

1 WEEK VEGAN WHOLE FOODS MEAL PLAN SAMPLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre breakfast	Whole grain toast with nut butter and blueberries				Whole grain toast with avocado and sprouts		
Workout	<i>Gym day, easy (BCAA after gym)</i>				<i>Gym day, easy (BCAA after gym)</i>		
Breakfast	Scrambled turmeric tofu, roasted red skin potatoes and coconut oil sautéed spinach	Roasted red skin potatoes, black beans and brown rice baked with <u>Cashew "Cheese"</u> sauce and a side of sauerkraut	Unsweetened cashews yogurt with fruits, almond butter, flax, chia and hemp seeds	Sourdough toast with avocado, spinach and tempeh	Scrambled turmeric tofu, roasted red skin potatoes and coconut oil sautéed kale	Mashed banana with oats, maple syrup and squeezed lime	Sourdough toast with nut butter, blueberries and maple syrup
Workout		<i>Interval day training (protein shake after training)</i>	<i>Aerobic day</i>	<i>Interval day training (protein shake after training)</i>		<i>Long endurance days (recovery shake after training)</i>	<i>Long endurance days (recovery shake after training)</i>
Lunch	Quinoa salad with mixed greens, cucumber, tomatoes, bell pepper, carrots, mango, avocado. Topped with walnuts, extra virgin olive oil drizzle and green onions.	Garlic edamame with wild rice stuffed red bell pepper, roasted brussels sprouts and coconut oil roasted curry cauliflower	Spaghetti squash and home made tomato sauce with arugula salad topped with <u>"Cheesy" Broccoli</u> , sourdough croutons and nuts	Mix roots roasted with virgin olive oil and rosemary, <u>Lentil Hemp Burger</u> and mix greens salad with green goddess dressing	Spaghetti squash and home made tomato sauce with arugula salad topped with <u>"Cheesy" Broccoli</u> , sourdough croutons and nuts	Whole grain pasta with home made tomato sauce, <u>Black Beans "Meat" Balls</u> and mix greens salad with avocado, walnuts, tomatoes and red onions, topped with sauerkraut. Fruit before dinner.	Whole grain pasta with pesto sauce, <u>Baked Falafel</u> and spinach salad with avocado, topped with balsamic oil drizzle and sauerkraut. Fruit before dinner.
Mid afternoon snack	Unsweetened cashews yogurt with berries, oats, flax and chia seeds	Whole grain flatbread with mix veggies, topped with sprouts, olive oil and spices	Veggie soup	Chia pudding with coconut milk, berries and nut butter	Whole grain toast with <u>Cashew "Cheese"</u> spread, topped with hemp seeds.		
Dinner	<u>Baked Falafel</u> with mashed purple sweet potatoes, coconut oil roasted curry cauliflower and virgin olive oil sautéed onions and eggplant	Quinoa salad with mixed greens, cucumber, tomatoes, bell pepper, carrots, mango, avocado. Topped with walnuts, green onions and extra virgin olive oil	Sweet potato loaded with olive oil sautéed tempeh, kale and black beans, topped with tahine drizzle	<u>Lentil Hemp Burger</u> , wild rice, blanched asparagus and grilled yellow squash topped with sesame oil	Sweet potato loaded with olive oil sautéed tempeh, kale and black beans, topped with tahine drizzle	Veggies and lentil soup with sourdough toast	Smoothie: milk, oats, berries, almond butter, flax, chia, hemp seeds, maca powder



