

MONDAY

BREAKFAST

Make Ahead Veggie
Egg Bites

LUNCH

Chopped Power
Salad (Vegan)

DINNER

Pizza Quinoa Stuffed
Portobello
Mushrooms

TUESDAY

BREAKFAST

Blueberry Muffins
(Vegan)

LUNCH

Lemon Pesto
Pasta Salad
(Vegan)

DINNER

Creamy Roasted Red
Pepper Pasta
(Vegan)

WEDNESDAY

BREAKFAST

Make Ahead Veggie
Egg Bites

LUNCH

Tempeh
Lettuce Wraps
(Vegan)

DINNER

Spinach Mushroom
Enchiladas

THURSDAY

BREAKFAST

Blueberry Muffins
(Vegan)

LUNCH

Carrot Ginger
Soup
(Vegan)

DINNER

Pineapple Curry
(Vegan)

FRIDAY

BREAKFAST

Make Ahead Veggie
Egg Bites

LUNCH

Simple Orzo Salad
(Vegan)

DINNER

Veggie Burrito Bowls

5-DAY VEGGIE MEAL PLAN

A 5-day meatless
meal plan, to get
started on a plant-
based lifestyle!



MAKE AHEAD VEGGIE EGG BITES

INGREDIENTS

- olive oil cooking spray
- 2 ½ cups chopped vegetables of your choice - such as spinach, onions, and peppers
- 1 cup cheddar cheese, shredded
- 12 eggs
- 2 tsp Dijon mustard
- ¼ tsp curry powder, optional
- 1 tsp smoked paprika, optional
- salt and pepper, to taste

TIME: 40 MINS
MAKES: 12 EGG BITES

DIRECTIONS

Preheat oven to 350 degrees F.

Lightly spray a muffin tin with cooking spray.

Spray a non-stick skillet with cooking spray, and heat over medium-high heat. Add veggies and cook for 5-7 minutes, until just softened. Drain off any excess liquid, and set aside to cool.

Whisk the eggs, mustard, curry powder, smoked paprika, salt and pepper in a mixing bowl.

Divide the vegetables evenly among the 12 cups in the muffin tin. Top with cheddar cheese.

Carefully pour the egg mixture over the veggies and cheese, filling each cup evenly.

Bake for 18-20 minutes, until the eggs begin to puff up.

Allow the egg bites to cool. Then remove from the pan, and refrigerate for up to 5 days.

Notes:

These egg bites can be reheated or served cold. Make a big batch and eat them all week long!

To make a vegan version of these egg bites:

- Replace the cheddar cheese with dairy-free cheese shreds.
- Replace the eggs with a liquid egg substitute, such as Just Eggs. You may need to adjust the cooking time, dependent on the brand used.



VEGAN BLUEBERRY MUFFINS

INGREDIENTS

- 2 cups all-purpose flour
- 2 tsp baking powder
- ¼ tsp salt
- ¾ cup sugar
- 1 cup non-dairy milk, such as almond milk
- ⅓ cup canola or sunflower oil
- 1 tsp vanilla extract
- 1 cup blueberries, fresh or frozen

DIRECTIONS

Preheat oven to 350°F/180°C.

Whisk the flour, sugar, baking powder and salt until they are well combined.

Add the wet ingredients: non-dairy milk, oil and vanilla extra and stir them for about a minute. Do not over mix because the batter will become too tough.

Then gently fold the blueberries into the batter.

Line a muffin pan with paper liners. Spoon the batter into a muffin pan, dividing evenly for 12 muffins.

Bake for about 25 minutes, or until a toothpick inserted into the middle of a muffin comes out without wet batter. Cool and enjoy.

