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Welcome to Simnett Nutrition's 6 Week Easy Vegan Meal Plan

Hi, I'm Derek from Simnett Nutrition, and I created this meal plan to help make eating vegan simple, balanced, and enjoyable. Whether your goal is to get more organized with your meals or work toward a body composition goal, these plans are here to give you structure without making vegan nutrition feel complicated.

Each plan is built around satisfying vegan meals with plenty of protein, carbohydrates, healthy fats, fibre, and whole plant foods, so you can feel confident that you're eating in a way that supports your health, fitness, and lifestyle.

I CREATED THIS MEAL PLAN TO HELP YOU:

- 1 Eat approximately 2250 calories per day
- 2 Reduce daily cooking time
- 3 Build repeatable, sustainable eating habits
- 4 Feel confident preparing simple and nourishing vegan meals

100% Plant-Based

Every recipe is entirely vegan with no compromise on flavour.

Batch Cook System

Cook once on Day 1, eat well for 2–3 days from a single prep session.

Simple Ingredients

No specialty items — everything available at a standard grocery store.

Fully Macro-Tracked

Every day includes calorie, protein, carb, and fat counts from Cronometer.

6

WEEKS

~2,250

CALORIES PER DAY

130–180 g

PROTEIN PER DAY

42

DAYS OF MEALS

How the Meal Plan Works

Each week follows the same simple pattern:

Day 1

Batch Cook Day

Batch cook lunch

Batch cook dinner

Day 1 is your batch cook day. You'll be in the kitchen a bit more this day preparing for the week, so I suggest doing this on your day off or when you have more time. You will prepare 2 main recipes that will cover your lunch and dinner meals for the first few days of the week.

Days 2–3

Leftovers + Assembly

Leftover lunch

Leftover dinner

You will be reheating and assembling your lunch and dinner from Day 1 leftovers. I've tried my best to make the breakfast recipes quick and easy. Some of them can be prepared the night before to save you time if needed.

Day 4

Transition Day

New recipe

A 'transition' day with a new dinner recipe that will cover Thursday lunch or dinner (sometimes Fridays too depending on recipe size).

Day 5

Day 4 Leftovers

Leftover meals

You will enjoy Day 4 leftovers for either lunch or dinner and make the rest of the meals, although they will be easy to prepare.

Days 6–7

Fresh Easy Meals

Fresh recipes

Enjoy fresh, easy to prepare meals. The week then starts over on Sunday (Day 1).

▮ **Derek's tip:** I find that this structure keeps cooking manageable while maintaining meal variety. Read through the entire week before you shop to check what you already have on hand.

Portion Guidance & Calorie Adjustment

The calories and protein targets are based on the listed portions given for 1 serving of each meal (some recipes make 2–3 servings). If you substitute ingredients or add/remove them, this will affect the macros and calories of the meal.

To Add Calories (if needed)

- ✓ Enjoy a piece of fruit (this is my go to)
- ✓ Add 1–2 cups non-starchy veggies to your meals (this adds volume but little calories)
- ✓ Add ¼ cup cooked grains or ½–1 baked or steamed potato to a meal
- ✓ Add ¼–½ avocado (57–114 calories) or 2 tbsp nuts or seeds (approx. 100 calories) to a meal

Hydration

I encourage you to drink water freely throughout the day. Try to drink at least 2 litres of water a day at minimum. You will need to drink more if you are active and/or sweat a lot.

Coffee and tea are fine to drink. Use a small amount of plant milk if desired. If you use sweetener in your tea or coffee, make sure to track it as it can add up! For example, 1 tsp of table sugar or maple syrup is approx. 16 calories and 4.5g carbs.

Important Note on Calorie Calculations

You may observe minor discrepancies when attempting to cross reference total caloric values by applying the standard Atwater general factors (the 4-4-9 rule: protein and carbs are 4 calories per gram, and fat is 9 calories per gram). This variance is both normal and scientifically expected. The nutritional data in this meal plan is derived from Cronometer, which utilizes the Atwater specific factor system — accounting for the unique thermodynamic properties of specific whole plant foods and adjusting for indigestible dietary fiber. Because complex carbohydrates and soluble fibers do not yield a net energy availability of 4 kcal/g post digestion, the algorithm in Cronometer subtracts this non-metabolizable energy. The final values displayed represent the most clinically accurate estimation of actual metabolizable energy and net fuel value. Minor variations may also occur due to ingredient brands and calorie/macro rounding.

Supplement Considerations

A well planned vegan diet can provide the nutrients needed for overall health, but there are a few nutrients that deserve extra attention.

Vitamin B12

People following a vegan diet should make sure they have a reliable source of vitamin B12 from fortified foods and/or a supplement. This is the most critical nutrient to supplement on a vegan diet.

Vitamin D

Vitamin D may be worth considering, especially for those with limited sun exposure, during winter months, or for anyone who does not regularly consume vitamin D fortified foods.

Creatine (Optional)

Several recipes include an optional serving of creatine. Creatine is a well-researched supplement that may support athletic performance and muscle building. It is optional and not required for the plan.

Please note: This meal plan is intended for general education and meal planning purposes only. Supplement needs can vary based on age, location, sun exposure, pregnancy or breastfeeding status, medical conditions, medications, blood work, and overall dietary intake. For specific supplement amounts, follow the guidance of your doctor, pharmacist, registered dietitian, qualified health care provider, and/or the public health recommendations in your country.

Low-Calorie Additions

Here are foods that can be added to your meals to increase volume, flavour, and satisfaction without significantly affecting calories.

Non-Starchy Vegetables

- Leafy greens
- Cucumber
- Bell peppers
- Snap peas
- Arugula
- Mushrooms
- Green beans
- Kale
- Zucchini (chopped or as noodles)
- Cauliflower (steamed or riced)
- Spinach
- Celery
- Broccoli (steamed)
- Tomatoes

Low-Calorie Condiments

- Salsa
- Mustard
- Lemon juice
- Pickles
- Garlic
- Soy sauce, tamari, or braggs (in moderation)
- Hot sauce
- Vinegar (all types)
- Lime juice
- Fresh or dried herbs
- Ginger
- Nutritional yeast (small amounts)

6 WEEK EASY VEGAN MEAL PLAN



Week 1

01

6 WEEK EASY VEGAN MEAL PLAN

Week 1

130–171 g
PROTEIN PER DAY

~2,250 cal/day

Welcome to week 1 of your meal plan! This week includes a simple, satisfying mix of high protein meals designed to make healthy eating easy and enjoyable. Breakfasts include tofu scramble, protein oatmeal, and smoothies, while lunches and dinners feature hearty meals like red lentil curry, chickpea veggie stir fry, lentil pasta, chickpea TVP bowls, a tofu “egg” sandwich, chickpea wrap, and ginger garlic noodles. Each day provides 2250 calories and between 130-171g of protein, with meal prep leftovers used throughout the week to save time and reduce food prep. I hope you enjoy it!

DAY 1 — BATCH COOK SCHEDULE

BREAKFAST

Tofu Scramble

LUNCH (BATCH COOK)

One Pot Red Lentil Curry

DINNER (BATCH COOK)

Chickpea and Veggie stir fry with Quinoa and hemp seed dressing

WEEK AT A GLANCE

D1

Batch Cook

D2

Leftovers

D3

Leftovers

D4

Transition

D5

Transition

D6

Fresh

D7

Fresh

 Batch Cook

 Leftover

 Fresh

Grocery List

☐ Required ☐ Optional

Look this over before you start week 1, it seems like a lot, but you probably have a lot of these items already in your pantry. I have included the amounts so you know how much you will need for each ingredient this week.

PRODUCE

- | | |
|---|--|
| ☐ 8 medium bananas | ☐ 3 medium yellow or white onions |
| ☐ 2 red onions | ☐ 4 medium red bell peppers |
| ☐ 10 large carrots | ☐ 1/2 head cauliflower |
| ☐ 3 large cucumbers | ☐ 4 medium tomatoes |
| ☐ 1 small container cherry or grape tomatoes | ☐ 3/4 cup chopped mushrooms — 52g |
| ☐ 1 small potato | ☐ 3 cups chopped kale — 63g |
| ☐ Chopped spinach | ☐ 1 celery stalk |
| ☐ 1 small bunch green onions | ☐ 1 bulb garlic |
| ☐ 1 small piece fresh ginger | ☐ 4 lemons |
| ☐ 1 cup fresh snow peas — 160g | ☐ Fresh basil |
| ☐ Fresh parsley | ☐ Cilantro or parsley |

FROZEN

- | | |
|--|---|
| ☐ Frozen blueberries: 3 cups — 420g | ☐ Frozen fruit: 4 cups — 660g |
| ☐ Frozen peas: 2 1/2 cups — 361g | ☐ Frozen edamame: 1 cup — 155g |

PROTEIN / REFRIGERATED

- | | |
|---|--|
| ☐ Firm tofu: 2 blocks | ☐ Soft tofu: 1 block |
| ☐ Soy milk: about 7 cups — 1.7L | ☐ Dairy free yogurt: 1/2 cup — 131g |
| ☐ Vegan vanilla protein powder: 8 scoops worth | ☐ Creatine: 4 scoops |

Grocery List (cont.)

☐ Required ☐ Optional

CANNED / DRY GOODS

- ☐ Split red lentils: 2 2/3 cups — 510g
- ☐ TVP: 1 1/2 cups — 140g
- ☐ Quinoa: 1 1/4 cups dry — 212g
- ☐ Rolled oats: 2 cups — 162g
- ☐ Medjool dates: 2 dates
- ☐ Small tortilla wrap or pita: 1 wrap
- ☐ Hemp or chia seeds: about 1 cup, roughly 145g
- ☐ Chopped olives
- ☐ Cooked French or green lentils: 3 1/4 cups — 643g
- ☐ Chickpeas: about 8 cups cooked/drained, roughly 1211g, or 6 cans
- ☐ Lentil or legume pasta: about 18–19 oz dry — 527g
- ☐ Tomato sauce: 3 cups — 735ml
- ☐ Bread: 4 slices
- ☐ Raw cashews: 1/3 cup — 39g
- ☐ Dill pickles: 2 1/2 tbsp chopped

SAUCES / CONDIMENTS

- ☐ Red curry paste: 1 1/4 tbsp, about 19g
- ☐ Soy sauce or tamari: 2 1/4 tbsp, about 34ml
- ☐ Maple syrup: 2 tbsp, about 30ml
- ☐ Roasted sesame oil: 1 1/4 tbsp, about 19ml
- ☐ Olive oil
- ☐ Vegetable broth: 4 cups — 883ml
- ☐ Rice vinegar: 1 1/4 tbsp, about 19ml
- ☐ Mustard or Dijon mustard: about 1 3/4 tbsp — 26g
- ☐ Ketchup or hot sauce

SPICES / PANTRY

- ☐ Salt
- ☐ Garlic powder
- ☐ Turmeric
- ☐ Cumin
- ☐ Smoked paprika
- ☐ Ground cinnamon
- ☐ Nutritional yeast
- ☐ Kala namak
- ☐ Black pepper
- ☐ Onion powder
- ☐ Chili powder
- ☐ Coriander
- ☐ Dried dill
- ☐ Mediterranean seasoning
- ☐ Toasted sesame seeds

That should cover the full week with a few small leftovers of pantry items you can carry into the next week.

Daily Meal Plan

● Batch Cook ● Leftover ● Fresh

DAY	BREAKFAST	LUNCH	DINNER	TOTALS
1 BATCH COOK	Tofu Scramble Fresh	One Pot Red Lentil Curry Fresh	Chickpea and Veggie stir fry Fresh	2250 Cal 153g P
2 LEFTOVERS	Oatmeal Fresh	Red Lentil Curry Leftover	Chickpea and Veggie Stir Fry Leftover	2250 Cal 130g P
3 LEFTOVERS	Oatmeal Fresh	Chickpea Veggie Stir Fry Leftover	Red Lentil Curry Leftover	2250 Cal 130g P
4 TRANSITION	Blueberry Pie Smoothie Fresh	Mediterranean Chickpea & TVP Bowl Fresh	Lentil Sauce with pasta Fresh	2250 Cal 170g P
5 TRANSITION	Blueberry Pie Smoothie Fresh	Tofu 'egg' salad Fresh	Lentil Pasta Leftover	2250 Cal 171g P
6 FRESH	Easy Fruit Smoothie Fresh	Lentil Pasta Leftover	Chickpea Wrap With Tzatziki Fresh	2250 Cal 136g P
7 FRESH	Easy Fruit Smoothie Fresh	Mediterranean Chickpea & TVP Bowl Fresh	Ginger Garlic Noodles Fresh	2250 Cal 159g P

2250 Cal

WEEKLY AVG CALORIES

150g

AVG PROTEIN

BREAKFAST

Tofu Scramble

1

SERVINGS

750

CALORIES

73g

PROTEIN

54g

CARBS

32g

FAT

INGREDIENTS

1 ¾ cups (425g) crumbled
firm tofu

1/2 cup (97g) onion
chopped red

3/4 cup (52g) mushrooms
chopped

3/4 cup (111g) pepper
chopped red

SPICE BLEND

½ tsp chili powder

1 tsp cumin

1 tsp turmeric

1 tsp garlic powder

1 ¼ tbsp yeast
nutritional

1 ½ pieces of bread
toasted

Ketchup or hot sauce (optional)

DIRECTIONS

- 1 Crumble tofu into a medium size mixing bowl and add spice blend, mix well.
- 2 Place chopped onion and mushrooms in a large frying pan and saute on medium heat until tender, stirring often.
- 3 Add crumbled tofu and heat thoroughly, making sure to mix the tofu, onion and mushrooms together well.
- 4 When tofu is heated all the way through, remove the frying pan from heat and serve the tofu scramble hot, with toast on the side. Add ketchup or hot sauce if you want. This also goes great with a green salad.

LUNCH

One Pot Red Lentil Curry

3

SERVINGS

750

CALORIES

47g

PROTEIN

136g

CARBS

4g

FAT

INGREDIENTS

2 $\frac{3}{4}$ cups (510g) rinsed and drained (no soaking needed)
split red lentils

1 $\frac{1}{4}$ tbsp red paste
curry

1/2 yellow onion chopped

4 $\frac{1}{2}$ large carrots chopped

$\frac{1}{2}$ head of cauliflower chopped

1 cup (160g) frozen peas

1 $\frac{1}{4}$ red bell pepper chopped

GARNISH

Cilantro or parsley, chopped (optional)

DIRECTIONS

- 1 Place lentils in a large pot and add red curry paste, chopped carrots and cauliflower. Add water or veggie broth until lentils are covered and turn up to medium high heat.
- 2 Bring to a boil and reduce to medium heat. Cook for approx 10-15 minutes. Periodically check and stir the pot to make sure everything is cooking evenly. The lentils are cooked when soft.
- 3 Reduce heat to simmer and add the frozen peas, chopped bell pepper and cilantro. Turn off heat when there is no water left in the pot and remove to let cool. You can also add in other vegetables or substitute in other vegetables you have on hand (for example: mushrooms, broccoli, zucchini, frozen corn). Equally portion into separate meal containers.

DINNER

Chickpea and Veggie stir fry with Quinoa and hemp seed dressing

3

SERVINGS

750

CALORIES

33g

PROTEIN

121g

CARBS

16g

FAT

INGREDIENTS

3 ¾ cups (569g) drained and rinsed
cooked chickpeas

1 ½ cups (201g) peas
frozen

2 ½ medium carrots
grated

2 ½ tsp garlic powder

2 ½ tsp onion powder

pinch of salt

pinch of black pepper

½ medium cucumber
chopped

12 grape or cherry tomatoes
chopped

QUINOA

1 ¼ cup (212g) quinoa
dry

2 ½ cups (592 ml) water

SAUCE

⅓ cup (48g) hemp seeds

¾ tbsp mustard

¾ lemon juiced

¾ tbsp maple syrup

¾ tbsp dried dill

¾ tsp garlic powder

¾ tsp onion powder

pinch of salt

⅓ cup (71 ml) water

DIRECTIONS

- 1 Saute the chickpeas, peas, carrots, and spices together for approx. 10 minutes on medium heat.
- 2 Chop the cucumber and tomatoes and set aside.
- 3 Prepare the quinoa and let it cook for approx. 20 minutes on medium heat (or until soft and cooked through).
- 4 Blend the sauce ingredients together until smooth.
- 5 Put stir fry, quinoa and veggies in equal portions in separate containers and pour the sauce over top. Let cool before putting in the fridge or freezer.

