

The Basics of a Healthy Vegan Lifestyle

How to Live Meat-Free and Dairy-Free:

The 5 Day Sample Meal Plan

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Day 1 (5 Day Sample Meal Plan)

Breakfast: Pumpkin Pie, Protein Packed Oatmeal

- ½ Cup of Canned, Unsweetened Pumpkin
- ½ cup of Dried Oatmeal (Plain)
- 1 tsp. nutmeg
- 1 tsp. cinnamon
- 1 tbsp. brown sugar
- 1 Scoop Vegan Protein Powder
- Water or Non-Dairy Milk

(250 Calories)

Snack: 2 Navel Oranges

(150 Calories)

Lunch: Thai Tofu Coconut Curry w/ Rice (4 Servings)

- Coconut or Olive Oil
- Ginger
- 1 TBSP Curry Powder
- 1 Can Light Coconut Milk
- 2 Heads Bok Choy
- 1 Cup Vegetable Stock
- Chili Powder, to taste
- 2-3 carrots
- 2-3 tomatoes
- One block Extra-Firm Tofu
- 1 cup quinoa
- Lemongrass
- 1 Diced Onion
- 2-3 Garlic Cloves, to taste.

(450 Calories per serving)

Snack: Oil-Free Granola

(Cook in oven at 320 Fahrenheit for 25 minutes stirring every 10)

- 2 cups oats
- 1 cup chopped almonds
- 1 cup chopped dates
- ½ cup pumpkin seeds
- ¼ cup flaxseeds
- 1 tbsp. ground cinnamon
- 1 tbsp. nutmeg
- 2/3 cup maple syrup
- add dried fruit after baking

Inspired by:

(<http://simpleveganblog.com/oil-free-granola/>)

(1/2 cup is 200 calories)

Dinner: Quinoa Spring Rolls with Red Cabbage, Carrots, Cucumbers and Spinach with sauce of choice

(Cook Quinoa in 2 cups of water for 15-20 minutes

Bake Tofu for 30 or so minute minutes at 400 Fahrenheit)

- one pack of seaweed or Paper Spring Roll Wrappers
- 3/4 cup dried quinoa or brown rice
- 3/4 cup cabbage
- 2 carrots
- 1 cup chopped spinach
- 2 cucumbers
- 1 block extra firm tofu
- Sauce of choice

(Roughly 100 calories in each with sauce. 4 is a suggested serving size)

Desert: Coconut Yogurt with Sweet Bing Cherries

- 8 oz. coconut yogurt, unsweetened
- 1 cup bing cherries

(300 calories)

TOTAL CALORIES = 1800

Day 2 (5 Day Sample Meal Plan)

Breakfast: Chocolate, Banana & Strawberry “Nice Cream” topped with chia seeds and unsweetened, shredded coconuts

- 4 frozen Bananas
- 1.5 cups Strawberries
- 1 tbsp. unsweetened cocoa
- 1 tbsp. agave syrup to taste
- 2 tsp. chia seeds
- 1 tsp. coconut (unsweetened)

(Roughly 600 Calories)

Snack: Avocado Mash on Toast

- 1 tsp. coconut (unsweetened)
- ½ avocado
- 2 pieces of toast
- Salt
- Lemon Juice
- Cilantro

(250 calories)

Lunch: Chickpea Salad (Ground chickpeas and Veganaise) Sandwich with sprouts and Roma tomatoes

Ground Chickpea Salad

(Blend in Food Processor, makes 2 servings)

- 1 can of chickpeas
- 1.5 tbsp. Veganaise
- Dill
- Salt and pepper
- 1 Celery Stalk

Add

- 2 pieces of whole-wheat or gluten-free Toast
- Roma Tomato(Sliced)
- Small handful of Alfalfa Sprouts

(500 Calories)

Snack: 4-5 Medjool Dates

(250 calories)

Dinner: Stuffed Bell Peppers with Brown Rice, Vegan Cheese, Black Beans, and Onion

- 4 bell peppers
- 2/3 cup dry rice
- 1 cup vegan cheese
- 1 can black beans

- 1 onion
- Cilantro
- Salt
- Pepper
- Chili powder

(300 calories per pepper)

Dessert: Newman's Own Vegan Peanut Butter Cups (150 calories)

TOTAL CALORIES = 2050

DAY 3 (5 Day Sample Meal Plan)

Breakfast: Chocolate-Banana-Hemp Oatmeal

- ½ cup oatmeal
- 2 bananas
- 1.5 tsp. cocoa powder
- 1 tbsp. hemp protein powder (or vegan protein powder of choice)
- Almond milk or water