TIME: 35 MINS
MAKES: 12 MUFFINS



CHOPPED POWER SALAD WITH ALMOND-MISO DRESSING

INGREDIENTS

Almond-Miso Dressing

- 3 tbsp unsweetened almond butter
- 1 tbsp white miso paste
- 1 tbsp maple syrup
- 1 tbsp cider vinegar
- 1 tbsp tamari or soy sauce
- 1-inch piece ginger, peeled and grated
- ½ tsp sriracha
- 2 tbsp water

Chopped Power Salad

- 14 oz package extra-firm tofu, pressed for 30 minutes and cut into 1-inch cubes
- 1 head romaine lettuce, chopped
- 1 cup purple cabbage, shredded
- 1 carrot, shredded
- 1 red bell pepper, diced
- ½ cup green onions, sliced
- ½ cup cilantro leaves, chopped
- ⅓ cup raw cashew pieces
- 1 – 2 tbsp sesame seeds
- 1 – 2 tbsp hemp hearts, optional

TIME: 55 MINS

SERVES: 4

DIRECTIONS

Make the Almond-Miso Dressing:

Whisk together all of the ingredients, except the water, in a small bowl. Add the water and whisk again; if the dressing is too thick, add more water ½ tablespoon at a time until it reaches a smooth, pourable consistency.

Make the Chopped Power Salad:

Preheat oven to 400°F.

Put the tofu cubes in a large bowl. Drizzle them with 2 tablespoons of dressing and toss gently to coat. Transfer the tofu to a parchment-lined baking sheet and bake for 35–40 minutes, stirring halfway through the baking time, or until the tofu is just beginning to brown on the edges. Remove the baking sheet from the oven, drizzle the tofu with another tablespoon of dressing, and use a spatula to toss the tofu in the sauce, making sure every piece is coated.

Toss the lettuce, cabbage, carrot, red pepper, green onions, cilantro, cashews, sesame seeds, and hemp hearts in a large bowl. Fold in the tofu. You can either toss the entire salad with the remaining dressing at this point or divide the salad into bowls and drizzle the dressing on top.

Note:

The dressing recipe makes just enough to coat the salad without any extra. So if you like a lot of dressing on your salads, you might want to double the dressing recipe. Any leftovers you have will last in the fridge for at least a week.



LEMON PESTO PASTA SALAD

INGREDIENTS

- $\frac{3}{4}$ cup packed parsley leaves
- Zest from 1 lemon
- 2 tablespoons lemon juice
- 1 clove garlic
- $\frac{1}{4}$ cup raw almonds
- $\frac{1}{4}$ cup extra-virgin olive oil
- 8 ounces farfalle bow-tie pasta, cooked according to package directions
- 1 small yellow squash, cut into very thin half-moons
- $\frac{2}{3}$ cup sun-dried tomatoes, thinly sliced
- $\frac{1}{4}$ cup toasted pine nuts, optional
- $\frac{1}{4}$ cup grated parmesan cheese, optional, omit for vegan recipe
- Salt and pepper to taste

TIME: 25 MINS

SERVES: 4

DIRECTIONS

Cook pasta according to package directions.

Combine the parsley, lemon juice and zest, garlic, almonds, and olive oil in a food processor. Process until everything is finely chopped, but not completely smooth. Add salt and pepper to taste.

Toss together the farfalle, squash, tomatoes and pine nuts in a large bowl. Stir in the pesto, tossing to coat.

Sprinkle with parmesan cheese, if using, and season to taste with salt and pepper.

Refrigerate for up to 3 days.



SESAME GINGER TEMPEH LETTUCE WRAPS

INGREDIENTS

For the sesame ginger sauce:

- ¼ cup water
- ¼ cup tamari, low sodium
- 3 tablespoons pure maple syrup
- 1 tablespoon + 1 teaspoon toasted sesame oil
- 1 teaspoon fresh grated ginger
- 1 clove garlic, grated
- 1 teaspoon cornstarch

For the lettuce wraps:

- 1 teaspoon olive oil
- 1 cup shredded carrot
- 1 cup diced red pepper
- 1 cup diced snow peas
- 7 ounces tempeh, crumbled
- 6-8 pieces of lettuce that will make a good wrap such as romaine
- Optional garnishes:
 - diced cashews
 - green onions

TIME: 30 MINS

SERVES: 2

DIRECTIONS

Place all of the sesame ginger sauce ingredients into a small bowl and whisk until combined. Set aside.