BREAKFAST

Oatmeal

1

SERVINGS

750

CALORIES

50g

PROTEIN

106g

CARBS

12g

FAT

INGREDIENTS

½ a ripe banana	peeled
1 cup (250ml)	water
	¾ pitted medjool date
1 cup (81g) rolled	oats
	A pinch of salt
½-1 tsp cinnamon	(optional)

PROTEIN MILK

½ ripe banana	peeled
¾ cup (185 ml) soy	milk
1 ¼ scoop vegan protein	powder

DIRECTIONS

- 1 To make the oatmeal, blend together half a banana, medjool date, water, pinch of salt and cinnamon. Add to a small saucepan with the rolled oats and cook on medium heat until the oats are cooked through and thick. Place in a bowl.
- 2 Blend together the other half of the banana with soy milk and protein powder. Pour over cooked oats.

LUNCH

One Pot Red Lentil Curry

LEFTOVER

1 serving of Red Lentil Curry, leftover from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Chickpea and Veggie stir fry with Quinoa and hemp seed dressing

LEFTOVER

1 serving of Chickpea and Veggie Stir Fry with Quinoa and Hemp Seed Dressing, leftover from Day 1

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Oatmeal

1

SERVINGS

750

CALORIES

50g

PROTEIN

106g

CARBS

12g

FAT

INGREDIENTS

½ a ripe banana	peeled
1 cup (250ml)	water
	¾ pitted medjool date
1 cup (81g) rolled	oats
	A pinch of salt
½-1 tsp cinnamon	(optional)

PROTEIN MILK

½ ripe banana	peeled
¾ cup (185 ml) soy	milk
1 ¼ scoop vegan protein	powder

DIRECTIONS

- 1 To make the oatmeal, blend together half a banana, medjool date, water, pinch of salt and cinnamon. Add to a small saucepan with the rolled oats and cook on medium heat until the oats are cooked through and thick. Place in a bowl.
- 2 Blend together the other half of the banana with soy milk and protein powder. Pour over cooked oats.

LUNCH

Chickpea and Veggie stir fry with Quinoa and hemp seed dressing

LEFTOVER

1 serving of Chickpea Veggie Stir Fry, leftover from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

One Pot Red Lentil Curry

LEFTOVER

1 serving of Red Lentil Curry, leftover from Day 1

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Blueberry Pie Smoothie

1

SERVINGS

750

CALORIES

57g

PROTEIN

80g

CARBS

21g

FAT

INGREDIENTS

1 ½ banana	peeled
1 ½ cup (210g) frozen	blueberries
½ tsp ground	cinnamon
2 tbsp hemp or chia	seeds
1 ½ cup (365 ml) soy	milk
1 ½ scoop vegan protein	powder
1 scoop creatine	optional

DIRECTIONS

- 1 Blend everything together in a blender until smooth.

LUNCH

Mediterranean Chickpea & TVP Bowl

Recipe

1

SERVINGS

750

CALORIES

61g

PROTEIN

115g

CARBS

8g

FAT

INGREDIENTS

1 ½ cup (245g) drained & rinsed
cooked or
canned
chickpeas

¾ cup (70g) dry (TVP)
Textured
Vegetable
Protein

¾ large
cucumber
chopped

2 medium
tomato
chopped

½ red onion
chopped

¾-1 lemon
juice

1 ½ tbsp
Mediterranean
seasoning

Small drizzle of olive oil (optional)

DIRECTIONS

- 1 Add TVP and the Mediterranean seasoning (or your favourite seasoning) to a bowl and cover (until just covered) with hot water. Mix and let sit for 2-3 minutes or until the TVP is well hydrated. Drain excess water (if needed).
- 2 Add chickpeas along with chopped veggies to the bowl of TVP. Toss together and enjoy.

DINNER

Lentil Sauce with pasta

3

SERVINGS

750

CALORIES

52g

PROTEIN

135g

CARBS

4g

FAT

INGREDIENTS

¾ cup (145g) white or yellow onion	diced
1 ½ cup (165g) grated	carrot
¾ cup (69g) chopped red bell	pepper
3 ¼ cups (643g) cooked or canned french (or green/red) lentils	drained and rinsed
3 cups (63g) chopped	kale

SAUCE

3 large garlic	cloves
¾ cup (145g) diced	onion
3 tbsp fresh basil	chopped (or 2 tsp dried)
3 tsp fresh parsley	chopped*
3 cups (735ml) tomato	sauce

*Always use fresh Parsley as dried parsley doesn't retain much flavour.

PASTA

302g (10.6 oz) Lentil pasta	legume pasta, or wheat pasta
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DIRECTIONS

- 1 Saute onion, carrot and red bell pepper on medium high heat for 3-5 minutes.
- 2 Add lentils, chopped kale, garlic, basil, tomato sauce and simmer together for 10 minutes on medium heat.
- 3 Add equal portions to separate containers and add parsley garnish on top.

BREAKFAST

Blueberry Pie Smoothie

1

SERVINGS

750

CALORIES

57g

PROTEIN

80g

CARBS

21g

FAT

INGREDIENTS

1 ½ banana peeled

1 ½ cup (210g) blueberries
frozen

½ tsp ground cinnamon

2 tbsp hemp or seeds
chia

1 ½ cup (365 ml) milk
soy

1 ½ scoop vegan powder
protein

1 scoop creatine optional

DIRECTIONS

1 Blend everything together in a blender until smooth.

LUNCH

Tofu ‘egg’ salad

1	750	62g	79g	26g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

	¾ block soft tofu
	¾ block firm tofu
½ cup + 2 tbsp (165g) cooked potatoes	chopped
2 ½ tbsp dill	pickle
½-1 tbsp dijon	mustard
3 ½ tbsp green onion	chopped
⅓ cup (32g) celery	chopped
½ tsp black	pepper
1 tsp onion	powder
½ tsp turmeric	powder
	pinch of salt
2 pieces of bread	toasted

Optional: for a more eggy flavour, try adding 1 tsp of kala namak salt. You can also add fresh herbs like 2 tbsp of fresh dill.

DIRECTIONS

- 1
- Crumble the tofu in a medium sized bowl and add the rest of the ingredients, mixing well. Enjoy as an open face sandwich.

DINNER

Lentil Sauce with pasta

LEFTOVER

1 serving of Lentil Pasta, leftover from Day 4

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Easy Fruit Smoothie

1	750	52g	87g	21g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 ¼ banana	peeled
2 cups (330g) frozen fruit of	choice
2 ¾ tbsp hemp	seeds
1 ¼ scoop vegan vanilla protein	powder
1 scoop creatine	optional
1 ¼ cup (304 ml) soy	milk

DIRECTIONS

- 1
- Blend everything together in a blender until smooth.

LUNCH

Lentil Sauce with pasta

LEFTOVER

1 serving of Lentil Pasta, leftover from earlier in the week

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Chickpea Wrap With Tzatziki

1	750	32g	112g	24g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 ¼ cup (152g) cooked chickpeas	drained and rinsed	ADDITIONAL FRESH VEGGIES FOR WRAP	
1 tsp	cumin		Sliced cherry tomatoes
1 tsp	coriander		Chopped spinach
1 tsp smoked	paprika		Thinly sliced and red onion
	Pinch of salt and pepper		Olives, chopped
		1 small tortilla wrap or 1 medium (6") pita	bread

TZATZIKI SAUCE

1/2 cup (131g) dairy free	yogurt
	juice of 3/4 a lemon
1 ½ clove of	garlic
⅓ cup (39g)	cashews
2 tbsp dried (or fresh)	dill
	½ cucumber peeled and cubed
	pinch of salt

DIRECTIONS

- 1 Saute chickpeas in a small frying pan with cumin, coriander, smoked paprika, and salt and black pepper. Remove from heat after 5-10 minutes.
- 2 Make tzatziki sauce by blending together yogurt, lemon juice, garlic and soaked cashews until smooth. Remove from blender and add to a bowl
- 3 Add dill, cucumber, and salt to blended yogurt sauce and mix together. Set aside.
- 4 Chop additional fresh veggies for the wrap and add them to a large bowl along with the chickpeas. Mix together with the tzatziki sauce.
- 5 Add chickpea & veg mixture to a wrap or pita and enjoy.

BREAKFAST

Easy Fruit Smoothie

1 SERVINGS	750 CALORIES	52g PROTEIN	87g CARBS	21g FAT
----------------------	------------------------	-----------------------	---------------------	-------------------

INGREDIENTS

1 ¼ banana	peeled
2 cups (330g) frozen fruit of	choice
2 ¾ tbsp hemp	seeds
1 ¼ scoop vegan vanilla protein	powder
1 scoop creatine	optional
1 ¼ cup (304 ml) soy	milk

DIRECTIONS

- 1

Blend everything together in a blender until smooth.

LUNCH

Mediterranean Chickpea & TVP Bowl

Recipe

1

SERVINGS

750

CALORIES

61g

PROTEIN

115g

CARBS

8g

FAT

INGREDIENTS

1 ½ cup (245g) drained & rinsed
cooked or
canned
chickpeas

¾ cup (70g) dry (TVP)
Textured
Vegetable
Protein

¾ large
cucumber
chopped

2 medium
tomato
chopped

½ red onion
chopped

¾-1 lemon
juice

1 ½ tbsp
Mediterranean
seasoning

Small drizzle of olive oil (optional)

DIRECTIONS

- 1 Add TVP and the Mediterranean seasoning (or your favourite seasoning) to a bowl and cover (until just covered) with hot water. Mix and let sit for 2-3 minutes or until the TVP is well hydrated. Drain excess water (if needed).
- 2 Add chickpeas along with chopped veggies to the bowl of TVP. Toss together and enjoy.

DINNER

Ginger Garlic Noodles

2	750	46g	117g	17g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 ¼ tbsp roasted sesame oil	9 oz (225g) of spaghetti
3 ½ cloves garlic minced	legume pasta of your choice - I used
1 ½ thumb sized chunk of ginger grated	
1 ¼ large red bell pepper thinly sliced	
1 ½ large carrot grated	
1 cup (160g) fresh snow peas	
1 cup (155g) frozen edamame	
4 cup (883 ml) vegetable broth	

SAUCE	
2 ¼ tbsp soy sauce	
1 ¼ tbsp rice vinegar	
1 ¼ tbsp maple syrup	
1 ¼ tsp toasted sesame seeds for garnish	
Chopped green onion for garnish	

DIRECTIONS

- 1 In a large pot or saucepan, saute garlic and ginger in sesame oil for a minute before adding the rest of the veggies.
- 2 Add the veggie broth and bring to a boil. Add the rest of the ingredients and simmer for approx. 10-12 minutes or until pasta is cooked through.
- 3 In a small bowl, mix the sauce ingredients together. Once pasta is cooked, remove from heat and add the sauce.
- 4 Serve with toasted sesame seed and chopped green onion garnish.

6 WEEK EASY VEGAN MEAL PLAN



Week 2

02

6 WEEK EASY VEGAN MEAL PLAN

Week 2

136–168 g
PROTEIN PER DAY

~2,250 cal/day

Week 2 continues with a satisfying mix of high protein meals that are simple, colourful, and easy to prep ahead. Breakfasts include protein oatmeal, blueberry pie smoothies, PB toast with a smoothie, a fruit smoothie, and tofu breakfast wraps, while lunches and dinners feature new meals like lentils and squash, BBQ tofu and potatoes, taco pasta, and lentil soup. Each day provides 2250 calories and between 136-168g of protein, with leftovers used throughout the week to keep meal prep simple and efficient.

DAY 1 — BATCH COOK SCHEDULE

BREAKFAST

Oatmeal

LUNCH (BATCH COOK)

Lentils & Squash with
Cheesy Cashew Sauce

DINNER (BATCH COOK)

BBQ Tofu & Potatoes with
Lemon Tahini Salad

WEEK AT A GLANCE

D1

Batch Cook

D2

Leftovers

D3

Leftovers

D4

Transition

D5

Transition

D6

Fresh

D7

Fresh

 Batch Cook

 Leftover

 Fresh

Grocery List

☐ Required ☐ Optional

Look this over before you start week 2, you probably have a lot of these items already in your pantry. I have included the amounts so you know how much you will need for each ingredient this week.

PRODUCE

- | | |
|---|--|
| ☐ 8 medium bananas | ☐ 2 medium yellow or white onions |
| ☐ 1 red onion | ☐ 3 medium red bell peppers |
| ☐ 1 green bell pepper | ☐ 4 large carrots |
| ☐ 10 medium potatoes | ☐ 1 large butternut squash |
| ☐ 2 large cucumbers | ☐ 2 medium tomatoes |
| ☐ 1 small container cherry or grape tomatoes | ☐ 1 1/4 cups chopped mushrooms — 90g |
| ☐ 3 cups mixed greens — 104g | ☐ 1/2 cup shredded purple cabbage — 44g |
| ☐ Chopped spinach | ☐ 3 celery stalks |
| ☐ 1 small bunch green onions | ☐ 1 bulb garlic |
| ☐ 1 small piece fresh ginger | ☐ 4 lemons |
| ☐ 1 cup fresh snow peas — 160g | ☐ 1 avocado |
| ☐ Cilantro or parsley | ☐ Chopped lettuce |

FROZEN

- | | |
|---|---|
| ☐ Frozen blueberries: 3 cups — 420g | ☐ Frozen fruit: 2 cups — 330g |
| ☐ Frozen mixed vegetables: 2 3/4 cups — 412g | ☐ Frozen corn: 3/4 cup — 123g |
| ☐ Frozen peas: 1 cup — 160g | ☐ Frozen edamame: 1 cup — 155g |

PROTEIN / REFRIGERATED

- | | |
|---|--|
| ☐ Extra firm tofu: 3 blocks | ☐ Firm tofu: 1 block |
| ☐ Soy milk: about 7 1/4 cups — 1.8L | ☐ Dairy-free yogurt: 1/2 cup — 131g |
| ☐ Vegan vanilla protein powder: 8 scoops worth | ☐ Creatine: 3 scoops |
| ☐ Veggie ground: 1 1/4 cups — 206g | |

Grocery List (cont.)

☐ Required ☐ Optional

CANNED / DRY GOODS

- ☐ Cooked lentils: 4 cups — 791g
- ☐ TVP: 2 1/2 cups — 234g
- ☐ Black beans: 1 3/4 cups cooked/drained, 300g, or 2 cans
- ☐ Red lentil or legume pasta: about 12.4 oz dry — 350g
- ☐ Fire roasted tomatoes: 3 1/2 cups, 21 oz can
- ☐ Bread: 1 slice
- ☐ Raw cashews: about 1 cup, roughly 105g
- ☐ Chopped olives
- ☐ Dry French lentils: 1/2 cup — 96g
- ☐ Chickpeas: about 2 3/4 cups cooked/drained, roughly 397g, or 2 cans
- ☐ Quinoa: 1/2 cup dry — 85g
- ☐ Rolled oats: 2 cups — 162g
- ☐ Medjool dates: 2 dates
- ☐ Small tortillas or pita: 4 wraps
- ☐ Hemp or chia seeds: about 7 tbsp, roughly 70g

SAUCES / CONDIMENTS

- ☐ BBQ sauce: 1/3 cup — 83g
- ☐ Peanut butter: 2 tbsp, about 32g
- ☐ Vegetable broth: about 12 1/4 cups, 2.8L, if not using water
- ☐ Rice vinegar: about 1 1/4 tbsp — 19ml
- ☐ Mustard: about 2 tbsp — 30g
- ☐ Red curry paste, optional if needed for another meal
- ☐ Ketchup or hot sauce
- ☐ Tahini: 4 tbsp, about 60g
- ☐ Better Than Bouillon vegetable base: 2 3/4 tbsp, about 50g
- ☐ Soy sauce or tamari: about 2 1/4 tbsp — 34ml
- ☐ Maple syrup: about 2 tbsp — 30ml
- ☐ Roasted sesame oil: 1 1/4 tbsp, about 19ml
- ☐ Salsa
- ☐ Olive oil

SPICES / PANTRY

- ☐ Salt
- ☐ Garlic powder
- ☐ Cumin
- ☐ Smoked paprika
- ☐ Dried sage
- ☐ Dried or fresh dill
- ☐ Taco seasoning
- ☐ Poultry seasoning
- ☐ Black pepper
- ☐ Onion powder
- ☐ Coriander
- ☐ Dried thyme
- ☐ Dried rosemary
- ☐ Ground cinnamon
- ☐ Mediterranean seasoning
- ☐ Nutritional yeast
- ☐ Toasted sesame seeds

That should cover the full week with a few small leftovers of pantry items you can carry into the next week.