Generally, I make the oatmeal first and then add the bananas. I like to put the banana slices on top of the oatmeal and warm them up for about 30 seconds to 1 minutes so I can mash them up in the oatmeal. It adds a sweetness to the bitterness of the cocoa

(400 Calories)

Snack: Apple with Peanut Butter

- 1 sliced apple
- 2 tbsp. peanut butter

(300 Calories)

Lunch: Dahl (lentil Soup) and Pita Bread

To make Dahl:

- 1 cup lentils of choice
- 3 cups water or vegetable stock
- 1 onion
- 2 potatoes
- 3 cloves garlic
- Turmeric
- Cumin
- Chili powder
- Bay leaves
- Ginger root
- Gram masala

First cook lentils in simmering stock, then combine all ingredients and let simmer
(makes 4 servings)

(200 Calories Lentils + 150 Pita) = 350 Calories

Snack:

Edamame (100 Calories)

2 peaches (100 calories)

Dinner: Vegan Spaghetti with Soy Meatballs

- Whole-grain or gluten free pasta
- Organic tomato sauce (or make your own!)
- One bag of soy meatballs

(Anywhere from 4-8 servings depending on portion size)

(400-600 Calories)

Dessert: Chocolate Covered Banana (Make your own, or try Diana's Frozen Bananas)
(150 Calories)

TOTAL CALORIES: 1900

DAY 4 (5 Day Sample Meal Plan)

Breakfast: Berry Chia Seed Pudding & Toast with Peanut Butter

(Mix almond milk, chia seeds, and syrup in a jar and cover with lid. Place in fridge overnight)

- 1 cup almond milk
- 2 tsp. chia seeds
- 1 tbsp. maple syrup
- 1 cup fresh berries of your choice
- 2 pieces toast
- 1 -2 tbsp. peanut butter

(550 Calories Total)

Snack: Crispy homemade Kale Chips & Carrots and Hummus

(Put in oven at 300 for 20 minutes, check and flip)

- 1 bunch kale
- 1 tbsp. olive oil
- Salt and pepper

(250 Calories)

Lunch: Spinach Smoothie Bowl

- Heaping handful of spinach
- 2 scoops vegan protein powder
- 3 frozen bananas
- ½ tbsp. maple syrup or agave to taste
- 1/3 cup water
- 1 cup frozen berries on top
- 1 tbsp. flax or chia seeds

(550 Calories)

Dinner: Roasted Sweet Potato, Beets, Asparagus, and Butternut Squash, with steamed Red cabbage and Brown Rice

- 1 medium-sized sweet potatoes
- 1-2 beets
- 10 asparagus spears
- 1 cup butternut squash
- 1 cup red cabbage
- 1 cup cooked brown rice

(Simple as it sounds to make, and oh so yummy! Season with nutritional yeast)

(550 Calories)

Dessert: Chocolate Banana Smoothie topped with coconut

- 1 tbsp. cocoa
- 2 frozen bananas

- 1 tbsp. agave syrup or maple syrup
- Shredded coconuts on top

(300 calories)

TOTAL CALORIES = 2200

Day 5 (5 Day Sample Meal Plan)

Breakfast: Vegan Banana Split

- 1 banana
- 1 cup plain, unsweetened soy or coconut yogurt
- 1/2 granola of choice
- 1 cup blueberries
- 1 tbsp. maple or agave syrup if desired

(550 Calories)

Snack: Carrots and Bell Pepper with Hummus

(150 Calories)

Lunch: Portobello Mushroom Sandwich with Roasted Red Peppers and Pesto Sauce

(Broil Portobello mushroom in oven at 400-425 F for 20 minutes, turning over once. I coat mine with balsamic vinaigrette, salt and pepper)_

- Portobello mushroom
- balsamic vinaigrette
- two pieces of toast
- pesto to spread on toast
- 4 roasted red peppers

(400 Calories)

Snack: Pear and Medjool Dates

(300 Calories)

Dinner: Black Bean Burritos with Guacamole, Vegan Cheese, Tomatoes, and Bell Pell Peppers

(To make homemade guacamole: smash up avocado, squeeze lemon juice over it and add salt and pepper-ta-da!)

This recipe can make 4 servings

- 1 can black beans
- 4 burritos
- 1 avocado
- Salt and pepper
- Lemon juice
- 1-2 cups vegan cheese
- 3 tomatoes
- 3 bell peppers

(550 Calories per burrito)

Dessert: Chocolate Covered Banana (150 Calories) – Diana's Bananas makes great ones, or you can make your own!)

TOTAL CALORIES: 2100

Thank You

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