

Plant-Based

1 Week Meal Guide

Vandana Sheth

www.vandanasheth.com

MEAL GUIDE

Week 1

	BREAKFAST	SNACK 1	LUNCH	DINNER
MONDAY	Avocado Brain-Booster Smoothie	Apple	Vegan Wraps	Lentil & Escarole Soup
TUESDAY	Berry Delicious Smoothie + Vegan Protein Powder	Apple	Vegan Wraps	Lentil & Escarole Soup
WEDNESDAY	Avocado Brain-Booster Smoothie	Fresh Sliced Veggies	Lentil & Escarole Soup	1-Pan Italian Roasted Vegetable Dinner
THURSDAY	Avocado Power Toast	2 Tbsp Almonds	Lentil & Escarole Soup	1-Pan Italian Roasted Vegetable Dinner
FRIDAY	Berry Delicious Smoothie + Vegan Protein Powder	Apple + 2 Tbsp Almonds	1-Pan Italian Roasted Vegetable Dinner	Vegan Coconut Curry
SATURDAY	Simple Southwest Scramble	Water	Vegan Coconut Curry	Kitchen Sink Kale Salad
SUNDAY	Simple Southwest Scramble	Water	Kitchen Sink Kale Salad	Vegan Coconut Curry *See note below

* leftovers are in orange
**Make Blueberry Overnight Oats on Sunday night before bed

GROCERY LIST

Week 1

Vegetables

- ☐ 1 cup alfalfa sprouts
- ☐ 1 lb asparagus
- ☐ 1 cup broccoli
- ☐ 2 cups butternut squash
- ☐ 7 carrots (large)
- ☐ 2 heads cauliflower
- ☐ 1 cucumber
- ☐ 1 head garlic (7 cloves)
- ☐ 1" piece ginger
- ☐ 2 tomatoes
- ☐ 2 pints cherry tomatoes
- ☐ 1 orange pepper
- ☐ 1 yellow pepper
- ☐ 3 red peppers
- ☐ 1 red Thai chili pepper (optional)
- ☐ 2 sweet onions
- ☐ 2 yellow onions
- ☐ 1 zucchini
- ☐ enough extra veggies for 1 snack
- ☐ 1 cup FROZEN peas
- ☐ 1 cup FROZEN corn

Greens

- ☐ 6 cups baby spinach
- ☐ 11 cups kale
- ☐ 1 head escarole
- ☐ 4-6 bibb lettuce leaves
- ☐ Fresh basil

Fruit

- ☐ 4 apples (1 should be Granny Smith)
- ☐ 3 avocados
- ☐ 2 bananas
- ☐ 6 lemons
- ☐ 2 limes
- ☐ 1/2 cup FROZEN blueberries
- ☐ 2 cups FROZEN mixed berries

Other

- ☐ 1 can white navy beans
- ☐ 1 can black beans
- ☐ 1 cup lentils
- ☐ 1 x 15 oz can chickpeas
- ☐ Package of gluten-free bread (frozen)
- ☐ 20 oz Tofu (extra firm)
- ☐ 28 oz can diced fire-roasted tomatoes
- ☐ siracha (optional)
- ☐ honey (local if possible) OR maple syrup
- ☐ 1 package of quinoa
- ☐ tahini
- ☐ balsamic vinegar
- ☐ extra virgin olive oil
- ☐ coconut oil
- ☐ Vegan protein powder
- ☐ 6 cups vegetable broth (low sodium)

Nuts, Seeds & Nut Milks

- ☐ 4 cups unsweetened almond milk
- ☐ 1 can coconut milk (full fat)
- ☐ 2 tsp ground flax seed
- ☐ small package of chia seeds
- ☐ small package hemp hearts
- ☐ small package raw, unsalted almonds
- ☐ small package of pumpkin seeds

Spices

- ☐ dried basil
- ☐ ground black pepper
- ☐ cumin
- ☐ curry powder
- ☐ garlic powder
- ☐ sea salt
- ☐ chili powder
- ☐ oregano
- ☐ paprika
- ☐ red pepper flakes
- ☐ thyme
- ☐ turmeric



Plant-Based Recipes



AVOCADO BRAIN-BOOSTER SMOOTHIE

½ frozen banana, ¼ avocado, ¼ cup (40 grams) frozen blueberries, 1 handful spinach, 1 cup (240 ml) almond milk, 1 tsp ground flax seed, 1 scoop vegan protein powder (optional)

BERRY DELICIOUS SMOOTHIE

1 cup (200 grams) frozen mixed berries, ½ banana, 1 handful spinach, 1 tsp chia seeds, 1 cup (240 ml) almond milk, 1 Tbsp pumpkin seeds, 1 scoop vegan protein powder (optional)

AVOCADO POWER TOAST

(1 serving)



Ingredients

- ⅓ avocado
- ¼ cup (65 grams) canned white navy beans (rinsed & drained)
- 1 squeeze of lemon juice
- pinch sea salt
- 1 slice gluten-free bread
- 1 tsp hemp hearts
- 2 slices tomato

Directions

In a bowl, mix the avocado, beans, lemon juice and salt together with a fork until desired consistency. Toast bread (if you want).