Daily Meal Plan

● Batch Cook ● Leftover ● Fresh

DAY	BREAKFAST	LUNCH	DINNER	TOTALS
1 BATCH COOK	Oatmeal Fresh	Lentils & Squash Fresh	BBQ Tofu & Potatoes with Lemon Tahini Salad Fresh	2250 Cal 138g P
2 LEFTOVERS	Oatmeal Fresh	BBQ Tofu Leftover	Lentils & Squash Leftover	2250 Cal 138g P
3 LEFTOVERS	Blueberry Pie Smoothie Fresh	Lentils & Squash Leftover	BBQ Tofu Leftover	2250 Cal 145g P
4 TRANSITION	Blueberry Pie Smoothie Fresh	BBQ tofu and potatoes Leftover	One Pot High Protein Taco Pasta Fresh	2250 Cal 145g P
5 TRANSITION	PB Toast & Smoothie Fresh	Taco Pasta Leftover	Mediterranean Chickpea & TVP Bowl Fresh	2250 Cal 168g P
6 FRESH	Easy Fruit Smoothie Fresh	Chickpea Wrap With Tzatziki Fresh	One Pot Lentil Veggie Soup Fresh	2250 Cal 136g P
7 FRESH	Tofu Breakfast wraps Fresh	Lentil Soup Leftover	Ginger Garlic Noodles Fresh	2250 Cal 156g P

2250 Cal

WEEKLY AVG CALORIES

147g

AVG PROTEIN

BREAKFAST

Oatmeal

1

SERVINGS

750

CALORIES

50g

PROTEIN

106g

CARBS

12g

FAT

INGREDIENTS

½ a ripe banana	peeled
1 cup (250ml)	water
	¾ pitted medjool date
1 cup (81g) rolled	oats
	A pinch of salt
½-1 tsp cinnamon	(optional)

PROTEIN MILK

½ ripe banana	peeled
¾ cup (185 ml) soy	milk
1 ¼ scoop vegan protein	powder

DIRECTIONS

- 1 To make the oatmeal, blend together half a banana, medjool date, water, pinch of salt and cinnamon. Add to a small saucepan with the rolled oats and cook on medium heat until the oats are cooked through and thick. Place in a bowl.
- 2 Blend together the other half of the banana with soy milk and protein powder. Pour over cooked oats.

LUNCH

Lentils & Squash with Cheesy Cashew Sauce

3	750	49g	120g	11g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

4 cups (791g) cooked	lentils	¼-½ tsp	salt
¾ cup (70g) dry TVP (textured vegetable protein)	protein)		pinch black pepper
2 ¾ cups (412g) mixed vegetables (carrots)	corn, green beans & peas)		Directions: Preheat oven to 350F
4 cups (948 ml)	water		In a large saucepan, add cooked lentils, bouillon, water, and all the herbs and spices. Cover and simmer on low for 25-30 minutes.
2 ¾ tbsp Better Than Bouillon (vegetable base)	base)		Add dry TVP and the mixed frozen vegetables and simmer for another 10 minutes.
1 ½ tbsp dried	thyme		Meanwhile, cut the butternut squash length wise and take out the seeds. Bake on a baking sheet until tender in the oven at 350F for about 45 minutes or until cooked through.
1 ½ tbsp dried	sage		
2 ¾ tsp dried	rosemary		
2 ¾ tsp onion	powder		
4 cups (819g) cooked butternut	squash		
	Cheesy Cashew Sauce		
½ cup (65g) + 1 tsp raw	cashews		For the sauce, blend all the Cheesy Cashew Sauce ingredients together until smooth and creamy, adding a splash of extra water if needed.
½ cup (118ml)	water		
1 ½ clove	garlic		
	Juice of ¾ lemon		
1 tsp onion	powder		Portion (in equal amounts) the lentil mixture and roasted squash into containers and drizzle with the sauce when ready to eat.
1 tsp garlic	powder		
4 tbsp nutritional	yeast		

DIRECTIONS

DINNER

BBQ Tofu & Potatoes with Lemon Tahini Salad

4

SERVINGS

750

CALORIES

39g

PROTEIN

109g

CARBS

22g

FAT

INGREDIENTS

2 ¼ blocks (769g) extra firm tofu	sliced or cubed
⅓ cup (83g) BBQ	sauce
9 ¾ medium size potatoes	cut in half or cubed

SALAD

3 cups (104g) mixed	greens
½ cup (44g) shredded purple	cabbage
1 medium red bell pepper	chopped

LEMON TAHINI SAUCE

3 ¼ tbsp	water
4 tbsp	tahini
1 ¼ tsp garlic	powder
2 ¼ tbsp lemon	juice
1 ¼ tbsp	mustard
1 ¼ tsp maple	syrup
	Pinch of salt and pepper

DIRECTIONS

- 1 Cube the tofu or slice into thin strips and add to a large bowl with the BBQ sauce. Toss together until the tofu is well coated. Cut the potatoes in half or cube them into smaller pieces.
- 2 On a large baking tray, add the tofu and bake at 350F for 25-30 minutes or until golden and crisp.
- 3 On a separate baking tray, cook the potatoes for 30 minutes at 350F. Cook until tender. Remove both tofu and potatoes from the oven when finished and let cool.
- 4 In a small bowl, whisk all lemon tahini sauce ingredients together until smooth. Adjust the amount of water for desired consistency.
- 5 Assemble meals in separate containers, making sure the portions are equal. Add mixed greens, cabbage, and bell pepper, then add tofu and potatoes. Drizzle with tahini sauce on top of the salad, and add extra BBQ sauce on the tofu and potatoes.

BREAKFAST

Oatmeal

1

SERVINGS

750

CALORIES

50g

PROTEIN

106g

CARBS

12g

FAT

INGREDIENTS

½ a ripe banana	peeled
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1 cup (250ml)	water
---------------	-------

	¾ pitted medjool date
--	-----------------------

1 cup (81g) rolled	oats
-----------------------	------

	A pinch of salt
--	-----------------

½-1 tsp cinnamon	(optional)
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PROTEIN MILK

½ ripe banana	peeled
---------------	--------

¾ cup (185 ml) soy	milk
-----------------------	------

1 ¼ scoop vegan protein	powder
----------------------------	--------

DIRECTIONS

- 1 To make the oatmeal, blend together half a banana, medjool date, water, pinch of salt and cinnamon. Add to a small saucepan with the rolled oats and cook on medium heat until the oats are cooked through and thick. Place in a bowl.
- 2 Blend together the other half of the banana with soy milk and protein powder. Pour over cooked oats.

LUNCH

BBQ Tofu & Potatoes with Lemon Tahini Salad

LEFTOVER

1 serving of BBQ Tofu from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Lentils & Squash with Cheesy Cashew Sauce

LEFTOVER

1 serving of Lentils & Squash, leftover from Day 1

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Blueberry Pie Smoothie

1	750	57g	80g	21g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 ½ banana	peeled
1 ½ cup (210g) frozen	blueberries
½ tsp ground	cinnamon
2 tbsp hemp or chia	seeds
1 ½ cup (365 ml) soy	milk
1 ½ scoop vegan protein	powder
1 scoop creatine	optional

DIRECTIONS

- 1

Blend everything together in a blender until smooth.

LUNCH

Lentils & Squash with Cheesy Cashew Sauce

LEFTOVER

1 serving of Lentils & Squash, leftover from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

BBQ Tofu & Potatoes with Lemon Tahini Salad

LEFTOVER

BBQ Tofu, leftover from Day 1

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Blueberry Pie Smoothie

1
SERVINGS

750
CALORIES

57g
PROTEIN

80g
CARBS

21g
FAT

INGREDIENTS

1 ½ banana	peeled
1 ½ cup (210g) frozen	blueberries
½ tsp ground	cinnamon
2 tbsp hemp or chia	seeds
1 ½ cup (365 ml) soy	milk
1 ½ scoop vegan protein	powder
1 scoop creatine	optional

DIRECTIONS

- 1

Blend everything together in a blender until smooth.

LUNCH

BBQ Tofu & Potatoes with Lemon Tahini Salad

LEFTOVER

1 serving of BBQ tofu and potatoes, leftover from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

One Pot High Protein Taco Pasta

2	750	49g	116g	16g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 ¼ cup (206g) Yves Veggie Ground (mexican flavour) or another type of veggie	ground
½ yellow onion	chopped
1 ¾ cup (300g) cooked or canned black beans	drained and rinsed
2 ¼ tbsp taco seasoning (add more if using unflavoured veggie ground or another	substitute)
¾ cup (123g) frozen corn	kernels
125g (4.4 oz) red lentil or legume	pasta
3 ½ cups (829ml) veggie broth or	water

TOPPINGS

¾ sliced avocado	Cilantro, Salsa, green onions
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DIRECTIONS

- 1 Saute the chopped onion on medium heat until soft, then add veggie ground, beans, taco seasoning and corn. Saute together for 5-10 minutes, then add water and bring to a boil.
- 2 When it's boiling, add the pasta and turn it down to a simmer, and cook for approx. 10 minutes or until pasta is cooked through.
- 3 Portion equal amounts into containers and add avocado, as well as your favourite taco toppings (like cilantro, salsa, and green onions).

BREAKFAST

PB Toast & Smoothie

1

SERVINGS

750

CALORIES

58g

PROTEIN

58g

CARBS

29g

FAT

INGREDIENTS

TOAST

1 piece of bread toasted

2 tbsp peanut butter

½ banana sliced

SMOOTHIE

½ banana

1 ½ cup (365 ml) milk
soy1 ¼ scoop vegan powder
protein

DIRECTIONS

- 1 Toast the bread and spread peanut butter on top. Add sliced banana on top of the peanut butter.
- 2 Blend the smoothie ingredients together in a blender until smooth. Pour into a cup and enjoy with your PB & banana toast!

LUNCH

One Pot High Protein Taco Pasta

LEFTOVER

1 serving of Taco Pasta, leftover from Day 4

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Mediterranean Chickpea & TVP Bowl

Recipe

1

SERVINGS

750

CALORIES

61g

PROTEIN

115g

CARBS

8g

FAT

INGREDIENTS

1 ½ cup (245g) drained & rinsed
cooked or
canned
chickpeas

¾ cup (70g) dry (TVP)
Textured
Vegetable
Protein

¾ large
cucumber
chopped

2 medium
tomato
chopped

½ red onion
chopped

¾-1 lemon
juice

1 ½ tbsp
Mediterranean
seasoning

Small drizzle of olive oil (optional)

DIRECTIONS

- 1 Add TVP and the Mediterranean seasoning (or your favourite seasoning) to a bowl and cover (until just covered) with hot water. Mix and let sit for 2-3 minutes or until the TVP is well hydrated. Drain excess water (if needed).
- 2 Add chickpeas along with chopped veggies to the bowl of TVP. Toss together and enjoy.

BREAKFAST

Easy Fruit Smoothie

1

SERVINGS

750

CALORIES

52g

PROTEIN

87g

CARBS

21g

FAT

INGREDIENTS

1 ¼ banana	peeled
2 cups (330g) frozen fruit of	choice
2 ¾ tbsp hemp	seeds
1 ¼ scoop vegan vanilla protein	powder
1 scoop creatine	optional
1 ¼ cup (304 ml) soy	milk

DIRECTIONS

- 1 Blend everything together in a blender until smooth.

LUNCH

Chickpea Wrap With Tzatziki

1	750	32g	112g	24g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 ¼ cup (152g) cooked chickpeas	drained and rinsed	ADDITIONAL FRESH VEGGIES FOR WRAP	
1 tsp	cumin		Sliced cherry tomatoes
1 tsp	coriander		Chopped spinach
1 tsp smoked	paprika		Thinly sliced and red onion
	Pinch of salt and pepper		Olives, chopped
		1 small tortilla wrap or 1 medium (6") pita	bread

TZATZIKI SAUCE

1/2 cup (131g) dairy free	yogurt
	juice of 3/4 a lemon
1 ½ clove of	garlic
⅓ cup (39g)	cashews
2 tbsp dried (or fresh)	dill
	½ cucumber peeled and cubed
	pinch of salt

DIRECTIONS

- 1 Saute chickpeas in a small frying pan with cumin, coriander, smoked paprika, and salt and black pepper. Remove from heat after 5-10 minutes.
- 2 Make tzatziki sauce by blending together yogurt, lemon juice, garlic and soaked cashews until smooth. Remove from blender and add to a bowl
- 3 Add dill, cucumber, and salt to blended yogurt sauce and mix together. Set aside.
- 4 Chop additional fresh veggies for the wrap and add them to a large bowl along with the chickpeas. Mix together with the tzatziki sauce.
- 5 Add chickpea & veg mixture to a wrap or pita and enjoy.

DINNER

One Pot Lentil Veggie Soup

2

SERVINGS

750

CALORIES

52g

PROTEIN

127g

CARBS

5g

FAT

INGREDIENTS

2 ½ large carrots chopped

1 onion chopped

2 ½ stalks of celery chopped

4 cloves (or more) of garlic chopped

4 tbsp poultry seasoning

3 ½ cup (21 oz) of canned fire roasted tomatoes

½ cup (96g) dry french lentils

½ cup (85g) dry quinoa

1 cup (94g) Textured Vegetable Protein (TVP)

4 ¾ cups (1049 ml) veggie broth

1 cup (160g) frozen peas (add after soup is cooked)

Optional toppings: chopped green onions

DIRECTIONS

- 1 Saute chopped carrots and onion together (in a small amount of oil or water) until soft, then add celery and garlic.
- 2 Saute for a few minutes before adding the rest of the ingredients, except frozen peas.
- 3 Bring to a simmer and cook for approx. 20 minutes or until the lentils are tender and the quinoa is soft.
- 4 Once the soup is done, add the peas and remove from the heat. Let cool and equally portion the soup into separate containers. Serve with a garnish of green onions.

BREAKFAST

Tofu Breakfast wraps

1	750	58g	81g	27g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

	¾ block firm tofu
1/3 red onion	diced
1/2 green bell pepper	chopped
1 ¼ cup (90g) chopped	mushrooms
3 small	tortillas

TOFU SPICE MIX

3/4 tsp	sage
3/4 tsp garlic	powder
3/4 tsp	cumin
3/4 tsp smoked	paprika
3/4 tsp dried	rosemary
1/2 tsp	salt
3 tbsp nutritional	yeast

OPTIONAL TOPPINGS

Salsa
Chopped lettuce
Herbs like chopped cilantro or parsley

DIRECTIONS

- 1 Sauté vegetables until soft
- 2 Crumble tofu into a bowl and mix with spice mix. Add tofu mix to sautéed veggies and heat for 5 mins or until hot.
- 3 Add to tortillas and add toppings.

LUNCH

One Pot Lentil Veggie Soup

LEFTOVER

1 serving of Lentil Soup, Leftover from Day 6

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Ginger Garlic Noodles

2	750	46g	117g	17g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 ¼ tbsp roasted sesame oil	9 oz (225g) of spaghetti
3 ½ cloves garlic minced	legume pasta of your choice - I used
1 ½ thumb sized chunk of ginger grated	
1 ¼ large red bell pepper thinly sliced	
1 ½ large carrot grated	
1 cup (160g) fresh snow peas	
1 cup (155g) frozen edamame	
4 cup (883 ml) vegetable broth	

SAUCE	
2 ¼ tbsp soy sauce	
1 ¼ tbsp rice vinegar	
1 ¼ tbsp maple syrup	
1 ¼ tsp toasted sesame seeds for garnish	
Chopped green onion for garnish	

DIRECTIONS

- 1 In a large pot or saucepan, saute garlic and ginger in sesame oil for a minute before adding the rest of the veggies.
- 2 Add the veggie broth and bring to a boil. Add the rest of the ingredients and simmer for approx. 10-12 minutes or until pasta is cooked through.
- 3 In a small bowl, mix the sauce ingredients together. Once pasta is cooked, remove from heat and add the sauce.
- 4 Serve with toasted sesame seed and chopped green onion garnish.

6 WEEK EASY VEGAN MEAL PLAN



Week 3

03

6 WEEK EASY VEGAN MEAL PLAN

Week 3

136–180 g
PROTEIN PER DAY

~2,250 cal/day

Week 3 includes another balanced mix of high protein meals that are simple, filling, and easy to prepare ahead. Breakfasts include PB toast with a smoothie, protein oatmeal, blueberry pie smoothies, a fruit smoothie, and tofu scramble, while lunches and dinners feature meals like tofu frittata, lentils and squash, tofu with wild rice, chickpea wraps, and black beans with sweet potatoes. Each day provides 2250 calories and between 136-180g of protein, with leftovers used throughout the week to make meal prep easier and keep the plan practical.