Heat a large skillet over medium heat and add the olive oil. When the oil is hot, add the carrot, red pepper and peas. Cook for 3 minutes, stirring occasionally, and then add the crumbled tempeh.

Continue to cook for another 3 minutes and then pour in the sauce. Stir until everything is combined and cook until sauce is thickened, 7-10 minutes.

Let the mixture cool for a few minutes (to avoid wilting the lettuce), and then spoon the mixture into lettuce cups.

Garnish with cashews and green onions, if desired.



VEGAN CARROT GINGER SOUP

INGREDIENTS

- 1 pound carrots, chopped into chunks
- 1 cup almond milk
- 1 tsp fresh ginger
- ½ tsp turmeric
- ½ tsp ground pepper
- 1 yellow onion
- 2 cloves garlic
- ½ tsp nutmeg
- ½ tsp salt
- 2 tbsp sunflower seeds, soaked for 30 minutes in hot water
- 1 cup water

TIME: 30 MINS
SERVES: 2

DIRECTIONS

Remove carrot ends and chop them into chunks.

Fill a large saucepan with water and bring it to boil. Add carrots and cook until tender.

Meanwhile, chop onion and garlic and sauté until translucent.

Place cooked and drained carrots into a food processor with the rest of the ingredients.

Blend until smooth.

Place carrot soup in bowls and garnish with fresh ground pepper and herbs.

Notes:

Serve with a green salad drizzled with lemon, olive oil, and a pinch of salt, for a heartier meal.

Keep leftovers in the fridge for up to 4 days.

This is a freezer-friendly recipe; you can freeze it for up to 2 months.



SIMPLE SUMMER ORZO SALAD

INGREDIENTS

- 8 oz orzo pasta
- 1 cup green beans, trimmed
- 2 ears corn, kernels removed
- 2 cloves garlic, minced
- 1 cup grape or cherry tomatoes, halved
- 1 tbsp olive oil
- 2 tbsp white wine vinegar
- ¼ cup torn basil leaves
- salt and pepper, to taste

DIRECTIONS

Cook orzo according to package directions. Two minutes before cooking time is done, add the green beans to the pot. Drain in a fine mesh colander and rinse with cold water.

Transfer orzo and green beans to a large bowl. Stir in remaining ingredients and season with salt and pepper to taste.

TIME: 25 MINS

SERVES: 4



PIZZA QUINOA STUFFED PORTABELLA MUSHROOMS

INGREDIENTS

- 4 extra-large portabella mushrooms, stems and gills removed
- olive oil cooking spray
- salt and pepper, to taste
- $\frac{3}{4}$ cup uncooked quinoa, rinsed thoroughly
- 8 oz canned tomato sauce
- 2 garlic cloves, minced
- 1 tbsp minced fresh basil
- $\frac{1}{2}$ tsp dried oregano
- $\frac{1}{2}$ tsp onion powder
- pinch of red pepper flakes, optional
- $\frac{3}{4}$ cup mozzarella cheese, shredded

TIME: 30 MINS
SERVES: 4

DIRECTIONS

Preheat oven to 400°F.

Spray both sides of mushrooms and place them bottom down on a rimmed baking sheet. Sprinkle the tops with salt and pepper. Bake for 10 minutes.

While the mushrooms are baking, cook the quinoa according to package directions. Once it's finished cooking, stir in the tomato sauce, garlic, basil, oregano, onion powder, and pepper flakes. Season to taste with salt and pepper.

After 10 minutes, remove the baking sheet from the oven and flip the mushrooms over. If they fill up with liquid (sometimes they do), drain it off or blot them dry with paper towels.

Divide the quinoa mixture into the mushrooms, then top each one with cheese. Return the baking sheet to the oven and bake for 10 minutes more.

You can serve the mushrooms after this or turn on the broiler and broil them until the cheese is browned—about 3–5 minutes (just keep an eye on them so they don't burn).