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Pre breakfast	Whole grain toast with nut butter and blueberries				Whole grain toast with avocado and sprouts		
Workout	<i>Gym day, easy</i>				<i>Gym day, easy</i>		
Breakfast	Scrambled eggs, roasted red skin potatoes and coconut oil sautéed spinach.	Sourdough toast, turkey bacon, hard boiled egg and spinach	Full fat unsweetened yogurt with fruits, almond butter, flax, chia and hemp seeds	Roasted red skin potatoes, eggs, turkey bacon and a portion of sauerkraut	Scrambled turmeric tofu, roasted red skin potatoes and coconut oil sautéed kale.	Mashed banana with oats, honey and squeezed lime	Sourdough toast with nut butter, blueberry and honey
Workout		<i>Interval day training (protein shake after training)</i>	<i>Aerobic day</i>	<i>Interval day training (protein shake after training)</i>		<i>Long endurance days (recovery shake after training)</i>	<i>Long endurance days (recovery shake after training)</i>
Lunch	Quinoa salad with mixed greens, cucumber, tomatoes, bell pepper, carrots, mango, avocado. Topped with walnuts and extra virgem olive oil drizzle and green onions	Garlic chicken breast with wild rice, roasted brussels sprouts and coconut oil roasted curry cauliflower	Spaghetti squash, home made tomato sauce, with arugula salad topped with sourdough croutons, nuts and cheese and balsamic drizzle	Mix roots roasted with virgem olive oil and rosemary, grilled fish fillet with lemon and mix greens salad with green goddess dressing	Spaghetti squash, home made tomato sauce, with arugula salad topped with sourdough croutons, nuts and cheese and balsamic drizzle	Whole grain pasta with pesto sauce, beef meatballs, and mixed greens salad with green goddess dressing topped with sauerkraut. Fruit before dinner	Whole grain pasta with pesto sauce, grilled fish fillet and mixed greens salad with balsamic and olive oil drizzle topped with sauerkraut. Fruit before dinner
Mid afternoon snack	Full fat unsweetened yogurt with berries and seeds	Whole grain flatbread with veggies, sprouts and spices	Veggie soup	Chia pudding with coconut milk, berries and nut butter	Hard boiled eggs with hemp seeds, salt and pepper		
Dinner	Basil chicken breast with purple sweet potatoes puree, coconut oil roasted curry cauliflower and virgem olive oil sautéed onions and eggplant	Quinoa salad with mixed greens, cucumber, tomatoes, bell pepper, mango, avocado. Topped with walnuts and extra virgem olive oil drizzle and green onions	Sweet potato loaded with olive oil sautéed tempeh, kale and beans, topped with tahine drizzle	Grilled fish with lemon, wild rice, blanched asparagus and grilled yellow squash	Sweet potato loaded with olive oil sautéed tempeh, kale and beans, topped with tahine drizzle	Veggies and lentil soup with sourdough toast and butter	Smoothie: milk, oats, fruits, almond butter, flax, chia, hemp seeds, maca powder



“CHEESY” BROCCOLI

Ingredients

- 2 heads of broccoli
- 3 tbsp of olive oil
- 1 tbsp of nutritional yeast (add more if you desire a more cheesy flavor)
- 1 tsp of garlic powder
- Salt and pepper

Instructions

- Preheat oven to 425 degrees F.
- Cut broccoli in florets and place it in a mixing bowl.
- Add oil, garlic powder, nutritional yeast, salt and pepper and toss it all together until broccoli is evenly coated with all ingredients.
- Place tossed broccoli into a baking tray. Bake for 30 minutes or until broccoli is fully cooked, flipping it half way.
- Serve hot.

CASHEW "CHEESE"

Ingredients

- 1 1/2 cups raw cashews
- 1/2 cup water (to start)
- 3 tablespoons nutritional yeast
- 1 tablespoon lemon juice
- 1 teaspoon apple cider vinegar
- 1/2 teaspoon garlic powder
- 1/2 tea spoon turmeric powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt

Instructions

- Soak the cashews. Place about 1 1/2 cups of cashews in a container with water and soak for at least 2 hours.
- Drain the cashews and add all ingredients (cashews, water, nutritional yeast, lemon juice, apple cider vinegar, garlic powder, black pepper, and salt) to a high-powered blender and blend until smooth.
- This will likely be very thick and you will need to manage the speed to ensure that it continues blending. Add a little more water if you desire a thinner consistency to be used for sauces.
- Refrigerate.

BAKED FALAFEL

Ingredients

- 1 15 oz can chickpeas drained and rinsed
- 1/4 cup chopped onion
- 3 cloves fresh garlic
- 1/2 cup fresh parsley
- 1 Tablespoon olive or avocado oil
- 2 teaspoons lemon juice
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 3/4 teaspoon sea salt
- pinch of cayenne
- 1/2 teaspoon baking soda
- 3 Tablespoons oat flour
- olive or avocado oil cooking spray

Instructions

- Preheat oven to 375°F. Spray a baking sheet with oil.
- Add chickpeas, onion, garlic, oil, parsley, lemon juice, cumin, coriander, salt and cayenne into a food processor and pulse until just combined. You don't want to over-process the mixture or you'll end up with hummus. Plus, having a few chunks of chickpeas gives the falafel a nice texture. Stir in baking soda and oat flour. At this point your mixture should be holding together quite well.
- Scoop spoonfuls of mixture out and form into small patties; you should get about 15. Place on prepped baking sheet.
- Bake 10-12 minutes, flip patties and bake for another 10-12 minutes or until falafel are golden and cooked through.