DAY 1 — BATCH COOK SCHEDULE

BREAKFAST

PB Toast & Smoothie

LUNCH (BATCH COOK)

Lentils & Squash with
Cheesy Cashew Sauce

DINNER (BATCH COOK)

Tofu Chickpea Frittata

WEEK AT A GLANCE

D1

Batch Cook

D2

Leftovers

D3

Leftovers

D4

Transition

D5

Transition

D6

Fresh

D7

Fresh

 Batch Cook

 Leftover

 Fresh

Grocery List

☐ Required ☐ Optional

Look this over before you start week 3, you probably have a lot of these items already in your pantry. I have included the amounts so you know how much you will need for each ingredient this week.

PRODUCE

- | | |
|---|---|
| ☐ 8 medium bananas | ☐ 4 medium yellow or white onions |
| ☐ 1 red onion | ☐ 6 medium red or mixed bell peppers |
| ☐ 4 large russet potatoes | ☐ 4 large sweet potatoes |
| ☐ 1 large butternut squash | ☐ 1 large cucumber |
| ☐ 1 small container cherry or grape tomatoes | ☐ About 6 cups chopped mushrooms, roughly 450g |
| ☐ Chopped spinach | ☐ 1 small bunch green onions |
| ☐ 1 bulb garlic | ☐ 1 small piece fresh ginger |
| ☐ 2 lemons | ☐ 2 avocados |
| ☐ Fresh parsley | |

FROZEN

- | | |
|---|---|
| ☐ Frozen blueberries: 3 cups — 420g | ☐ Frozen fruit: 2 cups — 330g |
| ☐ Frozen mixed vegetables: 2 3/4 cups — 412g | ☐ Frozen broccoli: 2 1/2 cups — 242g |

PROTEIN / REFRIGERATED

- | | |
|---|--|
| ☐ Firm tofu: 6 blocks | ☐ Extra firm tofu: 4 blocks |
| ☐ Soy milk: about 7 1/4 cups — 1.8L | ☐ Dairy-free yogurt: 1/2 cup — 131g |
| ☐ Vegan vanilla protein powder: 8 scoops worth | ☐ Creatine: 3 scoops |

Grocery List (cont.)

☐ Required ☐ Optional

CANNED / DRY GOODS

- | | |
|--|--|
| ☐ Cooked lentils: 4 cups — 791g | ☐ TVP: 3/4 cup — 70g |
| ☐ Chickpeas: about 5 3/4 cups cooked/drained, roughly 889g, or 4 cans | ☐ Black beans: 4 3/4 cups cooked/drained, 816g, or 4 cans |
| ☐ Wild rice blend: 1 cup dry — 160g | ☐ Rolled oats: 2 cups — 162g |
| ☐ Medjool dates: 2 dates | ☐ Bread: 3 slices |
| ☐ Small tortilla wrap or pita: 1 wrap | ☐ Raw cashews: about 1 cup, roughly 105g |
| ☐ Hemp or chia seeds: about 7 tbsp, roughly 70g | ☐ Chopped olives |

SAUCES / CONDIMENTS

- | | |
|---|---|
| ☐ Salsa: about 2 1/4 cups, roughly 590g, plus optional extra for topping | ☐ Peanut butter: 4 tbsp, about 64g |
| ☐ Better Than Bouillon vegetable base: 2 3/4 tbsp, about 50g | ☐ Soy sauce or tamari: about 2 1/2 tbsp — 38ml |
| ☐ Rice vinegar: 2 tbsp, about 30ml | ☐ Maple syrup: about 2 1/4 tbsp — 34ml |
| ☐ Ketchup or hot sauce | ☐ Olive oil |

SPICES / PANTRY

- | | |
|--|--|
| ☐ Salt | ☐ Black pepper |
| ☐ Garlic powder | ☐ Onion powder |
| ☐ Turmeric | ☐ Chili powder |
| ☐ Cumin | ☐ Coriander |
| ☐ Smoked paprika | ☐ Dried thyme |
| ☐ Dried sage | ☐ Dried rosemary |
| ☐ Dried or fresh dill | ☐ Ground cinnamon |
| ☐ Nutritional yeast | |

That should cover the full week with a few small leftovers of pantry items you can carry into the next week.

Daily Meal Plan

● Batch Cook ● Leftover ● Fresh

DAY	BREAKFAST	LUNCH	DINNER	TOTALS
1 BATCH COOK	PB Toast & Smoothie Fresh	Lentils & Squash Fresh	Tofu Chickpea Frittata Fresh	2250 Cal 166g P
2 LEFTOVERS	Oatmeal Fresh	Tofu Frittata Leftover	Lentils & Squash Leftover	2250 Cal 158g P
3 LEFTOVERS	Oatmeal Fresh	Lentils & Squash Leftover	Tofu Frittata Leftover	2250 Cal 158g P
4 TRANSITION	Blueberry Pie Smoothie Fresh	Tofu Frittata Leftover	Tofu, Veggies, and Wild Rice Fresh	2250 Cal 180g P
5 TRANSITION	Blueberry Pie Smoothie Fresh	Tofu & Wild rice Leftover	Black bean and Sweet potato hash with salsa and avocado Fresh	2250 Cal 152g P
6 FRESH	Easy Fruit Smoothie Fresh	Tofu & Wild rice Leftover	Black Beans & Sweet Potatoes Leftover	2250 Cal 147g P
7 FRESH	Tofu Scramble Fresh	Chickpea Wrap With Tzatziki Fresh	Black Beans & Sweet Potatoes Leftover	2250 Cal 136g P

2250 Cal

WEEKLY AVG CALORIES

157g

AVG PROTEIN

BREAKFAST

PB Toast & Smoothie

1

SERVINGS

750

CALORIES

58g

PROTEIN

58g

CARBS

29g

FAT

INGREDIENTS

TOAST

1 piece of bread	toasted
2 tbsp peanut	butter
½ banana	sliced

SMOOTHIE

½ banana
1 ½ cup (365 ml) milk soy
1 ¼ scoop vegan protein powder

DIRECTIONS

- 1 Toast the bread and spread peanut butter on top. Add sliced banana on top of the peanut butter.
- 2 Blend the smoothie ingredients together in a blender until smooth. Pour into a cup and enjoy with your PB & banana toast!
- 3 Batch cook the following meals:

LUNCH

Lentils & Squash with Cheesy Cashew Sauce

3	750	49g	120g	11g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

4 cups (791g) cooked	lentils	¼-½ tsp	salt
¾ cup (70g) dry TVP (textured vegetable	protein)		pinch black pepper
2 ¾ cups (412g) mixed vegetables (carrots	corn, green beans & peas)		Directions: Preheat oven to 350F
4 cups (948 ml)	water		In a large saucepan, add cooked lentils, bouillon, water, and all the herbs and spices. Cover and simmer on low for 25-30 minutes.
2 ¾ tbsp Better Than Bouillon (vegetable	base)		Add dry TVP and the mixed frozen vegetables and simmer for another 10 minutes. Meanwhile, cut the butternut squash length wise and take out the seeds. Bake on a baking sheet until tender in the oven at 350F for about 45 minutes or until cooked through.
1 ½ tbsp dried	thyme		
1 ½ tbsp dried	sage		
2 ¾ tsp dried	rosemary		
2 ¾ tsp onion	powder		
4 cups (819g) cooked butternut	squash		
	Cheesy Cashew Sauce		
½ cup (65g) + 1 tsp raw	cashews		For the sauce, blend all the Cheesy Cashew Sauce ingredients together until smooth and creamy, adding a splash of extra water if needed.
½ cup (118ml)	water		
1 ½ clove	garlic		
	Juice of ¾ lemon		
1 tsp onion	powder		Portion (in equal amounts) the lentil mixture and roasted squash into containers and drizzle with the sauce when ready to eat.
1 tsp garlic	powder		
4 tbsp nutritional	yeast		

DIRECTIONS

DINNER

Tofu Chickpea Frittata

5

SERVINGS

750

CALORIES

59g

PROTEIN

84g

CARBS

26g

FAT

INGREDIENTS

4 ½ blocks tofu	chopped	1 ½ medium red bell pepper	chopped
4 ½ cups (737g) chickpeas	drained and rinsed	4 ½ stalks green onion	chopped
1 ½ cup (355 ml) water		¾ cup (194g) salsa	
3 ½ large russet potatoes	chopped	1 ½ tbsp onion powder	
½ onion	chopped	3 tsp garlic powder	
2 ¼ cups (162g) mushrooms	chopped	1 ½ tsp turmeric powder	
1 ½ cup (90g) fresh parsley		½-1 tsp salt	
15 cherry tomatoes	chopped	1 ½ tsp black pepper	
		1 ½ cup (397g) salsa	to add after

DIRECTIONS

- 1 Preheat the oven to 375F.
- 2 Add tofu, chickpeas, water, onion powder, garlic powder, turmeric, salt, pepper, and cup salsa to a food processor or blender. Blend until mostly smooth.
- 3 Stir in the chopped potatoes, onion, mushrooms, parsley, red bell pepper, and green onion.
- 4 Pour the mixture into a large baking dish (you may need to divide the mixture into two dishes) lined with parchment paper or lightly greased.
- 5 Bake for about 45-60 minutes, or until the frittata is set and lightly golden on top.
- 6 Let cool slightly before slicing into 5 servings.
- 7 Serve with the remaining salsa on top.

BREAKFAST

Oatmeal

1

SERVINGS

750

CALORIES

50g

PROTEIN

106g

CARBS

12g

FAT

INGREDIENTS

½ a ripe banana	peeled
-----------------	--------

1 cup (250ml)	water
---------------	-------

	¾ pitted medjool date
--	-----------------------

1 cup (81g) rolled	oats
-----------------------	------

	A pinch of salt
--	-----------------

½-1 tsp cinnamon	(optional)
---------------------	------------

PROTEIN MILK

½ ripe banana	peeled
---------------	--------

¾ cup (185 ml) soy	milk
-----------------------	------

1 ¼ scoop vegan protein	powder
----------------------------	--------

DIRECTIONS

- 1 To make the oatmeal, blend together half a banana, medjool date, water, pinch of salt and cinnamon. Add to a small saucepan with the rolled oats and cook on medium heat until the oats are cooked through and thick. Place in a bowl.
- 2 Blend together the other half of the banana with soy milk and protein powder. Pour over cooked oats.

LUNCH

Tofu Chickpea Frittata

LEFTOVER

1 serving of Tofu Frittata from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Lentils & Squash with Cheesy Cashew Sauce

LEFTOVER

1 serving of Lentils & Squash, leftover from Day 1

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Oatmeal

1

SERVINGS

750

CALORIES

50g

PROTEIN

106g

CARBS

12g

FAT

INGREDIENTS

½ a ripe banana	peeled
1 cup (250ml)	water
	¾ pitted medjool date
1 cup (81g) rolled	oats
	A pinch of salt
½-1 tsp cinnamon	(optional)

PROTEIN MILK

½ ripe banana	peeled
¾ cup (185 ml) soy	milk
1 ¼ scoop vegan protein	powder

DIRECTIONS

- 1 To make the oatmeal, blend together half a banana, medjool date, water, pinch of salt and cinnamon. Add to a small saucepan with the rolled oats and cook on medium heat until the oats are cooked through and thick. Place in a bowl.
- 2 Blend together the other half of the banana with soy milk and protein powder. Pour over cooked oats.

LUNCH

Lentils & Squash with Cheesy Cashew Sauce

LEFTOVER

1 serving of Lentils & Squash, leftover from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Tofu Chickpea Frittata

LEFTOVER

1 serving of Tofu Frittata, leftover from Day 1

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Blueberry Pie Smoothie

1

SERVINGS

750

CALORIES

57g

PROTEIN

80g

CARBS

21g

FAT

INGREDIENTS

1 ½ banana peeled

1 ½ cup (210g) blueberries
frozen

½ tsp ground cinnamon

2 tbsp hemp or seeds
chia

1 ½ cup (365 ml) milk
soy

1 ½ scoop vegan powder
protein

1 scoop creatine optional

DIRECTIONS

1 Blend everything together in a blender until smooth.

LUNCH

Tofu Chickpea Frittata

LEFTOVER

1 serving of Tofu Frittata, leftover from Day 1, freeze any remaining pieces if you haven't already.

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Tofu, Veggies, and Wild Rice with a Peanut Ginger sauce

3

SERVINGS

750

CALORIES

64g

PROTEIN

65g

CARBS

32g

FAT

INGREDIENTS

TOFU AND MARINADE

3 ½ blocks of extra firm tofu	cubed
¾ tbsp tamari or soy	sauce
¾ tbsp rice	vinegar
¾ tbsp maple	syrup
¾ tsp garlic	powder
¾ tsp onion	powder
	pinch of black pepper

VEGGIES

2 ½ cups (242g) frozen	broccoli
------------------------	----------

RICE

1 cup (160g) wild rice blend (or rice of choice)	
2 cups (474 ml)	water

SAUCE

2 tbsp natural peanut	butter
1 ¾ tbsp tamari or soy	sauce
2 ¼ tbsp grated fresh	ginger
2 cloves of garlic	peeled
1 ¼ tbsp rice	vinegar
1 ½ tbsp maple	syrup
3 ½ - 4 tbsp water (or more if needed)	

DIRECTIONS

- 1 Preheat the oven to 400F. Cube tofu and mix together with the marinade. Place on a sheet pan and bake for approx. 30 minutes. Make sure to flip tofu over half way so it cooks evenly.
- 2 Put the frozen broccoli on a sheet pan and cook for approx. 20 minutes or until cooked through.
- 3 Cook rice for approx. 45 minutes or until done (if you are using white or brown rice, cook according to package instructions)
- 4 Blend sauce ingredients together until smooth.
- 5 Remove everything from the oven when cooked and let cool. Portion evenly into containers and pour sauce on top. Let cool before putting in the fridge or freezer.

BREAKFAST

Blueberry Pie Smoothie

1

SERVINGS

750

CALORIES

57g

PROTEIN

80g

CARBS

21g

FAT

INGREDIENTS

1 ½ banana peeled

1 ½ cup (210g) blueberries
frozen

½ tsp ground cinnamon

2 tbsp hemp or seeds
chia

1 ½ cup (365 ml) milk
soy

1 ½ scoop vegan powder
protein

1 scoop creatine optional

DIRECTIONS

1 Blend everything together in a blender until smooth.

LUNCH

Tofu, Veggies, and Wild Rice with a Peanut Ginger sauce

LEFTOVER

1 serving of Tofu & Wild rice, leftover from Day 4

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Black bean and Sweet potato hash with salsa and avocado

3

SERVINGS

750

CALORIES

31g

PROTEIN

134g

CARBS

13g

FAT

INGREDIENTS

BLACK BEANS AND SWEET POTATO MIX

3 ¼ large sweet potatoes chopped

2 ¾ medium size onions chopped

3 bell peppers chopped

8 large mushrooms chopped

4 ¾ cups (816g) black beans drained and rinsed

1 tbsp garlic powder

1 tbsp onion powder

2 ¼ tsp smoked paprika

pinch of salt

pinch of black pepper

ADD ONS

Salsa, on top

1 ½ avocado

DIRECTIONS

- 1 Preheat the oven to 400F. Chop vegetables and sweet potatoes and drain and rinse black beans. Place chopped veggies and sweet potatoes in large bowls. Put beans in a separate bowl.
- 2 Mix together spices in a small bowl and add 2/3 of the spice mix to the veggies, stir well and add the rest of the spice mix to the beans. Add the veggies to a sheet pan and bake for approx. 30-35 minutes. Remove from the oven and add the black beans and bake for an additional 15-20 more minutes.
- 3 Remove the veggies and black beans from the oven and let cook before adding equal amounts to separate containers. Add a generous amount of salsa on top, and before eating the meal, add ½ sliced avocado. Do not add the avocado until the day of eating since it will brown and possibly mold.

BREAKFAST

Easy Fruit Smoothie

1

SERVINGS

750

CALORIES

52g

PROTEIN

87g

CARBS

21g

FAT

INGREDIENTS

1 ¼ banana	peeled
2 cups (330g) frozen fruit of	choice
2 ¾ tbsp hemp	seeds
1 ¼ scoop vegan vanilla protein	powder
1 scoop creatine	optional
1 ¼ cup (304 ml) soy	milk

DIRECTIONS

- 1
- Blend everything together in a blender until smooth.