Spread the mixture on the toast. Sprinkle with hemp hearts and top with sliced tomatoes. Enjoy!

SIMPLE SOUTHWEST SCRAMBLE

(2 servings)



Ingredients

- 2 Tbsp extra virgin olive oil
- ¼ sweet onion, diced
- ½ red pepper, diced
- ½ zucchini, diced
- ½ cup (130 grams) black beans (cooked, drained)
- 2 cups (40 grams) baby spinach, chopped
- ½ tsp sea salt
- ½ tsp cumin
- ¼ tsp chili powder
- ¼ tsp turmeric
- dash of water
- 8 oz (225 grams) tofu (extra firm, pat dry, broken into crumbles)
- ½-1 sliced tomato
- ½ avocado

Directions

Heat a large skillet over medium heat. Once hot, add olive oil, onion, pepper, and zucchini. Season with salt and pepper, and sauté for about 5 minutes, until vegetables are soft. Add beans and spinach, and cover to cook for about 2 more minutes.

While the veggies are cooking, add the salt, cumin, chili powder, and turmeric to a separate bowl. Add a dash of water to create a sauce.

In your sauté pan, move the vegetables over to one side, and add tofu on the other. Cook for about 2 minutes, and then add the sauce to the pan. Mix all of the ingredients together to form a scramble. Continue to sauté for about 5 minutes or until tofu is lightly browned.

Serve with sliced tomato and avocado. Enjoy!

VEGAN WRAPS

(1 serving)

Ingredients



- ½ red bell pepper (sliced)
- ½ cup (45 grams) broccoli (chopped)
- ½ tomato (sliced)
- ½ cucumber (peeled and sliced)
- ½ cup (15 grams) alfalfa sprouts
- 1 Tbsp pumpkin seeds
- Juice from ¼ lemon
- 1 Tbsp extra virgin olive oil
- Dash balsamic vinegar
- 2-3 Bibb lettuce leaves (for wrap)
- ¼ avocado, sliced

Directions

Gently toss all of the ingredients in a bowl EXCEPT the Bibb lettuce and avocado.

Arrange veggies from the bowl in the center of the lettuce, add sliced avocado, and wrap it up! Enjoy!

Note:
If you would prefer to enjoy it in a tortilla, try to select one that is higher in fiber. Simply layer all the ingredients - wrap and Enjoy! Prefer a pita bread? Choose a wholegrain one cut in half - fill the pocket and Enjoy!



LENTIL & ESCAROLE SOUP

(4 servings)

Ingredients

- ¼ cup (60 ml) extra virgin olive oil
- 1 yellow onion, chopped
- 2 carrots, peeled and chopped
- 4 garlic cloves, minced
- 2 tsp ground cumin
- 1 tsp curry powder
- ½ tsp dried thyme
- 28 oz (795 gram) can diced fire-roasted tomatoes
- 1 cup (190 grams) lentils, picked over and rinsed
- 6 cups (1.45 liters) vegetable broth (low-sodium)
- 1 tsp salt, more to taste
- Pinch of red pepper flakes
- Freshly ground black pepper, to taste
- 1 head escarole, rib removed, chopped
- 1 to 2 Tbsp lemon juice (½ to 1 medium lemon), to taste
- sriracha (optional)

Directions

Heat the olive oil in a large soup pot over medium heat. Add the onions and carrots, stirring often, until the onion has softened and becomes translucent (for about 5 minutes).

Add the garlic, cumin, curry powder, and thyme and cook for about 30 seconds, stirring constantly to avoid burning. Pour in the diced tomatoes and cook for about 3-5 more minutes.

Add the lentils and broth. Season with the salt, red pepper flakes, and fresh ground black pepper.

Raise heat to bring the soup to a boil, then reduce heat & partially cover the pot, simmering for 25 to 30 minutes. The lentils should be tender.

When done, use an immersion blender to puree a portion of the soup, to thicken. If you don't have an immersion blender, place 2 cups of the soup in a blender and blend until smooth (be careful the blender container is securely fastened, and place a dish towel over the top to protect yourself from steam or splashes). Pour the puréed soup back into the pot.

Add the escarole and cook for 4-6 more minutes until the escarole has wilted. Remove the pot from the heat and mix in the lemon juice. Taste for seasoning, and add a dash of sriracha – if desired!



KITCHEN SINK KALE SALAD

(4 servings)

Ingredients

Quinoa

- 1 tsp extra virgin olive oil
- ¾ cup (138 g) quinoa, rinsed
- 1½ cups (360 ml) water

Dressing

- ⅓ cup (70 grams) tahini
- 3 Tbsp lemon juice
- 1 Tbsp honey (sub maple syrup if prefer)
- ½ tsp sea salt
- ¼ cup (60 ml) water (about)

Salad

- 8 cups (165 grams) kale, chopped
- 1 cup (150 grams) cherry tomatoes, chopped
- 2 large carrots, chopped
- 1 orange pepper, chopped
- 1 Granny Smith apple, chopped
- 1 avocado, chopped
- ¼ cup (40 grams) hemp hearts

Directions

Heat olive oil in a small pot over medium heat and add rinsed, drained quinoa. Toast quinoa for 1-2 minutes, stirring frequently so it doesn't burn. Add water and bring to a low boil. Reduce heat to a simmer, cover, and cook for around 20 minutes or until the liquid is absorbed.