LENTIL HEMP BURGERS

Ingredients (makes 6)

- ¾ cup dried green lentils
- 2 tablespoons Coconut Oil, plus extra for cooking
- ½ cup red onion, finely diced
- 3 large cloves garlic, minced
- 1½ cups zucchini, shredded
- 1/3 cup ground flaxseed powder
- 1/3 cup rolled oats
- 2 tablespoons miso paste
- ½ cup hemp seeds
- Sea salt and ground black pepper

Instructions

- Fill a medium pot with 2¼ cups water. Stir in the lentils, and bring to a boil. Reduce the heat to a simmer, and cook until all the liquid has evaporated and the lentils are cooked through; about 20 minutes. Remove from heat.
- Warm 2 tablespoons of Coconut Oil in a sauté pan over medium heat. Add the onions, and cook for 3 minutes.
- Stir in the garlic, and sauté for 30 seconds. Add the zucchini, and cook for 3-4 minutes longer, stirring often, until zucchini is wilted.
- Remove from heat and transfer the cooked vegetables to a food processor. Add the flaxseed powder, oats, miso, hemp seeds, and the cooked lentils, and process until the ingredients are well combined. Refrigerate the mixture for 30 minutes.
- To cook, form the mixture into 6 compact patties, and season both sides with a little salt and pepper.
- Melt a little coconut oil in a sauté pan over medium-low heat – about ½ tablespoon oil per batch– and add a few patties to the pan.
- Cook each side for a few minutes or until golden.

Credits: <https://info.drbronner.com/all-one-blog/2016/12/lentil-hemp-vegan-burgers/>

BLACK BEAN "MEAT" BALLS

Ingredients

- 15 ounces of Black Beans
- 1 cup of Oat Flour (oats ground up)
- 1 cup of Rolled Oats
- Bread Crumbs (optional)
- Oil (optional, if you fry them)
- 1 ½ Tablespoons of Flax Seeds (ground)
- 1 ½ teaspoons of Salt
- 1 teaspoon of Smoked Paprika
- 1 teaspoon of Garlic powder
- 1 teaspoon of Onion powder

Instructions

- Heat a medium-sized skillet to medium-high heat or preheat your oven to 425 degrees F (options for frying or baking, your choice).
- In a food processor pulse oats & flax seeds (if whole, not ground) till slightly chunky powder. Set aside in a medium bowl.
- Drain your black beans and rinse till water runs clear, fill your can back up with water (with the beans still in the can) and pour it all into your food processor. Pulse till smooth.
- Combine your rolled oats (blended and regular), bean purée and seasonings till fully incorporated, let rest for 5 minutes to thicken.
- Portion out 1 in. scoop balls and roll in bread crumbs for an even coat. Fry about 2-3 minutes on each side, rotating/flipping every couple minutes till dark golden brown all over. Or bake for 6-8 minutes, flip and repeat.
- Serve with warm marinara and/or over veggie pasta, enjoy!

Credits: <https://plantbasedonabudget.com/black-bean-meatballs/>

CRISPY BAKED TOFU

Ingredients

- 16 oz extra firm tofu drained and pressed
- 2 Tablespoons nutritional yeast
- 2 Tablespoons oat flour
- 2 teaspoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon sea salt
- 1/2 teaspoon pepper

Instructions

- Preheat oven to 400°F and line a large baking sheet with parchment.
- Cut drained and pressed tofu into 1/4-1/2 inch cubes and add to a large container. Drizzle on olive oil.
- Combine the nutritional yeast, oat flour, garlic powder, salt and pepper in a small bowl and toss into the container with the tofu. Toss or shake well to coat the tofu.
- Place tofu on a baking sheet in a single layer and bake for 30-40 minutes, turning the tofu every 10 minutes until tofu is the texture you desire, golden brown and crispy.
- Serve tofu over salad, stuffed into a sandwich, in a stir-fry or on its own like nuggets.

Credits: <https://www.eatingbirdfood.com/easy-crispy-baked-tofu/#wprm-recipe-container-41482>