LUNCH

Tofu, Veggies, and Wild Rice with a Peanut Ginger sauce

LEFTOVER

1 serving of Tofu & Wild rice, leftover from day 4

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Black bean and Sweet potato hash with salsa and avocado

LEFTOVER

1 serving of Black Beans & Sweet Potatoes, leftover from day
5

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Tofu Scramble

1

SERVINGS

750

CALORIES

73g

PROTEIN

54g

CARBS

32g

FAT

INGREDIENTS

1 ¾ cups (425g) crumbled
firm tofu

1/2 cup (97g) onion
chopped red

3/4 cup (52g) mushrooms
chopped

3/4 cup (111g) pepper
chopped red

SPICE BLEND

½ tsp chili powder

1 tsp cumin

1 tsp turmeric

1 tsp garlic powder

1 ¼ tbsp yeast
nutritional

1 ½ pieces of bread
toasted

Ketchup or hot sauce (optional)

DIRECTIONS

- 1 Crumble tofu into a medium size mixing bowl and add spice blend, mix well.
- 2 Place chopped onion and mushrooms in a large frying pan and saute on medium heat until tender, stirring often.
- 3 Add crumbled tofu and heat thoroughly, making sure to mix the tofu, onion and mushrooms together well.
- 4 When tofu is heated all the way through, remove the frying pan from heat and serve the tofu scramble hot, with toast on the side. Add ketchup or hot sauce if you want. This also goes great with a green salad.

LUNCH

Chickpea Wrap With Tzatziki

1	750	32g	112g	24g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 ¼ cup (152g) cooked chickpeas	drained and rinsed	ADDITIONAL FRESH VEGGIES FOR WRAP	
1 tsp	cumin		Sliced cherry tomatoes
1 tsp	coriander		Chopped spinach
1 tsp smoked	paprika		Thinly sliced and red onion
	Pinch of salt and pepper		Olives, chopped
		1 small tortilla wrap or 1 medium (6") pita	bread

TZATZIKI SAUCE

1/2 cup (131g) dairy free	yogurt
	juice of 3/4 a lemon
1 ½ clove of	garlic
⅓ cup (39g)	cashews
2 tbsp dried (or fresh)	dill
	½ cucumber peeled and cubed
	pinch of salt

DIRECTIONS

- 1 Saute chickpeas in a small frying pan with cumin, coriander, smoked paprika, and salt and black pepper. Remove from heat after 5-10 minutes.
- 2 Make tzatziki sauce by blending together yogurt, lemon juice, garlic and soaked cashews until smooth. Remove from blender and add to a bowl
- 3 Add dill, cucumber, and salt to blended yogurt sauce and mix together. Set aside.
- 4 Chop additional fresh veggies for the wrap and add them to a large bowl along with the chickpeas. Mix together with the tzatziki sauce.
- 5 Add chickpea & veg mixture to a wrap or pita and enjoy.

DINNER

Black bean and Sweet potato hash with salsa and avocado

LEFTOVER

1 serving of Black Beans & Sweet Potatoes, leftover from day
5

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

6 WEEK EASY VEGAN MEAL PLAN



Week 4

04

6 WEEK EASY VEGAN MEAL PLAN

Week 4

129–165 g
PROTEIN PER DAY

~2,250 cal/day

Week 4 includes a nice variety of meals that are easy to prepare and repeat throughout the week. Breakfasts include protein oatmeal, blueberry pie smoothies, PB toast with a smoothie, a fruit smoothie, and tofu wraps, while lunches and dinners feature filling meals like lentil vegetable soup, BBQ tofu, chickpea veggie stir fry, lentil pasta, chickpea and TVP bowls, and a chickpea wrap. Each day provides 2250 calories and between 129-165g of protein, with leftovers used throughout the week to keep meal prep easy.

DAY 1 — BATCH COOK SCHEDULE

BREAKFAST

Oatmeal

LUNCH (BATCH COOK)

One Pot Lentil Veggie Soup

DINNER (BATCH COOK)

BBQ Tofu & Potatoes with
Lemon Tahini Salad

WEEK AT A GLANCE

D1

Batch Cook

D2

Leftovers

D3

Transition

D4

Transition

D5

Transition

D6

Fresh

D7

Fresh

 Batch Cook

 Leftover

 Fresh

Grocery List

☐ Required ☐ Optional

Look this over before you start week 4, you probably have a lot of these items already in your pantry. I have included the amounts so you know how much you will need for each ingredient this week.

PRODUCE

- | | |
|--|---|
| ☐ 8 medium bananas | ☐ 2 medium yellow or white onions |
| ☐ 2 red onions | ☐ 3 medium red bell peppers |
| ☐ 1 green bell pepper | ☐ 7 large carrots |
| ☐ 10 medium potatoes | ☐ 3 large cucumbers |
| ☐ 5 medium tomatoes | ☐ 1 small container cherry or grape tomatoes |
| ☐ 1 1/4 cups chopped mushrooms — 90g | ☐ 3 cups mixed greens — 104g |
| ☐ 1/2 cup shredded purple cabbage — 44g | ☐ 3 cups chopped kale — 63g |
| ☐ Chopped spinach | ☐ 3 celery stalks |
| ☐ 1 small bunch green onions | ☐ 1 bulb garlic |
| ☐ 5 lemons | ☐ Fresh basil |
| ☐ Fresh parsley | ☐ Cilantro or parsley |
| ☐ Chopped lettuce | |

FROZEN

- | | |
|---|--|
| ☐ Frozen blueberries: 3 cups — 420g | ☐ Frozen fruit: 2 cups — 330g |
| ☐ Frozen peas: about 2 1/2 cups — 361g | |

PROTEIN / REFRIGERATED

- | | |
|---|--|
| ☐ Extra firm tofu: 3 blocks | ☐ Firm tofu: 1 block |
| ☐ Soy milk: about 7 1/4 cups — 1.8L | ☐ Dairy-free yogurt: 1/2 cup — 131g |
| ☐ Vegan vanilla protein powder: 8 scoops worth | ☐ Creatine: 3 scoops |

Grocery List (cont.)

☐ Required ☐ Optional

CANNED / DRY GOODS

- | | |
|--|---|
| ☐ Dry French lentils: 1/2 cup — 96g | ☐ Cooked French or green lentils: 3 1/4 cups — 643g |
| ☐ TVP: about 3 1/4 cups — 304g | ☐ Chickpeas: about 9 1/2 cups cooked/drained, roughly 1424g, or 6 cans |
| ☐ Quinoa: 1 3/4 cups dry — 297g | ☐ Lentil or legume pasta: about 10.6 oz dry — 302g |
| ☐ Rolled oats: 2 cups — 162g | ☐ Fire roasted tomatoes: 3 1/2 cups, 21 oz can |
| ☐ Tomato sauce: 3 cups — 735ml | ☐ Medjool dates: 2 dates |
| ☐ Bread: 1 slice | ☐ Small tortillas or pita: 4 wraps |
| ☐ Raw cashews: 1/3 cup — 39g | ☐ Hemp or chia seeds: about 10 tbsp, roughly 100g |
| ☐ Chopped olives | |

SAUCES / CONDIMENTS

- | | |
|---|---|
| ☐ BBQ sauce: 1/3 cup — 83g | ☐ Tahini: 4 tbsp, about 60g |
| ☐ Peanut butter: 2 tbsp, about 32g | ☐ Vegetable broth: 4 3/4 cups — 1L |
| ☐ Maple syrup: about 1 1/2 tbsp — 22ml | ☐ Mustard: about 2 tbsp — 30g |
| ☐ Salsa | ☐ Ketchup or hot sauce |
| ☐ Olive oil | |

SPICES / PANTRY

- | | |
|--|--|
| ☐ Salt | ☐ Black pepper |
| ☐ Garlic powder | ☐ Onion powder |
| ☐ Cumin | ☐ Coriander |
| ☐ Smoked paprika | ☐ Dried sage |
| ☐ Dried rosemary | ☐ Dried or fresh dill |
| ☐ Ground cinnamon | ☐ Mediterranean seasoning |
| ☐ Poultry seasoning | ☐ Nutritional yeast |
| ☐ Kala namak | |

That should cover the full week with a few small leftovers of pantry items you can carry into the next week.

Daily Meal Plan

● Batch Cook ● Leftover ● Fresh

DAY	BREAKFAST	LUNCH	DINNER	TOTALS
1 BATCH COOK	Oatmeal Fresh	One Pot Lentil Veggie Soup Fresh	BBQ Tofu & Potatoes with Lemon Tahini Salad Fresh	2250 Cal 141g P
2 LEFTOVERS	Oatmeal Fresh	BBQ Tofu Leftover	Lentil Veggie Soup Leftover	2250 Cal 141g P
3 TRANSITION	Blueberry Pie Smoothie Fresh	BBQ Tofu Leftover	Mediterranean Chickpea & TVP Bowl Fresh	2250 Cal 157g P
4 TRANSITION	Blueberry Pie Smoothie Fresh	BBQ Tofu Leftover	Chickpea and Veggie stir fry Fresh	2250 Cal 129g P
5 TRANSITION	PB Toast & Smoothie Fresh	Chickpea Veggie Stirfry Leftover	Lentil Sauce with pasta Fresh	2250 Cal 143g P
6 FRESH	Easy Fruit Smoothie Fresh	Lentil Pasta Leftover	Mediterranean Chickpea & TVP Bowl Fresh	2250 Cal 165g P
7 FRESH	Tofu Breakfast wraps Fresh	Chickpea Wrap With Tzatziki Fresh	Lentil Pasta Leftover	2250 Cal 142g P

2250 Cal

WEEKLY AVG CALORIES

145g

AVG PROTEIN

BREAKFAST

Oatmeal

1

SERVINGS

750

CALORIES

50g

PROTEIN

106g

CARBS

12g

FAT

INGREDIENTS

½ a ripe banana	peeled
-----------------	--------

1 cup (250ml)	water
---------------	-------

	¾ pitted medjool date
--	-----------------------

1 cup (81g) rolled	oats
-----------------------	------

	A pinch of salt
--	-----------------

½-1 tsp cinnamon	(optional)
---------------------	------------

PROTEIN MILK

½ ripe banana	peeled
---------------	--------

¾ cup (185 ml) soy	milk
-----------------------	------

1 ¼ scoop vegan protein	powder
----------------------------	--------

DIRECTIONS

- 1 To make the oatmeal, blend together half a banana, medjool date, water, pinch of salt and cinnamon. Add to a small saucepan with the rolled oats and cook on medium heat until the oats are cooked through and thick. Place in a bowl.
- 2 Blend together the other half of the banana with soy milk and protein powder. Pour over cooked oats.
- 3 Batch cook the following meals:

LUNCH

One Pot Lentil Veggie Soup

2

SERVINGS

750

CALORIES

52g

PROTEIN

127g

CARBS

5g

FAT

INGREDIENTS

2 ½ large carrots chopped

1 onion chopped

2 ½ stalks of celery chopped

4 cloves (or more) of garlic chopped

4 tbsp poultry seasoning

3 ½ cup (21 oz) of canned fire roasted tomatoes

½ cup (96g) dry french lentils

½ cup (85g) dry quinoa

1 cup (94g) Textured Vegetable Protein (TVP)

4 ¾ cups (1049 ml) veggie broth

1 cup (160g) frozen peas (add after soup is cooked)

Optional toppings: chopped green onions

DIRECTIONS

- 1 Saute chopped carrots and onion together (in a small amount of oil or water) until soft, then add celery and garlic.
- 2 Saute for a few minutes before adding the rest of the ingredients, except frozen peas.
- 3 Bring to a simmer and cook for approx. 20 minutes or until the lentils are tender and the quinoa is soft.
- 4 Once the soup is done, add the peas and remove from the heat. Let cool and equally portion the soup into separate containers. Serve with a garnish of green onions.

DINNER

BBQ Tofu & Potatoes with Lemon Tahini Salad

4

SERVINGS

750

CALORIES

39g

PROTEIN

109g

CARBS

22g

FAT

INGREDIENTS

2 ¼ blocks (769g) extra firm tofu	sliced or cubed
⅓ cup (83g) BBQ	sauce
9 ¾ medium size potatoes	cut in half or cubed

SALAD

3 cups (104g) mixed	greens
½ cup (44g) shredded purple	cabbage
1 medium red bell pepper	chopped

LEMON TAHINI SAUCE

3 ¼ tbsp	water
4 tbsp	tahini
1 ¼ tsp garlic	powder
2 ¼ tbsp lemon	juice
1 ¼ tbsp	mustard
1 ¼ tsp maple	syrup
	Pinch of salt and pepper

DIRECTIONS

- 1 Cube the tofu or slice into thin strips and add to a large bowl with the BBQ sauce. Toss together until the tofu is well coated. Cut the potatoes in half or cube them into smaller pieces.
- 2 On a large baking tray, add the tofu and bake at 350F for 25-30 minutes or until golden and crisp.
- 3 On a separate baking tray, cook the potatoes for 30 minutes at 350F. Cook until tender. Remove both tofu and potatoes from the oven when finished and let cool.
- 4 In a small bowl, whisk all lemon tahini sauce ingredients together until smooth. Adjust the amount of water for desired consistency.
- 5 Assemble meals in separate containers, making sure the portions are equal. Add mixed greens, cabbage, and bell pepper, then add tofu and potatoes. Drizzle with tahini sauce on top of the salad, and add extra BBQ sauce on the tofu and potatoes.

BREAKFAST

Oatmeal

1

SERVINGS

750

CALORIES

50g

PROTEIN

106g

CARBS

12g

FAT

INGREDIENTS

½ a ripe banana	peeled
1 cup (250ml)	water
	¾ pitted medjool date
1 cup (81g) rolled	oats
	A pinch of salt
½-1 tsp cinnamon	(optional)

PROTEIN MILK

½ ripe banana	peeled
¾ cup (185 ml) soy	milk
1 ¼ scoop vegan protein	powder

DIRECTIONS

- 1 To make the oatmeal, blend together half a banana, medjool date, water, pinch of salt and cinnamon. Add to a small saucepan with the rolled oats and cook on medium heat until the oats are cooked through and thick. Place in a bowl.
- 2 Blend together the other half of the banana with soy milk and protein powder. Pour over cooked oats.

LUNCH

BBQ Tofu & Potatoes with Lemon Tahini Salad

LEFTOVER

1 serving of BBQ Tofu from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

One Pot Lentil Veggie Soup

LEFTOVER

1 serving of Lentil Veggie Soup, leftover from Day 1

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Blueberry Pie Smoothie

1	750	57g	80g	21g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 ½ banana	peeled
1 ½ cup (210g) frozen	blueberries
½ tsp ground	cinnamon
2 tbsp hemp or chia	seeds
1 ½ cup (365 ml) soy	milk
1 ½ scoop vegan protein	powder
1 scoop creatine	optional

DIRECTIONS

- 1

Blend everything together in a blender until smooth.

LUNCH

BBQ Tofu & Potatoes with Lemon Tahini Salad

LEFTOVER

1 serving of BBQ Tofu, leftover from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Mediterranean Chickpea & TVP Bowl

Recipe

1

SERVINGS

750

CALORIES

61g

PROTEIN

115g

CARBS

8g

FAT

INGREDIENTS

1 ½ cup (245g) drained & rinsed
cooked or
canned
chickpeas

¾ cup (70g) dry (TVP)
Textured
Vegetable
Protein

¾ large
cucumber
chopped

2 medium
tomato
chopped

½ red onion
chopped

¾-1 lemon
juice

1 ½ tbsp
Mediterranean
seasoning

Small drizzle of olive oil (optional)

DIRECTIONS

- 1 Add TVP and the Mediterranean seasoning (or your favourite seasoning) to a bowl and cover (until just covered) with hot water. Mix and let sit for 2-3 minutes or until the TVP is well hydrated. Drain excess water (if needed).
- 2 Add chickpeas along with chopped veggies to the bowl of TVP. Toss together and enjoy.

BREAKFAST

Blueberry Pie Smoothie

1

SERVINGS

750

CALORIES

57g

PROTEIN

80g

CARBS

21g

FAT

INGREDIENTS

1 ½ banana	peeled
1 ½ cup (210g) frozen	blueberries
½ tsp ground	cinnamon
2 tbsp hemp or chia	seeds
1 ½ cup (365 ml) soy	milk
1 ½ scoop vegan protein	powder
1 scoop creatine	optional

DIRECTIONS

- 1 Blend everything together in a blender until smooth.

