

Plant-Based Diet Plan for Beginners

~ 1800 Calories | ~80 g Protein | 8 Days

Disclaimer: I am not a doctor and this meal plan is not intended to cure, treat, or diagnose. Please contact your physician before making any diet change.

BREAKFAST:

Easy Balanced Oat Bowl, 1 serving (550 Cal, 15.8 g protein, 15g fiber, 94g carbs, 14.4g fat)

- 1 cup quick oats
- 1 cup almond milk
- ½ cup mixed berries
- 1 banana, sliced
- 1 Brazil nut
- 1 tbsp milled flax seed

Mix everything in a bowl. You can store this in the fridge overnight or heat up in the microwave for a warm breakfast.

SNACK:

1/8th of the Hummus, 10 baby carrots, 1/2 cup broccoli, and 5 almonds, 2 tbsp pumpkin seeds (pepitas) (278 calories, 13.3 g protein, 10 g fiber, 32 g carbs, 12.6g fat). Make the whole batch of hummus and split it into 8 servings. You can prep the hummus beforehand or get store bought hummus (about 800 grams).

10 Minutes | GF | OF



INGREDIENTS:

- 2 cans chickpeas, drained and rinsed
- juice of 1 lemon
- 1 clove garlic
- 1 t peanut butter or tahini
- 1/2 t cumin
- 1/4 t salt (optional)
- 1 cup water
- paprika powder to sprinkle (optional)

INSTRUCTIONS:

Blend all ingredients using 1/2 cup of the water first.

You can add more water slowly if it doesn't blend.

You can also adjust the spices to your desire. I use peanut butter (oil free, no sugar added) instead of tahini and it tastes great.

You can also reduce the amount of peanut butter if you like but it makes the hummus more creamy (instead of using oil).

One Batch: 854 Cal | 140 g Carbs | 38 g Fiber | 45 g Protein | 15.6 g Fat

LUNCH:

One serving of the dinner from the night before. These are all one pot meals and great to take in a thermos to go. If you can't heat your lunch at work or school, simply heat it in the microwave in the morning, then transfer to a large thermos and take it to go. It will stay warm until lunch. Just be sure to pack the buns with the sloppy joes. You don't have to add the sloppy joes to the bun if you need a mess free lunch. Simply eat it out of the thermos with a spoon and eat the whole wheat bun on the side.

DINNER:

Each dinner recipe makes 4 servings. Make each recipe as described in the recipe section then split into 4 equal parts. You can store each serving in meal prep containers during the week. Eat the first serving for dinner and the second serving for lunch the next day. Then repeat this meal later in the week. For example: Make the spanish rice on the first evening. Eat one serving as dinner 1, the second serving for lunch the next day, the third serving for dinner 5 (Day 4), and the last serving for lunch the next day (Day 5) after dinner 5.

	Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Breakfast		Easy Balance d Oat Bowl, 1 serving	Easy Balance d Oat Bowl, 1 serving	Easy Balance d Oat Bowl, 1 serving	Easy Balance d Oat Bowl, 1 serving	Easy Balance d Oat Bowl, 1 serving	Easy Balance d Oat Bowl, 1 serving	Easy Balance d Oat Bowl, 1 serving	Easy Balance d Oat Bowl, 1 serving
Snack	Grocery shopping + Prep hummus	1/8th of the Hummus, 10 baby carrots, 1/2 cup broccoli, and 5 almonds	1/8th of the Hummus, 10 baby carrots, 1/2 cup broccoli, and 5 almonds	1/8th of the Hummus, 10 baby carrots, 1/2 cup broccoli, and 5 almonds	1/8th of the Hummus, 10 baby carrots, 1/2 cup broccoli, and 5 almonds	1/8th of the Hummus, 10 baby carrots, 1/2 cup broccoli, and 5 almonds	1/8th of the Hummus, 10 baby carrots, 1/2 cup broccoli, and 5 almonds	1/8th of the Hummus, 10 baby carrots, 1/2 cup broccoli, and 5 almonds	1/8th of the Hummus, 10 baby carrots, 1/2 cup broccoli, and 5 almonds
Lunch		Spanish Rice, eat 1 serving	Skillet Lasagna, eat 1 serving	Sloppy Joes, eat 1 serving	Mushroom Stroganoff, eat 1 serving	Spanish Rice, eat 1 serving	Skillet Lasagna, eat 1 serving	Sloppy Joes, eat 1 serving	Mushroom Stroganoff, eat 1 serving
Dinner	Spanish Rice, eat 1 serving	Skillet Lasagna, eat 1 serving	Sloppy Joes, eat 1 serving	Mushroom Stroganoff, eat 1 serving	Spanish Rice, eat 1 serving	Skillet Lasagna, eat 1 serving	Sloppy Joes, eat 1 serving	Mushroom Stroganoff, eat 1 serving	New meal plan

Note: This meal plan starts the evening before Day 1.

DINNER 1: Spanish Rice, eat 1 serving (474 cal, 17 g protein)

Serves 4 | 25 Minutes | OF | GF



INGREDIENTS:

- 1/2 onion
- 3 cloves garlic
- 1.5 cup dry brown rice
- 3 cups water
- 3 oz tomato paste
- 1 T dried oregano
- 2 cans/3 cups black beans (rinsed)
- 1 green bell pepper, diced
- 1 t salt (optional)
- 1/4 t cumin
- optional: steamed broccoli

INSTRUCTIONS:

Add all ingredients into a large pot and mix together. Set to medium heat. Let it simmer for 20 minutes or until rice is soft and all the water is soaked up. Add more water if the rice is still hard. Don't forget to stir occasionally. Optionally, you can steam broccoli on the side for added nutrition. You can use the instant pot on the rice setting.

