe 11 in manual)

LUNCH: Veggie Power Bowl (Recipe 30 in manual)

AFTERNOON SNACK: Cream Coconut Broccoli Soup (Recipe 30 in manual)

DINNER: Tofu Green Bean Stir Fry (Recipe 73 in manual)

DESSERT: Apple Pie Bites (Recipe 84 in manual)

DAY 18

BREAKFAST: High Protein Vegan Breakfast Burritos (Recipe 9 in manual)

LUNCH: Kale Avocado Salad (Recipe 19 in manual)

SNACK: 1 cup almond milk blended with vegan Protein Powder of your choice.

DINNER: Lentils with Veggies, Avocado, Walnuts and Hummus (Recipe 69 in manual)

DESSERT: Protein Fudge Bars (Recipe 78 in manual)



DAY 19

BREAKFAST: Blueberry, Banana & Peanut Butter English Muffins (Recipe 8 in manual)

LUNCH: Rainbow Salad (Recipe 21 in manual)

SNACK: Avocado and Black Bean Wrap (Recipe 48 in manual)

DINNER: Zoodles & Lentil Meatballs (Recipe 56 in manual)

DESSERT: Apple Pie Bites (Recipe 84 in manual)

DAY 20

BREAKFAST: Vanilla Pumpkin and Chickpea Pancakes (Recipe 17 in manual)

LUNCH: Tofu Feta Salad (Recipe 20 in manual)

SNACK: Tomato Soup (Recipe 42 in manual) - with Tomato, Salad Sandwich (Optional)

DINNER: Broiled Sesame Tofu (Recipe 59 in manual)

DESSERT: 3 Ingredient, Chocolate Peanut Butter Protein Shake (Recipe 94 in manual)

DAY 21

BREAKFAST: Peanut Butter Protein Shake (Recipe 98 in manual) (with oatmeal optional)

LUNCH: Avocado & Chickpea Salad Sandwich (Recipe 49 in manual)

AFTERNOON SNACK: Smokey Barbeque Lentil Dip (Recipe 76 in manual)

DINNER: Garlic Green Beans with Tofu (Recipe 62 in manual)

DESSERT: Chocolate Moose (Recipe 81 in manual)

DAY 22

BREAKFAST: Blueberry Oatmeal (Recipe 12 in manual)

LUNCH: Black Bean and Corn Salad (Recipe 24 in manual)

SNACK: Chickpea Sandwich (Recipe 51 in manual)

DINNER: Garlic Broccoli Tofu (Recipe 59 in manual)

DESSERT: Coconut Chia Pudding (Recipe 85 in manual)



DAY 23

BREAKFAST: Spinach, Mushroom & Tofu Omelet (Recipe 5 in manual)

LUNCH: Falafel Salad (Recipe 22 in manual)

AFTERNOON SNACK: Pea Protein Banana Smoothie (Recipe 102 in manual)

DINNER: Kung Pao Tempeh (Recipe 64 in manual)

DESSERT: Lemon Blueberry Mousse (Recipe 83 in manual)

DAY 24

BREAKFAST: Apple & Chia Bircher Muesli (Recipe 6 in manual)

LUNCH: Rainbow Salad (Recipe 21 in manual)

SNACK: Blueberry & Pineapple Smoothie (Recipe 103 in manual)

DINNER: Red curry with carrots and spinach (Recipe 102 in manual)

DESSERT: Protein Date Bars (Recipe 80 in manual)



DAY 25

BREAKFAST: Knock Oats (Recipe 14 in manual)

LUNCH: Avocado Lime Salad (Recipe 39 in manual)

AFTERNOON SNACK: Protein fudge bars (Recipe 79 in manual)

DINNER: Tofu Almond Butter Stir Fry (Recipe 55 in manual)

DESSERT: Chocolate Moouse (Recipe 82 in manual)

DAY 26

BREAKFAST: Banana Pancakes (Recipe 2 in manual)

LUNCH: Chickpea Sandwich (Recipe 51 in manual)

SNACK: Protein date bars (Recipe 79 in manual)

DINNER: Curry Tofu (Recipe 60 in manual)

DESSERT: Lemon Blueberry Moouse (Recipe 82 in manual)



DAY 27

BREAKFAST: High Protein Vegan Breakfast Burritos (Recipe 9 in manual)

LUNCH: Chickpea, Quinoa & Avocado Salad (Recipe 25 in manual)

AFTERNOON SNACK: Cinnamon Spice Chia Balls (Recipe 88 in manual)

DINNER: Curry Tofu (Recipe 61 in manual)

DESSERT: Coconut Chia Pudding (Recipe 86 in manual)

DAY 28

BREAKFAST: Banana Nut Oatmeal (Recipe 11 in manual)

LUNCH: Cherry, Tomato, Chickpea & Orange Pepper Salad (Recipe 34 in manual)

SNACK: Lemon Blueberry Mousse (Recipe 82 in manual)

DINNER: Kung Poa Tempeh (Recipe 63 in manual)

DESSERT: Protein Fudge bars (Recipe 78 in manual)

DAY 29

BREAKFAST: Peanut Butter Apple Quinoa Bowl [\(Recipe 10 in manual\)](#)

LUNCH: Stuffed Iceburg Parcels [\(Recipe 35 in manual\)](#)

SNACK: Easy Trail Mix [\(Recipe 84 in manual\)](#)

DINNER: Quick Hummus Pasta with Asparagus [\(Recipe 65 in manual\)](#)

DESSERT: 3 Ingredient Chocolate Peanut Butter Protein Shake [\(Recipe 94 in manual\)](#)

DAY 30

BREAKFAST: Vanilla Pumpkin & Chickpea Pancakes [\(Recipe 17 in manual\)](#)

LUNCH: Veggie Power Bowl [\(Recipe 30 in manual\)](#)

AFTERNOON SNACK: Apple, banana, melon, berries, or any other fresh fruit of choice

DINNER: Simple Chana Masala [\(Recipe 54 in manual\)](#)

DESSERT: Blueberry Almond Protein Smoothie [\(Recipe 100 in manual\)](#)