LUNCH

BBQ Tofu & Potatoes with Lemon Tahini Salad

LEFTOVER

1 serving of BBQ Tofu, leftover from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Chickpea and Veggie stir fry with Quinoa and hemp seed dressing

3

SERVINGS

750

CALORIES

33g

PROTEIN

121g

CARBS

16g

FAT

INGREDIENTS

3 ¾ cups (569g) drained and rinsed
cooked chickpeas

1 ½ cups (201g) peas
frozen

2 ½ medium carrots
grated

2 ½ tsp garlic powder

2 ½ tsp onion powder

pinch of salt

pinch of black pepper

½ medium cucumber
chopped

12 grape or cherry tomatoes
chopped

QUINOA

1 ¼ cup (212g) quinoa
dry

2 ½ cups (592 ml) water

SAUCE

⅓ cup (48g) hemp seeds

¾ tbsp mustard

¾ lemon juiced

¾ tbsp maple syrup

¾ tbsp dried dill

¾ tsp garlic powder

¾ tsp onion powder

pinch of salt

⅓ cup (71 ml) water

DIRECTIONS

- 1 Saute the chickpeas, peas, carrots, and spices together for approx. 10 minutes on medium heat.
- 2 Chop the cucumber and tomatoes and set aside.
- 3 Prepare the quinoa and let it cook for approx. 20 minutes on medium heat (or until soft and cooked through).
- 4 Blend the sauce ingredients together until smooth.
- 5 Put stir fry, quinoa and veggies in equal portions in separate containers and pour the sauce over top. Let cool before putting in the fridge or freezer.

BREAKFAST

PB Toast & Smoothie

1

SERVINGS

750

CALORIES

58g

PROTEIN

58g

CARBS

29g

FAT

INGREDIENTS

TOAST

1 piece of bread toasted

2 tbsp peanut butter

½ banana sliced

SMOOTHIE

½ banana

1 ½ cup (365 ml) milk
soy1 ¼ scoop vegan powder
protein

DIRECTIONS

- 1 Toast the bread and spread peanut butter on top. Add sliced banana on top of the peanut butter.
- 2 Blend the smoothie ingredients together in a blender until smooth. Pour into a cup and enjoy with your PB & banana toast!

LUNCH

Chickpea and Veggie stir fry with Quinoa and hemp seed dressing

LEFTOVER

1 serving of Chickpea Veggie Stirfry, leftover from Day 4

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Lentil Sauce with pasta

3

SERVINGS

750

CALORIES

52g

PROTEIN

135g

CARBS

4g

FAT

INGREDIENTS

¾ cup (145g) white or yellow onion	diced
1 ½ cup (165g) grated	carrot
¾ cup (69g) chopped red bell	pepper
3 ¼ cups (643g) cooked or canned french (or green/red) lentils	drained and rinsed
3 cups (63g) chopped	kale

SAUCE

3 large garlic	cloves
¾ cup (145g) diced	onion
3 tbsp fresh basil	chopped (or 2 tsp dried)
3 tsp fresh parsley	chopped*
3 cups (735ml) tomato	sauce

*Always use fresh Parsley as dried parsley doesn't retain much flavour.

PASTA

302g (10.6 oz) Lentil pasta	legume pasta, or wheat pasta
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DIRECTIONS

- 1 Saute onion, carrot and red bell pepper on medium high heat for 3-5 minutes.
- 2 Add lentils, chopped kale, garlic, basil, tomato sauce and simmer together for 10 minutes on medium heat.
- 3 Add equal portions to separate containers and add parsley garnish on top.

BREAKFAST

Easy Fruit Smoothie

1 SERVINGS	750 CALORIES	52g PROTEIN	87g CARBS	21g FAT
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INGREDIENTS

1 ¼ banana	peeled
2 cups (330g) frozen fruit of	choice
2 ¾ tbsp hemp	seeds
1 ¼ scoop vegan vanilla protein	powder
1 scoop creatine	optional
1 ¼ cup (304 ml) soy	milk

DIRECTIONS

- 1

Blend everything together in a blender until smooth.

LUNCH

Lentil Sauce with pasta

LEFTOVER

1 serving of Lentil Pasta, leftover from day 5

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Mediterranean Chickpea & TVP Bowl

Recipe

1

SERVINGS

750

CALORIES

61g

PROTEIN

115g

CARBS

8g

FAT

INGREDIENTS

1 ½ cup (245g) drained & rinsed
cooked or
canned
chickpeas

¾ cup (70g) dry (TVP)
Textured
Vegetable
Protein

¾ large
cucumber
chopped

2 medium
tomato
chopped

½ red onion
chopped

¾-1 lemon
juice

1 ½ tbsp
Mediterranean
seasoning

Small drizzle of olive oil (optional)

DIRECTIONS

- 1 Add TVP and the Mediterranean seasoning (or your favourite seasoning) to a bowl and cover (until just covered) with hot water. Mix and let sit for 2-3 minutes or until the TVP is well hydrated. Drain excess water (if needed).
- 2 Add chickpeas along with chopped veggies to the bowl of TVP. Toss together and enjoy.

BREAKFAST

Tofu Breakfast wraps

1	750	58g	81g	27g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

	¾ block firm tofu
1/3 red onion	diced
1/2 green bell pepper	chopped
1 ¼ cup (90g) chopped	mushrooms
3 small	tortillas

TOFU SPICE MIX

3/4 tsp	sage
3/4 tsp garlic	powder
3/4 tsp	cumin
3/4 tsp smoked	paprika
3/4 tsp dried	rosemary
1/2 tsp	salt
3 tbsp nutritional	yeast

OPTIONAL TOPPINGS

Salsa
Chopped lettuce
Herbs like chopped cilantro or parsley

DIRECTIONS

- 1 Sauté vegetables until soft
- 2 Crumble tofu into a bowl and mix with spice mix. Add tofu mix to sautéed veggies and heat for 5 mins or until hot.
- 3 Add to tortillas and add toppings.

LUNCH

Chickpea Wrap With Tzatziki

1	750	32g	112g	24g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 ¼ cup (152g) cooked chickpeas	drained and rinsed	ADDITIONAL FRESH VEGGIES FOR WRAP	
1 tsp	cumin		Sliced cherry tomatoes
1 tsp	coriander		Chopped spinach
1 tsp smoked	paprika		Thinly sliced and red onion
	Pinch of salt and pepper		Olives, chopped
		1 small tortilla wrap or 1 medium (6") pita	bread

TZATZIKI SAUCE

1/2 cup (131g) dairy free	yogurt
	juice of 3/4 a lemon
1 ½ clove of	garlic
⅓ cup (39g)	cashews
2 tbsp dried (or fresh)	dill
	½ cucumber peeled and cubed
	pinch of salt

DIRECTIONS

- 1 Saute chickpeas in a small frying pan with cumin, coriander, smoked paprika, and salt and black pepper. Remove from heat after 5-10 minutes.
- 2 Make tzatziki sauce by blending together yogurt, lemon juice, garlic and soaked cashews until smooth. Remove from blender and add to a bowl
- 3 Add dill, cucumber, and salt to blended yogurt sauce and mix together. Set aside.
- 4 Chop additional fresh veggies for the wrap and add them to a large bowl along with the chickpeas. Mix together with the tzatziki sauce.
- 5 Add chickpea & veg mixture to a wrap or pita and enjoy.

DINNER

Lentil Sauce with pasta

LEFTOVER

1 serving of Lentil Pasta, leftover from day 5

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

6 WEEK EASY VEGAN MEAL PLAN



Week 5

05

6 WEEK EASY VEGAN MEAL PLAN

Week 5

134–165 g
PROTEIN PER DAY

~2,250 cal/day

Week 5 includes a hearty mix of meals that are simple and filling. Breakfasts include PB toast with a smoothie, protein oatmeal, blueberry pie smoothies, and tofu scramble, while lunches and dinners feature satisfying meals like lentils and squash, taco pasta, tofu “egg” salad sandwiches, ginger garlic noodles, black beans and sweet potatoes, chickpea wraps, and chickpea and TVP bowls. Each day provides 2250 calories and between 134–165g of protein, with leftovers used throughout the week to keep the plan practical and easy to follow.

DAY 1 — BATCH COOK SCHEDULE

BREAKFAST

PB Toast & Smoothie

LUNCH (BATCH COOK)

Lentils & Squash with
Cheesy Cashew Sauce

DINNER (BATCH COOK)

One Pot High Protein Taco
Pasta

WEEK AT A GLANCE

D1

Batch Cook

D2

Leftovers

D3

Transition

D4

Transition

D5

Transition

D6

Fresh

D7

Fresh

 Batch Cook

 Leftover

 Fresh

Grocery List

☐ Required ☐ Optional

Look this over before you start week 5, you probably have a lot of these items already in your pantry. I have included the amounts so you know how much you will need for each ingredient this week.

PRODUCE

- | | |
|---|---|
| ☐ 7 medium bananas | ☐ 4 medium yellow or white onions |
| ☐ 2 red onions | ☐ 5 medium red bell peppers |
| ☐ 3 large carrots | ☐ 3 large sweet potatoes |
| ☐ 1 large butternut squash | ☐ 2 large cucumbers |
| ☐ 4 medium tomatoes | ☐ 1 small container cherry or grape tomatoes |
| ☐ About 4 cups chopped mushrooms, roughly 300g | ☐ 1 small potato |
| ☐ Chopped spinach | ☐ 1 celery stalk |
| ☐ 1 small bunch green onions | ☐ 1 bulb garlic |
| ☐ 1 small piece fresh ginger | ☐ 4 lemons |
| ☐ 1 cup fresh snow peas — 160g | ☐ 2 avocados |
| ☐ Cilantro | ☐ Fresh dill |

FROZEN

- | | |
|--|---|
| ☐ Frozen blueberries: 3 cups — 420g | ☐ Frozen mixed vegetables: 2 3/4 cups — 412g |
| ☐ Frozen corn: 3/4 cup — 123g | ☐ Frozen edamame: 1 cup — 155g |

PROTEIN / REFRIGERATED

- | | |
|---|--|
| ☐ Firm tofu: 2 blocks | ☐ Soft tofu: 1 block |
| ☐ Soy milk: about 7 1/4 cups — 1.8L | ☐ Dairy free yogurt: 1/2 cup — 131g |
| ☐ Vegan vanilla protein powder: 8 scoops worth | ☐ Creatine: 2 scoops |
| ☐ Veggie ground: 1 1/4 cups — 206g | |

Grocery List (cont.)

☐ Required ☐ Optional

CANNED / DRY GOODS

- ☐ Cooked lentils: 4 cups — 791g
- ☐ Chickpeas: about 4 1/4 cups cooked/drained, roughly 642g, or 3 cans
- ☐ Quinoa: 1 1/4 cups dry — 212g
- ☐ Rolled oats: 2 cups — 162g
- ☐ Bread: 6 slices
- ☐ Raw cashews: about 1 cup, roughly 105g
- ☐ Dill pickles: 2 1/2 tbsp chopped
- ☐ TVP: about 2 1/4 cups — 210g
- ☐ Black beans: about 6 1/2 cups cooked/drained, roughly 1116g, or 5 cans
- ☐ Red lentil or legume pasta: about 13.4 oz dry — 350g
- ☐ Medjool dates: 2 dates
- ☐ Small tortilla wrap or pita: 1 wrap
- ☐ Hemp or chia seeds: about 1/2 cup, roughly 80g
- ☐ Chopped olives

SAUCES / CONDIMENTS

- ☐ Salsa: about 3/4 cup, 180g, plus optional extra for topping
- ☐ Better Than Bouillon vegetable base: 2 3/4 tbsp, about 50g
- ☐ Soy sauce or tamari: 2 1/4 tbsp, about 34ml
- ☐ Maple syrup: about 2 tbsp — 30ml
- ☐ Roasted sesame oil: 1 1/4 tbsp, about 19ml
- ☐ Olive oil
- ☐ Peanut butter: 4 tbsp, about 64g
- ☐ Vegetable broth: about 7 1/2 cups, 1.7L, if not using water
- ☐ Rice vinegar: 1 1/4 tbsp, about 19ml
- ☐ Dijon mustard: 1/2–1 tbsp, about 8–15g
- ☐ Ketchup or hot sauce

SPICES / PANTRY

- ☐ Salt
- ☐ Garlic powder
- ☐ Turmeric
- ☐ Cumin
- ☐ Smoked paprika
- ☐ Dried sage
- ☐ Dried or fresh dill
- ☐ Taco seasoning
- ☐ Nutritional yeast
- ☐ Kala namak
- ☐ Black pepper
- ☐ Onion powder
- ☐ Chili powder
- ☐ Coriander
- ☐ Dried thyme
- ☐ Dried rosemary
- ☐ Ground cinnamon
- ☐ Mediterranean seasoning
- ☐ Toasted sesame seeds

That should cover the full week with a few small leftovers of pantry items you can carry into the next week.

Daily Meal Plan

● Batch Cook ● Leftover ● Fresh

DAY	BREAKFAST	LUNCH	DINNER	TOTALS
1 BATCH COOK	PB Toast & Smoothie Fresh	Lentils & Squash Fresh	One Pot High Protein Taco Pasta Fresh	2250 Cal 142g P
2 LEFTOVERS	Oatmeal Fresh	Taco Pasta Leftover	Lentils & Squash Leftover	2250 Cal 148g P
3 TRANSITION	Oatmeal Fresh	Lentils & Squash Leftover	Mediterranean Chickpea & TVP Bowl Fresh	2250 Cal 160g P
4 TRANSITION	Blueberry Pie Smoothie Fresh	Tofu 'egg' salad Fresh	Ginger Garlic Noodles Fresh	2250 Cal 165g P
5 TRANSITION	Blueberry Pie Smoothie Fresh	Ginger Garlic Noodles Leftover	Black bean and Sweet potato hash with salsa and avocado Fresh	2250 Cal 134g P
6 FRESH	Tofu Scramble Fresh	Black Beans & Sweet Potatoes Leftover	Chickpea Wrap With Tzatziki Fresh	2250 Cal 136g P
7 FRESH	PB Toast & Smoothie Fresh	Black Beans & Sweet Potatoes Leftover	Mediterranean Chickpea & TVP Bowl Fresh	2250 Cal 150g P

2250 Cal

WEEKLY AVG CALORIES

148g

AVG PROTEIN

BREAKFAST

PB Toast & Smoothie

1

SERVINGS

750

CALORIES

58g

PROTEIN

58g

CARBS

29g

FAT

INGREDIENTS

TOAST

1 piece of bread toasted

2 tbsp peanut butter

½ banana sliced

SMOOTHIE

½ banana

1 ½ cup (365 ml) milk
soy1 ¼ scoop vegan powder
protein

DIRECTIONS

- 1 Toast the bread and spread peanut butter on top. Add sliced banana on top of the peanut butter.
- 2 Blend the smoothie ingredients together in a blender until smooth. Pour into a cup and enjoy with your PB & banana toast!
- 3 Batch cook the following meals:

LUNCH

Lentils & Squash with Cheesy Cashew Sauce

3	750	49g	120g	11g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

4 cups (791g) cooked	lentils	¼-½ tsp	salt
¾ cup (70g) dry TVP (textured vegetable	protein)		pinch black pepper
2 ¾ cups (412g) mixed vegetables (carrots	corn, green beans & peas)		Directions: Preheat oven to 350F
4 cups (948 ml)	water		In a large saucepan, add cooked lentils, bouillon, water, and all the herbs and spices. Cover and simmer on low for 25-30 minutes.
2 ¾ tbsp Better Than Bouillon (vegetable	base)		Add dry TVP and the mixed frozen vegetables and simmer for another 10 minutes. Meanwhile, cut the butternut squash length wise and take out the seeds. Bake on a baking sheet until tender in the oven at 350F for about 45 minutes or until cooked through.
1 ½ tbsp dried	thyme		
1 ½ tbsp dried	sage		
2 ¾ tsp dried	rosemary		
2 ¾ tsp onion	powder		
4 cups (819g) cooked butternut	squash		
	Cheesy Cashew Sauce		
½ cup (65g) + 1 tsp raw	cashews		For the sauce, blend all the Cheesy Cashew Sauce ingredients together until smooth and creamy, adding a splash of extra water if needed.
½ cup (118ml)	water		
1 ½ clove	garlic		
	Juice of ¾ lemon		
1 tsp onion	powder		Portion (in equal amounts) the lentil mixture and roasted squash into containers and drizzle with the sauce when ready to eat.
1 tsp garlic	powder		
4 tbsp nutritional	yeast		

DIRECTIONS

DINNER

One Pot High Protein Taco Pasta

2 SERVINGS	750 CALORIES	49g PROTEIN	116g CARBS	16g FAT
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INGREDIENTS

1 ¼ cup (206g) Yves Veggie Ground (mexican flavour) or another type of veggie	ground
½ yellow onion	chopped
1 ¾ cup (300g) cooked or canned black beans	drained and rinsed
2 ¼ tbsp taco seasoning (add more if using unflavoured veggie ground or another	substitute)
¾ cup (123g) frozen corn	kernels
125g (4.4 oz) red lentil or legume	pasta
3 ½ cups (829ml) veggie broth or	water

TOPPINGS

¾ sliced avocado	Cilantro, Salsa, green onions
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DIRECTIONS

- 1 Saute the chopped onion on medium heat until soft, then add veggie ground, beans, taco seasoning and corn. Saute together for 5-10 minutes, then add water and bring to a boil.
- 2 When it's boiling, add the pasta and turn it down to a simmer, and cook for approx. 10 minutes or until pasta is cooked through.
- 3 Portion equal amounts into containers and add avocado, as well as your favourite taco toppings (like cilantro, salsa, and green onions).

