

21 DAY PLANT-BASED MEAL PLAN

All items in **RED** have associated recipes

DAY 1

Breakfast: **Apple Cinnamon Oatmeal** (make enough for Wednesday)

Lunch: **Couscous Confetti Salad** (make enough for a side with tomorrow's dinner) and **Carrot and Red Pepper Soup** (make enough for tomorrow's lunch)

Snack: Toast with apple butter and banana (easy option: apple or banana)

Dinner: **Hoppin' John Salad** and **Kwick Kale**

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DAY 2

Breakfast: Cereal, plant milk (your choice), and banana and berries

Lunch: Vegan veggie burger (use whole grain bread topped with lettuce, tomato, onion, and your favorite mustard) and cup of **Carrot and Red Pepper Soup** (leftover from yesterday's lunch)

Snack: Air-popped popcorn topped with curry powder or nutritional yeast

Dinner: **Southern Beans and Greens** (toss in your leftover black-eyed peas here) with side of **Couscous Confetti Salad** (leftover from yesterday's lunch)

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DAY 3

Breakfast: **Apple Cinnamon Oatmeal** (leftover from Monday; add sliced banana and consider using agave nectar, a delicious, low-glycemic index sweetener)

Lunch: **Hummus** and veggie sandwich (use pita or whole grain bread, spread with hummus, and top with lettuce, tomato, cucumbers, and any other veggies you wish)

Snack: Soy yogurt with berries

Dinner: **Curried Lentil Soup** with leftover **Couscous Confetti Salad** or a side salad (if you are making your own side salad, think greens, such as romaine or red leaf lettuce topped with tomato, cucumber, onion, broccoli, and your favorite low-fat vegan dressing; an easy pick is balsamic vinegar, which is very easy and a little goes a long way)

DAY 4

Breakfast: Cereal with plant milk (your choice) and fresh or frozen berries

Lunch: Vegan cup of soup (McDougall's or Amy's) with whole grain bread

Snack: Carrots and apple

Dinner: Kickstart DIY (see Kickstart DIY tips at end of menus): couscous, lentil, and kale

DAY 5

Breakfast: Smoothie Day: **Fantastic Fruit Smoothie**

Lunch: **Curried Lentil Soup** or **Southern Beans and Greens**

Snack: Edamame or leftover **Hummus** with carrots

Dinner: Kickstart Dining Out: Mexican

DAY 6

Breakfast: **Blueberry Buckwheat Pancakes** and **Facon Bacon**

Lunch: **Easy-Bean Dip** with **Oven-Baked Tortilla Chips** and a side salad (if you are making your own side salad, think greens, such as romaine or red leaf lettuce topped with tomato, cucumber, onion, broccoli, and your favorite low-fat vegan dressing; an easy pick is balsamic vinegar, which is very easy and a little goes a long way)

Dinner: **Easy Stir-Fry** with **Always Great Brown Rice** (make extra for tomorrow's breakfast rice pudding; use either frozen veggies or your leftover vegetables from the week)

Dessert: **Chocolate Raspberry Mousse**

DAY 7

Breakfast: **Breakfast Rice Pudding** (use leftover brown rice from last night's dinner) or frozen waffles (with berries, banana, or both)

Lunch: **Spinach Salad with Orange Sesame Dressing** (add garbanzo beans)

Snack: **Ambrosia**

Dinner: Whole wheat pasta with **Simple Marinara Sauce** (add broccoli, spinach, and any other leftover veggies)

DAY 8

Breakfast: **Cinnamon-Raisin Oatmeal**

Lunch: **Missing Egg Sandwich** (use whole-grain bread and top with lettuce and tomato); add a side of **Oven-Baked Tortilla Chips** and baby carrots

Snack: Frozen mango chunks (buy a bag of frozen mango or eat fresh ones if available)

Dinner: **Barbeque-Style Portobellos** over quinoa (quinoa is easy to make and cooks up in no time) with steamed or fresh spinach

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DAY 9

Breakfast: Cereal, plant milk, and sliced strawberries on top

Lunch: Kickstart Dining Out: Salad bar gone wild! Here's a suggestion for making salad at salad bar: Choose a green, top with a bean, add a grain and tons of veggies, and choose a low-fat vegan dressing or keep it simple with balsamic vinegar (or make your own salad at home with romaine lettuce, garbanzo beans, cucumber, tomato, and balsamic vinegar)

Snack: Oranges and raisins

Dinner: **Simple Bean Tacos** with **Mexican Corn Salad** (use leftover salad for tomorrow's lunch)

Dessert: **Berry Mousse**

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DAY 10

Breakfast: Oatmeal with mango and cinnamon (add plant milk)

Lunch: Veggie burger with leftover **Mexican Corn Salad**

Snack: Carrot and apple

Dinner: **Creamy Broccoli Soup** with **Quinoa Pilaf**

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DAY 11

Breakfast: Cereal with plant milk and a banana

Lunch: Leftover **Missing Egg Sandwich** and cup of leftover **Creamy Broccoli Soup**