Once cooked, remove from heat and stir before setting aside.

While the quinoa cooks, prepare dressing: Add all of the dressing ingredients EXCEPT the water in a small bowl and whisk to combine. Add water (a little bit at a time), continuing to whisk until it reaches desired consistency. Taste and adjust flavor as needed.

In a large bowl, add the kale and top with tomatoes, carrots, pepper, apple, avocado, cooked quinoa, and help hearts. Serve with dressing on the side.

TIP: Hold off on cutting the apple and avocado until you're ready to eat the salad.

Store leftovers in the refrigerator for up to 3 days.



1-PAN ITALIAN ROASTED VEGETABLE DINNER

(3 servings)

Ingredients

Marinade

- 1 tsp dried basil
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp paprika
- ½ tsp garlic powder
- 3 Tbsp olive oil
- Juice of ½ lemon

Veggies & Other

- 12 ounces (340 grams) firm or extra-firm tofu, drained, and chopped
- 1 Tbsp extra virgin olive oil (for the tofu)
- ½ head cauliflower, chopped
- 3 carrots, peeled, sliced lengthwise, then chopped in thirds
- 1 can (14 oz) (400 gram) chickpeas, drained and rinsed
- 1 lb. (450 grams) asparagus, ends trimmed and cut into thirds
- 1 medium yellow onion, sliced
- 1 yellow pepper, sliced
- 1 pint (440 grams) cherry tomatoes
- sea salt, to taste
- fresh ground pepper, to taste

Directions

Preheat oven to 425°F/220°C. Line two baking sheets with parchment paper or foil.

In a medium bowl, drizzle 1 Tbsp olive oil over the tofu, and mix to cover well. Pour mixture on one of the baking sheets, and bake for 25-30 minutes, flipping half-way through. Remove when tofu is golden brown on the edges.

Meanwhile, in a large bowl whisk together basil, thyme, oregano, paprika, garlic powder, olive oil and lemon juice. Set aside.

On the sheet pan, combine the cauliflower, carrots, and chickpeas. Pour about ¼ of the oil-spice mixture over them, and toss well to coat. Arrange veggies in a single layer and roast for 20-25 minutes.

In the large bowl with the remaining oil-spice mixture, add the asparagus, onion, pepper, and tomatoes and toss well to coat.

Remove the carrot, cauliflower & chickpea pan from the oven and add the remaining veggie mixture.

Give the veggies a stir, and place the pan back in the oven for another 15 minutes.

Remove from the oven, mix in the tofu, and let cool slightly. Season to taste, and enjoy!



VEGAN COCONUT CURRY

(4 servings)

Ingredients

Curry

- 1 Tbsp olive oil
- 1 small yellow onion, chopped
- 3 garlic cloves, minced
- 1 tsp fresh ginger, grated
- 1 Tbsp curry powder
- 1 tsp sea salt
- 2 cups (230 grams) butternut squash, chopped
- 1 red pepper, chopped
- 1 carrot, peeled and sliced
- 1 red Thai chile, thinly sliced (optional)
- 1 can (398 ml) coconut milk (full fat)
- 2 cups (170 grams) cauliflower florets
- 2 tbsp fresh lime juice, plus lime wedges for serving
- 3 cups (210 grams) fresh kale, ribs removed and sliced thin
- 1 cup each (135 grams) frozen peas and frozen corn
- Freshly ground black pepper

Cauliflower Rice

- 1 Tbsp coconut oil
- 2.5 cups (215 grams) raw cauliflower
- Handful of fresh basil, chopped (organic if possible)

Directions

Heat the olive oil in a large Dutch oven over medium heat. Add the onion and cook for about 10 minutes, until golden brown. Reduce the heat to low after the first 5 minutes.

While the onions cook, in a small bowl mix together the garlic, ginger, curry powder, and salt. Set aside.

After the onions have cooked for about 10 minutes, add the butternut squash, red pepper, carrots, and chile to the onions, stir to combine, and cook for 5 minutes.

Add the coconut milk, 2 cups of cauliflower florets, and the spice mixture. Cover and simmer for about 20 minutes.

Meanwhile, to make the rice, shred cauliflower in food processor (or use box grater). Add coconut oil to skillet over medium heat. Cook cauliflower for about 1-3 minutes, or until tender. Stir in the chopped basil when done.

After the coconut milk mixture has been cooking for about 20 minutes, stir in the lime juice, kale and peas. Taste and adjust seasonings as needed.

Remove from heat. Serve over cauliflower rice with fresh basil. DELICIOUS!



If you're looking to make changes in your energy, fitness, or wellness, I'm here for you!

As a special thank you for downloading this recipe book, I invite you to a schedule a Free strategy call to discuss your goals and see how we might work together to help you achieve them.

I'd be honored to be part of your fitness & wellness journey. Apply to work with me.

To your health,

Vandana