BREAKFAST

Oatmeal

1

SERVINGS

750

CALORIES

50g

PROTEIN

106g

CARBS

12g

FAT

INGREDIENTS

½ a ripe banana	peeled
1 cup (250ml)	water
	¾ pitted medjool date
1 cup (81g) rolled	oats
	A pinch of salt
½-1 tsp cinnamon	(optional)

PROTEIN MILK

½ ripe banana	peeled
¾ cup (185 ml) soy	milk
1 ¼ scoop vegan protein	powder

DIRECTIONS

- 1 To make the oatmeal, blend together half a banana, medjool date, water, pinch of salt and cinnamon. Add to a small saucepan with the rolled oats and cook on medium heat until the oats are cooked through and thick. Place in a bowl.
- 2 Blend together the other half of the banana with soy milk and protein powder. Pour over cooked oats.

LUNCH

One Pot High Protein Taco Pasta

LEFTOVER

1 serving of Taco Pasta from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Lentils & Squash with Cheesy Cashew Sauce

LEFTOVER

1 serving of Lentils & Squash, leftover from Day 1

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Oatmeal

1

SERVINGS

750

CALORIES

50g

PROTEIN

106g

CARBS

12g

FAT

INGREDIENTS

½ a ripe banana	peeled
1 cup (250ml)	water
	¾ pitted medjool date
1 cup (81g) rolled	oats
	A pinch of salt
½-1 tsp cinnamon	(optional)

PROTEIN MILK

½ ripe banana	peeled
¾ cup (185 ml) soy	milk
1 ¼ scoop vegan protein	powder

DIRECTIONS

- 1 To make the oatmeal, blend together half a banana, medjool date, water, pinch of salt and cinnamon. Add to a small saucepan with the rolled oats and cook on medium heat until the oats are cooked through and thick. Place in a bowl.
- 2 Blend together the other half of the banana with soy milk and protein powder. Pour over cooked oats.

LUNCH

Lentils & Squash with Cheesy Cashew Sauce

LEFTOVER

1 serving of Lentils & Squash, leftover from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Mediterranean Chickpea & TVP Bowl

Recipe

1

SERVINGS

750

CALORIES

61g

PROTEIN

115g

CARBS

8g

FAT

INGREDIENTS

1 ½ cup (245g) drained & rinsed
cooked or
canned
chickpeas

¾ cup (70g) dry (TVP)
Textured
Vegetable
Protein

¾ large
cucumber
chopped

2 medium
tomato
chopped

½ red onion
chopped

¾-1 lemon
juice

1 ½ tbsp
Mediterranean
seasoning

Small drizzle of olive oil (optional)

DIRECTIONS

- 1 Add TVP and the Mediterranean seasoning (or your favourite seasoning) to a bowl and cover (until just covered) with hot water. Mix and let sit for 2-3 minutes or until the TVP is well hydrated. Drain excess water (if needed).
- 2 Add chickpeas along with chopped veggies to the bowl of TVP. Toss together and enjoy.

BREAKFAST

Blueberry Pie Smoothie

1	750	57g	80g	21g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 ½ banana	peeled
1 ½ cup (210g) frozen	blueberries
½ tsp ground	cinnamon
2 tbsp hemp or chia	seeds
1 ½ cup (365 ml) soy	milk
1 ½ scoop vegan protein	powder
1 scoop creatine	optional

DIRECTIONS

- 1

Blend everything together in a blender until smooth.

LUNCH

Tofu ‘egg’ salad

1

SERVINGS

750

CALORIES

62g

PROTEIN

79g

CARBS

26g

FAT

INGREDIENTS

	¾ block soft tofu
	¾ block firm tofu
½ cup + 2 tbsp (165g) cooked potatoes	chopped
2 ½ tbsp dill	pickle
½-1 tbsp dijon	mustard
3 ½ tbsp green onion	chopped
⅓ cup (32g) celery	chopped
½ tsp black	pepper
1 tsp onion	powder
½ tsp turmeric	powder
	pinch of salt
2 pieces of bread	toasted

Optional: for a more eggy flavour, try adding 1 tsp of kala namak salt. You can also add fresh herbs like 2 tbsp of fresh dill.

DIRECTIONS

- 1 Crumble the tofu in a medium sized bowl and add the rest of the ingredients, mixing well. Enjoy as an open face sandwich.

DINNER

Ginger Garlic Noodles

2	750	46g	117g	17g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 ¼ tbsp roasted sesame oil	9 oz (225g) of spaghetti
3 ½ cloves garlic minced	legume pasta of your choice - I used
1 ½ thumb sized chunk of ginger grated	
1 ¼ large red bell pepper thinly sliced	
1 ½ large carrot grated	
1 cup (160g) fresh snow peas	
1 cup (155g) frozen edamame	
4 cup (883 ml) vegetable broth	

SAUCE	
2 ¼ tbsp soy sauce	
1 ¼ tbsp rice vinegar	
1 ¼ tbsp maple syrup	
1 ¼ tsp toasted sesame seeds for garnish	
Chopped green onion for garnish	

DIRECTIONS

- 1

In a large pot or saucepan, saute garlic and ginger in sesame oil for a minute before adding the rest of the veggies.
- 2

Add the veggie broth and bring to a boil. Add the rest of the ingredients and simmer for approx. 10-12 minutes or until pasta is cooked through.
- 3

In a small bowl, mix the sauce ingredients together. Once pasta is cooked, remove from heat and add the sauce.
- 4

Serve with toasted sesame seed and chopped green onion garnish.

BREAKFAST

Blueberry Pie Smoothie

1

SERVINGS

750

CALORIES

57g

PROTEIN

80g

CARBS

21g

FAT

INGREDIENTS

1 ½ banana peeled

1 ½ cup (210g) blueberries
frozen

½ tsp ground cinnamon

2 tbsp hemp or seeds
chia

1 ½ cup (365 ml) milk
soy

1 ½ scoop vegan powder
protein

1 scoop creatine optional

DIRECTIONS

1 Blend everything together in a blender until smooth.

LUNCH

Ginger Garlic Noodles

LEFTOVER

1 serving of Ginger Garlic Noodles, leftover from Day 4

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Black bean and Sweet potato hash with salsa and avocado

3

SERVINGS

750

CALORIES

31g

PROTEIN

134g

CARBS

13g

FAT

INGREDIENTS

BLACK BEANS AND SWEET POTATO MIX

3 ¼ large sweet potatoes chopped

2 ¾ medium size onions chopped

3 bell peppers chopped

8 large mushrooms chopped

4 ¾ cups (816g) black beans drained and rinsed

1 tbsp garlic powder

1 tbsp onion powder

2 ¼ tsp smoked paprika

pinch of salt

pinch of black pepper

ADD ONS

Salsa, on top

1 ½ avocado

DIRECTIONS

- 1 Preheat the oven to 400F. Chop vegetables and sweet potatoes and drain and rinse black beans. Place chopped veggies and sweet potatoes in large bowls. Put beans in a separate bowl.
- 2 Mix together spices in a small bowl and add 2/3 of the spice mix to the veggies, stir well and add the rest of the spice mix to the beans. Add the veggies to a sheet pan and bake for approx. 30-35 minutes. Remove from the oven and add the black beans and bake for an additional 15-20 more minutes.
- 3 Remove the veggies and black beans from the oven and let cook before adding equal amounts to separate containers. Add a generous amount of salsa on top, and before eating the meal, add ½ sliced avocado. Do not add the avocado until the day of eating since it will brown and possibly mold.

BREAKFAST

Tofu Scramble

1

SERVINGS

750

CALORIES

73g

PROTEIN

54g

CARBS

32g

FAT

INGREDIENTS

1 ¾ cups (425g) crumbled
firm tofu

1/2 cup (97g) onion
chopped red

3/4 cup (52g) mushrooms
chopped

3/4 cup (111g) pepper
chopped red

SPICE BLEND

½ tsp chili powder

1 tsp cumin

1 tsp turmeric

1 tsp garlic powder

1 ¼ tbsp yeast
nutritional

1 ½ pieces of bread
toasted

Ketchup or hot sauce (optional)

DIRECTIONS

- 1 Crumble tofu into a medium size mixing bowl and add spice blend, mix well.
- 2 Place chopped onion and mushrooms in a large frying pan and saute on medium heat until tender, stirring often.
- 3 Add crumbled tofu and heat thoroughly, making sure to mix the tofu, onion and mushrooms together well.
- 4 When tofu is heated all the way through, remove the frying pan from heat and serve the tofu scramble hot, with toast on the side. Add ketchup or hot sauce if you want. This also goes great with a green salad.

LUNCH

Black bean and Sweet potato hash with salsa and avocado

LEFTOVER

1 serving of Black Beans & Sweet Potatoes, leftover from day
5

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Chickpea Wrap With Tzatziki

1	750	32g	112g	24g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

1 ¼ cup (152g) cooked chickpeas	drained and rinsed	ADDITIONAL FRESH VEGGIES FOR WRAP	
1 tsp	cumin		Sliced cherry tomatoes
1 tsp	coriander		Chopped spinach
1 tsp smoked	paprika		Thinly sliced and red onion
	Pinch of salt and pepper		Olives, chopped
		1 small tortilla wrap or 1 medium (6") pita	bread

TZATZIKI SAUCE

1/2 cup (131g) dairy free	yogurt
	juice of 3/4 a lemon
1 ½ clove of	garlic
⅓ cup (39g)	cashews
2 tbsp dried (or fresh)	dill
	½ cucumber peeled and cubed
	pinch of salt

DIRECTIONS

- 1

Saute chickpeas in a small frying pan with cumin, coriander, smoked paprika, and salt and black pepper. Remove from heat after 5-10 minutes.
- 2

Make tzatziki sauce by blending together yogurt, lemon juice, garlic and soaked cashews until smooth. Remove from blender and add to a bowl
- 3

Add dill, cucumber, and salt to blended yogurt sauce and mix together. Set aside.
- 4

Chop additional fresh veggies for the wrap and add them to a large bowl along with the chickpeas. Mix together with the tzatziki sauce.
- 5

Add chickpea & veg mixture to a wrap or pita and enjoy.

BREAKFAST

PB Toast & Smoothie

1

SERVINGS

750

CALORIES

58g

PROTEIN

58g

CARBS

29g

FAT

INGREDIENTS

TOAST

1 piece of bread toasted

2 tbsp peanut butter

½ banana sliced

SMOOTHIE

½ banana

1 ½ cup (365 ml) milk
soy1 ¼ scoop vegan powder
protein

DIRECTIONS

- 1 Toast the bread and spread peanut butter on top. Add sliced banana on top of the peanut butter.
- 2 Blend the smoothie ingredients together in a blender until smooth. Pour into a cup and enjoy with your PB & banana toast!

LUNCH

Black bean and Sweet potato hash with salsa and avocado

LEFTOVER

1 serving of Black Beans & Sweet Potatoes, leftover from day
5

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Mediterranean Chickpea & TVP Bowl

Recipe

1

SERVINGS

750

CALORIES

61g

PROTEIN

115g

CARBS

8g

FAT

INGREDIENTS

1 ½ cup (245g) drained & rinsed
cooked or
canned
chickpeas

¾ cup (70g) dry (TVP)
Textured
Vegetable
Protein

¾ large
cucumber
chopped

2 medium
tomato
chopped

½ red onion
chopped

¾-1 lemon
juice

1 ½ tbsp
Mediterranean
seasoning

Small drizzle of olive oil (optional)

DIRECTIONS

- 1 Add TVP and the Mediterranean seasoning (or your favourite seasoning) to a bowl and cover (until just covered) with hot water. Mix and let sit for 2-3 minutes or until the TVP is well hydrated. Drain excess water (if needed).
- 2 Add chickpeas along with chopped veggies to the bowl of TVP. Toss together and enjoy.

6 WEEK EASY VEGAN MEAL PLAN



Week 6

06

6 WEEK EASY VEGAN MEAL PLAN

Week 6

131–170 g
PROTEIN PER DAY

~2,250 cal/day

Week 6 is the last week of this meal plan! You did it. This week includes meals that are easy to repeat and prep. Breakfasts include PB toast with a smoothie, blueberry pie smoothies, fruit smoothies, and tofu breakfast wraps, while lunches and dinners feature meals like red lentil curry, chickpea veggie stir fry, chickpea and TVP bowls, tofu “egg” salad, lentil pasta, and black beans with sweet potatoes. You’ve made these recipes a lot at this point and should be a pro by now! Each day provides 2250 calories and between 135-170g of protein.

DAY 1 — BATCH COOK SCHEDULE

BREAKFAST

PB Toast & Smoothie

LUNCH (BATCH COOK)

One Pot Red Lentil Curry

DINNER (BATCH COOK)

Chickpea and Veggie stir fry with Quinoa and hemp seed dressing

WEEK AT A GLANCE

D1

Batch Cook

D2

Leftovers

D3

Leftovers

D4

Transition

D5

Transition

D6

Fresh

D7

Fresh

 Batch Cook

 Leftover

 Fresh

Grocery List

☐ Required ☐ Optional

Look this over before you start week 6, you probably have a lot of these items already in your pantry. I have included the amounts so you know how much you will need for each ingredient this week.

PRODUCE

- | | |
|---|---|
| ☐ 8 medium bananas | ☐ 4 medium yellow or white onions |
| ☐ 2 red onions | ☐ 5 medium red bell peppers |
| ☐ 1 green bell pepper | ☐ 10 large carrots |
| ☐ 1/2 head cauliflower | ☐ 3 large sweet potatoes |
| ☐ 3 large cucumbers | ☐ 4 medium tomatoes |
| ☐ 1 small container cherry or grape tomatoes | ☐ About 4 cups chopped mushrooms, roughly 300g |
| ☐ 1 small potato | ☐ 3 cups chopped kale — 63g |
| ☐ Chopped spinach | ☐ 1 celery stalk |
| ☐ 1 small bunch green onions | ☐ 1 bulb garlic |
| ☐ 4 lemons | ☐ 2 avocados |
| ☐ Fresh basil | ☐ Fresh parsley |
| ☐ Cilantro or parsley | ☐ Chopped lettuce |

FROZEN

- | | |
|--|--|
| ☐ Frozen blueberries: 3 cups — 420g | ☐ Frozen fruit: 4 cups — 660g |
| ☐ Frozen peas: 2 1/2 cups — 361g | |

PROTEIN / REFRIGERATED

- | | |
|--|---|
| ☐ Firm tofu: 2 blocks | ☐ Soft tofu: 1 block |
| ☐ Soy milk: about 7 1/4 cups — 1.8L | ☐ Vegan vanilla protein powder: 8 scoops worth |
| ☐ Creatine: 4 scoops | |

Grocery List (cont.)