Per Serving: 470 Cal | 97 g Carbs | 16.70 g Fiber | 17.7 g Protein | 1.7 g Fat

DINNER 2: Skillet Lasagna, eat 1 serving (460 cal, 26 g protein)

Serves 4 | 30 Minutes | OF

**INGREDIENTS:**

- 8 whole wheat Lasagna noodles (oven ready)
- 3 cloves garlic
- 1/2 onion
- 2 cups diced carrots
- 2x 28 oz cans crushed tomatoes
- 1 can (6 oz) tomato paste
- 14 oz tofu (or 2 cans of white beans)
- salt and pepper
- 1 t Italian herbs
- Large skillet

INSTRUCTIONS:

Add 1/4 cup of water to the skillet and heat. Then add the diced onion and crushed garlic and steam-fry for a few minutes. Dice the carrots. Blend the tofu with 1 can of crushed tomatoes. If you don't want to use the tofu you can blend 2 cans of drained and rinsed beans. Add this mix and all other ingredients to the skillet. Cover with a lid and let simmer for about 20 minutes or until noodles are al dente. Make sure to stir occasionally so the noodles won't stick to the skillet.

Per Serving: 460 Cal | 75 g Carbs | 19 g Fiber | 26 g Protein | 7 g Fat

DINNER 3: Sloppy Joes, eat 1 servings (2 buns) (490 cal, 28 g protein). If you don't find vegan worcestershire sauce you can use soy sauce or simply leave it out.

Serves 4 | 30 Minutes | One Pot



INGREDIENTS:

- 2 cans red lentils (3 cups cooked, 1 cup dry)
- 1/2 onion, chopped
- 1 green bell pepper, chopped
- 2 cloves garlic, pressed
- 2 T tomato paste
- 1 t mustard
- 3 t vegan Worcestershire sauce
- 28 oz (1 large can) diced or crushed tomatoes
- 1-2 t apple cider vinegar (or any other)
- salt and pepper to taste
- Burger buns (whole wheat)

INSTRUCTIONS:

Simply add all ingredients (except the buns) into one pot or instant pot. Cook until the lentils and carrots are soft (about 15 to 20 minutes). If you use the instant pot set to "stew - high - 6 minutes" with a closed valve. Split the meal into 8 parts and serve each part on one bun. One serving equals 2 buns. The nutritional value is only for the sloppy joes mix (not including the bun). You can get a gluten free bun if you like.

Per Serving: 270 Cal | 53 g Carbs | 16.3 g Fiber | 17.8 g Protein | 1.2 g Fat

DINNER 4: Mushroom Stroganoff, eat 1 serving (540 cal, 33 g protein). You can use whole wheat pasta.

Serves 4 | 20 Minutes | OF



INGREDIENTS:

- 3 boxes of mushrooms (each 8 oz)
- 1/2 onion
- 2 cloves garlic
- 1/2 cup cashews
- 1 T soy sauce
- 1/2 t - 3/4 t salt
- 1 t vegetable stock powder (optional)
- 8 oz rotini (or other pasta)
- 2 lbs broccoli (side)
- pepper to taste

INSTRUCTIONS:

Cook pasta according to package. Wash and cut broccoli then steam until soft. Wash and slice mushrooms. Fill a pan with 1/4 cup water, add mushrooms and let simmer on medium heat with a lid for about 10 minutes or until the mushrooms are cooked. Then drain mushrooms but save 1/2 a cup of the mushroom water. Add onion, cashews, garlic, salt, pepper, stock powder, 1 cup of mushrooms, and 1/2 a cup of mushroom water to the blender and mix. Combine the sauce, mushrooms, and pasta, and serve with 1/4th of the broccoli on the side. You can also mix in the broccoli if you like.

Per Serving: 540 Cal | 94 g Carbs | 20 g Fiber | 33 g Protein | 11 g Fat

DINNER 5: 3rd serving of the spanish rice

DINNER 6: 3rd serving of the skillet lasagna

DINNER 7: 3rd serving of the sloppy joes

DINNER 8: 3rd serving of the mushroom stroganoff

Meal Prep:

You can prep the snacks by filling 8 containers with the veggies and hummus. The hummus lasts at least one week in the refrigerator. The breakfast can also be prepped ahead of time and stored for several days in the fridge. All recipes are one pot meal and can easily be stored in the freezer (except the burger buns). I suggest freezing portion sizes, then thawing each portion size the night before consumption.

Shopping List:

8 cups oats, 8 cups almond milk, 4 cups mixed berries, 8 bananas, 8 brazil nuts, (milled) flax seed, 800g store bought hummus or: 2 cans chickpeas, 1 lemon, garlic, peanut butter or tahini, cumin powder, salt, paprika powder. 4 lbs. baby carrots, 3 lb fresh broccoli, bag of almonds, bag of pepitas (pumpkin seeds), 2 onion, 10 cloves garlic, 1.5 cup brown rice (dry), 12 oz tomato paste, dried oregano, 2 cans black beans, 1.5 green bell pepper, salt, cumin, steamable broccoli (side), 8 whole wheat lasagna noodles, 2x 28oz.cans crushed tomatoes, 14 oz tofu (or 2 cans cooked white beans), italian herbs, 2 cans cooked red lentils, mustard, vegan worcestershire sauce (or soy sauce, or leave out), apple cider vinegar (or other), 8 whole wheat burger buns, 3 boxes sliced mushrooms, ½ cup cashews, soy sauce, 8 oz whole wheat rotini or penne.

For more easy plant based recipes check out my favorite meal planning tool with hundreds of whole food vegan recipes:

<https://www.2sharemyjoy.com/mealplanner>

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