Snack: Fresh grapes

Dinner: **Farmhouse Salad** and leftover **Quinoa Pilaf**

DAY 12

Breakfast: **Mango Delight Smoothie**

Lunch: Baked sweet potato with leftover **Farmhouse Salad**

Snack: Air-popped popcorn with curry or nutritional yeast

Dinner: Kickstart Dining Out: Japanese (try the seaweed salad, edamame, a vegetable sushi roll, such as a cucumber roll or tofu roll, and miso soup)

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DAY 13

Breakfast: **Fruited Breakfast Quinoa** and Kickstart DIY Smoothie (use plant milk, banana, and any fruit you have around; Kickstart DIY tips)

Lunch: **Ethiopian Tomato Salad** and **Asian Guacamole** with pita bread

Snack: **Edamame**

Dinner: **Almost Instant Black Bean Chili** and **Easy Corn Bread Muffins**

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DAY 14

Breakfast: **Zucchini Scramble** and **Breakfast Homefries**

Lunch: Pasta salad (make leftovers for tomorrow's lunch)

Snack: Fruit salad

Dinner: Kickstart DIY: Beans, greens, and grains (consider using barley, lentils, and any leftover kale or bok choy)

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DAY 15

Breakfast: Oatmeal with peaches (thaw frozen peaches)

Lunch: Leftover **Pasta Salad** with a piece of whole grain bread

Snack: Orange slices

Dinner: **Spicy Thai Soup** (make extra if you want to work it into lunch this week)

DAY 16

Breakfast: Frozen vegan waffles with peaches and maple syrup or cereal with plant milk and fruit

Lunch: Vegan cup of soup (or leftover **Spicy Thai Soup**) with baked sweet potato (try adding cinnamon on top of your sweet potato)

Snack: **Red Pepper Hummus** with raw vegetables or pita bread

Dinner: **Buckwheat Pasta with Seitan** and side of sautéed kale

Dessert: **Chocolate Banana Smoothie**

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DAY 17

Breakfast: Oatmeal with berries or banana

Lunch: Kickstart Dining Out for Lunch: Chinese cuisine (look for the vegetable and tofu dishes with rice and ask for them to be steamed or sauteed with no or light oil)

Snack: Soy yogurt with fruit

Dinner: **Lentil Artichoke Stew**

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DAY 18

Breakfast: Frozen vegan waffles with **Berry Applesauce** or cereal with plant milk and fruit

Lunch: Leftover **Buckwheat Pasta with Seitan** or a veggie burger with whole wheat bread or roll, lettuce, tomato, onions, and mustard

Snack: Frozen grapes

Dinner: **Zippy Yams and Bok Choy** with **Always Great Brown Rice**

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DAY 19

Breakfast: **Green Goodie Smoothie**

Lunch: Tomato, Cucumber and Basil Salad with add can of garbanzo beans

Snack: **Berry Applesauce** (leftover from yesterday or just eat an apple)

Dinner: Kickstart Dining Out: Italian

DAY 20

Breakfast: **Spinach and Mushroom Frittata** with side of fruit

Lunch: **Quickie Quesadillas**

Snack: Air-popped popcorn with curry powder or nutritional yeast

Dinner: **Chunky Ratatouille Sauce** (save some sauce for lunch tomorrow) served over a grain, like pasta, brown rice, couscous, quinoa, or orzo

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DAY 21

Breakfast: **Banana Oat French Toast** with soysage (try Gimme Lean or another vegan brand)

Lunch: Homemade loaded baked potato with leftover **Chunky Ratatouille Sauce** or make your own toppings, such as salsa, steamed broccoli, and black beans

Snack: Cantaloupe or another available fruit

Dinner: **Hearty Chili Mac** with leftover mushrooms and spinach from yesterday's **Spinach and Mushroom Frittata**

Dessert: **Blueberry Muffins** (make enough to have for breakfast or a snack this week)

ADDITIONAL INFORMATION FOR SUCCESS

Kickstart DIY:

DIY is short for a do-it-yourself recipe. We want you to get into the habit of going out on your own and making meals without a recipe. If you are not feeling ready for a DIY meal, stick to a recipe. But if you are, grab that can of beans, cook up some brown rice, and top with cooked greens or some frozen mixed vegetables. Or mix your favorite fruits together and toss with soy yogurt. Let your imagination run wild with Kickstart DIY meals.

Serving Sizes:

Don't worry too much about the serving sizes of beans, grains, fruits, and vegetables. Thanks to the fiber and low-fat content, you would be hard-pressed to consume more calories than you need from these four food groups. (Exceptions include avocados, olives, etc.)

Cereal:

Look for around 5 grams of fiber per serving. Avoid those that add chemical preservatives, sugar, corn syrup, and/or cane juice.

Bread:

Look for around 4 grams of fiber per slice/serving. Avoid additives such as whey, sugar, corn syrup, caramel colorings, etc.

Jam:

Choose all-fruit jams. These are usually not sweetened with sugar.

Beans:

All beans are great. Buying them dried may be more economical, but you have to plan for the rinsing, soaking, and draining process. Canned and frozen are every bit as good.

Grains:

Whole grains are preferred, but as long as the ones you choose have some fiber you are fine.

Fruits:

All fruits are good: whole fresh, frozen, or dried. Avoid those with added sugar and those that have the fiber removed, e.g., juiced.

Vegetables:

All vegetables are good: whole fresh, frozen, or canned.