☐ Required ☐ Optional

CANNED / DRY GOODS

- ☐ Split red lentils: 2 2/3 cups — 510g
- ☐ TVP: 1 1/2 cups — 140g
- ☐ Black beans: about 4 3/4 cups cooked/drained, 816g, or 4 cans
- ☐ Lentil or legume pasta: about 10.6 oz dry — 302g
- ☐ Tomato sauce: 3 cups — 735ml
- ☐ Bread: 4 slices
- ☐ Hemp or chia seeds: about 10 tbsp, roughly 100g
- ☐ Chopped olives
- ☐ Cooked French or green lentils: 3 1/4 cups — 643g
- ☐ Chickpeas: about 8 cups cooked/drained, roughly 1211g, or 6 cans
- ☐ Quinoa: 1 1/4 cups dry — 212g
- ☐ Rolled oats: 2 cups — 162g
- ☐ Medjool dates: 2 dates
- ☐ Small tortillas: 3 tortillas
- ☐ Dill pickles: 2 1/2 tbsp chopped

SAUCES / CONDIMENTS

- ☐ Salsa: about 3/4 cup, 180g, plus optional extra for topping
- ☐ Red curry paste: 1 1/4 tbsp, about 19g
- ☐ Mustard or Dijon mustard: about 1 1/2 tbsp — 23g
- ☐ Olive oil
- ☐ Peanut butter: 4 tbsp, about 64g
- ☐ Maple syrup: 3/4 tbsp, about 11ml
- ☐ Ketchup or hot sauce

SPICES / PANTRY

- ☐ Salt
- ☐ Garlic powder
- ☐ Turmeric
- ☐ Cumin
- ☐ Smoked paprika
- ☐ Dried rosemary
- ☐ Ground cinnamon
- ☐ Nutritional yeast
- ☐ Black pepper
- ☐ Onion powder
- ☐ Chili powder
- ☐ Coriander
- ☐ Dried sage
- ☐ Dried dill
- ☐ Mediterranean seasoning
- ☐ Kala namak

That should cover the full week with a few small leftovers of pantry items you can carry into the next week.

Daily Meal Plan

● Batch Cook ● Leftover ● Fresh

DAY	BREAKFAST	LUNCH	DINNER	TOTALS
1 BATCH COOK	PB Toast & Smoothie Fresh	One Pot Red Lentil Curry Fresh	Chickpea and Veggie stir fry Fresh	2250 Cal 138g P
2 LEFTOVERS	PB Toast & Smoothie Fresh	Chickpea Veggie Stir fry Leftover	Lentil Curry Leftover	2250 Cal 138g P
3 LEFTOVERS	Blueberry Pie Smoothie Fresh	Lentil Curry Leftover	Chickpea Veggie Stirfry Leftover	2250 Cal 137g P
4 TRANSITION	Blueberry Pie Smoothie Fresh	Mediterranean Chickpea & TVP Bowl Fresh	Lentil Sauce with pasta Fresh	2250 Cal 170g P
5 TRANSITION	Easy Fruit Smoothie Fresh	Tofu 'egg' salad Fresh	Lentil Pasta Leftover	2250 Cal 166g P
6 FRESH	Easy Fruit Smoothie Fresh	Lentil Pasta Leftover	1 serving of Black bean and sweet potatoes hash, save 1 serving for tomorrow and freeze the third serving for another day) Fresh	2250 Cal 131g P
7 FRESH	Tofu Breakfast wraps Fresh	Mediterranean Chickpea & TVP Bowl Fresh	Black Beans & Sweet Potatoes Leftover	2250 Cal 150g P

2250 Cal

WEEKLY AVG CALORIES

147g

AVG PROTEIN

BREAKFAST

PB Toast & Smoothie

1

SERVINGS

750

CALORIES

58g

PROTEIN

58g

CARBS

29g

FAT

INGREDIENTS

TOAST

1 piece of bread toasted

2 tbsp peanut butter

½ banana sliced

SMOOTHIE

½ banana

1 ½ cup (365 ml) milk
soy

1 ¼ scoop vegan powder
protein

DIRECTIONS

- 1 Toast the bread and spread peanut butter on top. Add sliced banana on top of the peanut butter.
- 2 Blend the smoothie ingredients together in a blender until smooth. Pour into a cup and enjoy with your PB & banana toast!
- 3 Batch cook the following meals:

LUNCH

One Pot Red Lentil Curry

3

SERVINGS

750

CALORIES

47g

PROTEIN

136g

CARBS

4g

FAT

INGREDIENTS

2 $\frac{2}{3}$ cups (510g) rinsed and drained (no soaking needed)
split red lentils

1 $\frac{1}{4}$ tbsp red paste
curry

1/2 yellow onion chopped

4 $\frac{1}{2}$ large carrots chopped

$\frac{1}{2}$ head of cauliflower chopped

1 cup (160g) frozen peas

1 $\frac{1}{4}$ red bell pepper chopped

GARNISH

Cilantro or parsley, chopped (optional)

DIRECTIONS

- 1 Place lentils in a large pot and add red curry paste, chopped carrots and cauliflower. Add water or veggie broth until lentils are covered and turn up to medium high heat.
- 2 Bring to a boil and reduce to medium heat. Cook for approx 10-15 minutes. Periodically check and stir the pot to make sure everything is cooking evenly. The lentils are cooked when soft.
- 3 Reduce heat to simmer and add the frozen peas, chopped bell pepper and cilantro. Turn off heat when there is no water left in the pot and remove to let cool. You can also add in other vegetables or substitute in other vegetables you have on hand (for example: mushrooms, broccoli, zucchini, frozen corn). Equally portion into separate meal containers.

DINNER

Chickpea and Veggie stir fry with Quinoa and hemp seed dressing

3

SERVINGS

750

CALORIES

33g

PROTEIN

121g

CARBS

16g

FAT

INGREDIENTS

3 ¾ cups (569g) drained and rinsed
cooked chickpeas

1 ½ cups (201g) frozen
peas

2 ½ medium
carrots grated

2 ½ tsp garlic powder

2 ½ tsp onion powder

pinch of salt

pinch of black pepper

½ medium
cucumber chopped

12 grape or
cherry tomatoes chopped

QUINOA

1 ¼ cup (212g) dry
quinoa

2 ½ cups (592 ml)
water

SAUCE

⅓ cup (48g) hemp
seeds

¾ tbsp mustard

¾ lemon juiced

¾ tbsp maple syrup

¾ tbsp dried dill

¾ tsp garlic powder

¾ tsp onion powder

pinch of salt

⅓ cup (71 ml) water

DIRECTIONS

- 1 Saute the chickpeas, peas, carrots, and spices together for approx. 10 minutes on medium heat.
- 2 Chop the cucumber and tomatoes and set aside.
- 3 Prepare the quinoa and let it cook for approx. 20 minutes on medium heat (or until soft and cooked through).
- 4 Blend the sauce ingredients together until smooth.
- 5 Put stir fry, quinoa and veggies in equal portions in separate containers and pour the sauce over top. Let cool before putting in the fridge or freezer.

BREAKFAST

PB Toast & Smoothie

1

SERVINGS

750

CALORIES

58g

PROTEIN

58g

CARBS

29g

FAT

INGREDIENTS

TOAST

1 piece of bread toasted

2 tbsp peanut butter

½ banana sliced

SMOOTHIE

½ banana

1 ½ cup (365 ml) milk
soy

1 ¼ scoop vegan powder
protein

DIRECTIONS

- 1 Toast the bread and spread peanut butter on top. Add sliced banana on top of the peanut butter.
- 2 Blend the smoothie ingredients together in a blender until smooth. Pour into a cup and enjoy with your PB & banana toast!

LUNCH

Chickpea and Veggie stir fry with Quinoa and hemp seed dressing

LEFTOVER

1 serving of Chickpea Veggie Stir fry from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

One Pot Red Lentil Curry

LEFTOVER

1 serving of Lentil Curry, leftover from Day 1

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Blueberry Pie Smoothie

1

SERVINGS

750

CALORIES

57g

PROTEIN

80g

CARBS

21g

FAT

INGREDIENTS

1 ½ banana	peeled
1 ½ cup (210g) frozen	blueberries
½ tsp ground	cinnamon
2 tbsp hemp or chia	seeds
1 ½ cup (365 ml) soy	milk
1 ½ scoop vegan protein	powder
1 scoop creatine	optional

DIRECTIONS

- 1
- Blend everything together in a blender until smooth.

LUNCH

One Pot Red Lentil Curry

LEFTOVER

1 serving of Lentil Curry, leftover from Day 1

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

Chickpea and Veggie stir fry with Quinoa and hemp seed dressing

LEFTOVER

1 serving of Chickpea Veggie Stirfry, leftover from Day 1

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Blueberry Pie Smoothie

1

SERVINGS

750

CALORIES

57g

PROTEIN

80g

CARBS

21g

FAT

INGREDIENTS

1 ½ banana peeled

1 ½ cup (210g) blueberries
frozen

½ tsp ground cinnamon

2 tbsp hemp or seeds
chia

1 ½ cup (365 ml) milk
soy

1 ½ scoop vegan powder
protein

1 scoop creatine optional

DIRECTIONS

1 Blend everything together in a blender until smooth.

LUNCH

Mediterranean Chickpea & TVP Bowl

Recipe

1

SERVINGS

750

CALORIES

61g

PROTEIN

115g

CARBS

8g

FAT

INGREDIENTS

1 ½ cup (245g) drained & rinsed
cooked or
canned
chickpeas

¾ cup (70g) dry (TVP)
Textured
Vegetable
Protein

¾ large
cucumber
chopped

2 medium
tomato
chopped

½ red onion
chopped

¾-1 lemon
juice

1 ½ tbsp
Mediterranean
seasoning

Small drizzle of olive oil (optional)

DIRECTIONS

- 1 Add TVP and the Mediterranean seasoning (or your favourite seasoning) to a bowl and cover (until just covered) with hot water. Mix and let sit for 2-3 minutes or until the TVP is well hydrated. Drain excess water (if needed).
- 2 Add chickpeas along with chopped veggies to the bowl of TVP. Toss together and enjoy.

DINNER

Lentil Sauce with pasta

3

SERVINGS

750

CALORIES

52g

PROTEIN

135g

CARBS

4g

FAT

INGREDIENTS

¾ cup (145g) white or yellow onion	diced
1 ½ cup (165g) grated	carrot
¾ cup (69g) chopped red bell	pepper
3 ¼ cups (643g) cooked or canned french (or green/red) lentils	drained and rinsed
3 cups (63g) chopped	kale

SAUCE

3 large garlic	cloves
¾ cup (145g) diced	onion
3 tbsp fresh basil	chopped (or 2 tsp dried)
3 tsp fresh parsley	chopped*
3 cups (735ml) tomato	sauce

*Always use fresh Parsley as dried parsley
doesn't retain much flavour.

PASTA

302g (10.6 oz) Lentil pasta	legume pasta, or wheat pasta
--------------------------------	------------------------------

DIRECTIONS

- 1 Saute onion, carrot and red bell pepper on medium high heat for 3-5 minutes.
- 2 Add lentils, chopped kale, garlic, basil, tomato sauce and simmer together for 10 minutes on medium heat.
- 3 Add equal portions to separate containers and add parsley garnish on top.

BREAKFAST

Easy Fruit Smoothie

1
SERVINGS

750
CALORIES

52g
PROTEIN

87g
CARBS

21g
FAT

INGREDIENTS

1 ¼ banana	peeled
2 cups (330g) frozen fruit of	choice
2 ¾ tbsp hemp	seeds
1 ¼ scoop vegan vanilla protein	powder
1 scoop creatine	optional
1 ¼ cup (304 ml) soy	milk

DIRECTIONS

- 1

Blend everything together in a blender until smooth.

LUNCH

Tofu ‘egg’ salad

1	750	62g	79g	26g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

	¾ block soft tofu
	¾ block firm tofu
½ cup + 2 tbsp (165g) cooked potatoes	chopped
2 ½ tbsp dill	pickle
½-1 tbsp dijon	mustard
3 ½ tbsp green onion	chopped
⅓ cup (32g) celery	chopped
½ tsp black	pepper
1 tsp onion	powder
½ tsp turmeric	powder
	pinch of salt
2 pieces of bread	toasted

Optional: for a more eggy flavour, try adding 1 tsp of kala namak salt. You can also add fresh herbs like 2 tbsp of fresh dill.

DIRECTIONS

- 1
- Crumble the tofu in a medium sized bowl and add the rest of the ingredients, mixing well. Enjoy as an open face sandwich.

DINNER

Lentil Sauce with pasta

LEFTOVER

1 serving of Lentil Pasta, leftover from Day 4

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.

BREAKFAST

Easy Fruit Smoothie

1

SERVINGS

750

CALORIES

52g

PROTEIN

87g

CARBS

21g

FAT

INGREDIENTS

1 ¼ banana	peeled
2 cups (330g) frozen fruit of	choice
2 ¾ tbsp hemp	seeds
1 ¼ scoop vegan vanilla protein	powder
1 scoop creatine	optional
1 ¼ cup (304 ml) soy	milk

DIRECTIONS

- 1
- Blend everything together in a blender until smooth.

LUNCH

Lentil Sauce with pasta

LEFTOVER

1 serving of Lentil Pasta, leftover from day 4

SEE ORIGINAL RECIPE ON THE LUNCH PAGE EARLIER THIS WEEK.

DINNER

1 serving of Black bean and sweet potatoes hash, save 1 serving for tomorrow and freeze the third serving for another day)

1	—	—	—	—
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

	Black bean and Sweet potato hash with salsa and avocado	BLACK BEANS AND SWEET POTATO MIX	
750 calories per serving	makes 3 servings	3 ¼ large sweet potatoes	chopped
		2 ¾ medium size onions	chopped
Macros per serving: 31g Protein / 134g Carbs / 13g Fat		3 bell peppers	chopped
		8 large mushrooms	chopped
		4 ¾ cups (816g) black beans	drained and rinsed
		1 tbsp garlic	powder
		1 tbsp onion	powder
		2 ¼ tsp smoked	paprika
			pinch of salt
			pinch of black pepper
ADD ONS			
		Salsa, on top	
		1 ½ avocado	

DIRECTIONS

- 1
- Preheat the oven to 400F. Chop vegetables and sweet potatoes and drain and rinse black beans. Place chopped veggies and sweet potatoes in large bowls. Put beans in a separate bowl.
- 2
- Mix together spices in a small bowl and add 2/3 of the spice mix to the veggies, stir well and add the rest of the spice mix to the beans. Add the veggies to a sheet pan and bake for approx. 30-35 minutes. Remove from the oven and add the black beans and bake for an additional 15-20 more minutes.
- 3
- Remove the veggies and black beans from the oven and let cook before adding equal amounts to separate containers. Add a generous amount of salsa on top, and before eating the meal, add 1/3 sliced avocado. Do not add the avocado until the day of eating since it will brown and possibly mold.

BREAKFAST

Tofu Breakfast wraps

1	750	58g	81g	27g
SERVINGS	CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

	¾ block firm tofu
1/3 red onion	diced
1/2 green bell pepper	chopped
1 ¼ cup (90g) chopped	mushrooms
3 small	tortillas

TOFU SPICE MIX

3/4 tsp	sage
3/4 tsp garlic	powder
3/4 tsp	cumin
3/4 tsp smoked	paprika
3/4 tsp dried	rosemary
1/2 tsp	salt
3 tbsp nutritional	yeast

OPTIONAL TOPPINGS

Salsa
Chopped lettuce
Herbs like chopped cilantro or parsley

DIRECTIONS

- 1 Sauté vegetables until soft
- 2 Crumble tofu into a bowl and mix with spice mix. Add tofu mix to sautéed veggies and heat for 5 mins or until hot.
- 3 Add to tortillas and add toppings.

LUNCH

Mediterranean Chickpea & TVP Bowl

Recipe

1

SERVINGS

750

CALORIES

61g

PROTEIN

115g

CARBS

8g

FAT

INGREDIENTS

1 ½ cup (245g) drained & rinsed
cooked or
canned
chickpeas

¾ cup (70g) dry (TVP)
Textured
Vegetable
Protein

¾ large
cucumber
chopped

2 medium
tomato
chopped

½ red onion
chopped

¾-1 lemon
juice

1 ½ tbsp
Mediterranean
seasoning

Small drizzle of olive oil (optional)

DIRECTIONS

- 1 Add TVP and the Mediterranean seasoning (or your favourite seasoning) to a bowl and cover (until just covered) with hot water. Mix and let sit for 2-3 minutes or until the TVP is well hydrated. Drain excess water (if needed).
- 2 Add chickpeas along with chopped veggies to the bowl of TVP. Toss together and enjoy.

DINNER

1 serving of Black bean and sweet potatoes hash, save 1 serving for tomorrow and freeze the third serving for another day)

LEFTOVER

1 serving of Black Beans & Sweet Potatoes, leftover from Day 5

SEE ORIGINAL RECIPE ON THE DINNER PAGE EARLIER THIS WEEK.