Note:

To make a vegan version of this recipe, simply replace the mozzarella cheese with dairy-free cheese shreds.



CREAMY ROASTED RED PEPPER PASTA

INGREDIENTS

- 1 cup cashews, soaked overnight and drained
- 3 cloves garlic
- 2 cups water
- pinch salt
- ¼ tsp black pepper
- ¼ cup nutritional yeast
- 2 tbsp vegan butter
- 2 tbsp cornstarch
- ½ cup jarred roasted red peppers
- 10 oz pasta, such as linguine

TIME: 30 MINS
SERVES: 2

DIRECTIONS

Add the cashews, garlic, water, salt, pepper, nutritional yeast, and roasted red peppers to a blender or food processor.

Blend until smooth and creamy, scraping the sides of the blender as necessary.

Heat a pot over medium-low heat and add the vegan butter. Let it melt then add the 3 tablespoons of cornstarch. Stir to mix and let cook for 3–4 minutes until the cornstarch is lightly toasted and a shade darker.

Slowly pour in the roasted pepper sauce, whisking as needed so it doesn't clump up. Continue to whisk while the cream comes to a simmer. Let simmer until thickened, about 3–5 minutes, then remove from heat. Add additional salt and pepper, to taste.

Cook your pasta according to package directions.

Serve the pasta topped with the roasted red pepper pasta sauce.

Note: The roasted red pepper sauce can be store in the fridge for up to a week.



SPINACH MUSHROOM ENCHILADAS

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 16-ounces baby bella mushrooms, stemmed and sliced
- 3-ounces shiitake mushrooms, stemmed and sliced
- ½ teaspoon ground cumin
- ¼ teaspoon smoked paprika
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 5 ounces fresh baby spinach leaves
- 2 cups shredded mild white cheddar cheese, divided
- 10 large flour tortillas
- 1 ½ cups jarred salsa verde
- Chopped cilantro, for garnish
- Diced avocado, for garnish
- Pepita seeds, for garnish

TIME: 50 MINS

SERVES: 4

DIRECTIONS

Preheat the oven to 400°F. Grease a 9x13 inch baking dish with olive oil spray and set aside.

Add the olive oil to a large skillet set over medium heat. When hot, add the onion and cook until it starts to soften, about 2 minutes. Stir in the garlic and cook until fragrant, about 30 seconds. Add in all the mushrooms and cook, stirring occasionally, until tender and the mushrooms have released most of their juices, about 5 to 6 minutes. Stir in the cumin, paprika, salt and pepper. Add in the spinach, a few handfuls at a time, and cook until wilted.

Increase the heat slightly and continue to cook until the liquid released from the mushrooms has evaporated, about 1 to 3 minutes. Remove from the heat and stir in ½ cup of the cheese. Mix until well combined, then taste and season with additional salt and pepper as needed.

Heat the tortillas for about 45 seconds in the microwave so that they are pliable.

Scoop ⅓ cup of the filling and place in a line down the center of a tortilla. Roll the tortilla up tightly and transfer to the prepared baking dish with the seam-side down. Repeat with the remaining tortillas and filling.

Evenly pour the salsa verde over the top of the enchiladas, then sprinkle with the remaining cheese. Cover the pan with foil and bake for 15 minutes. Remove the foil and then return to the oven to bake for 5 to 7 additional minutes, until the cheese is melted and bubbly. Remove from the oven and let cool for 5 to 10 minutes. Garnish as desired.

Note:

To make a vegan version of this recipe, simply replace the cheese with dairy-free cheese shreds.



PINEAPPLE CURRY

INGREDIENTS

- 20-oz canned Pineapple Chunks, juice reserved
- ½ Cup Pineapple Juice, reserved from canned pineapples above
- 1 Cup Coconut Milk
- 1 Onion, diced
- 2 Cloves Garlic, minced
- 2 Tablespoons Olive Oil
- 2 Tablespoons Curry Powder
- 1 Tablespoon Flour
- 2 Teaspoons Cumin
- 1 Teaspoon Turmeric
- 1 Teaspoon Black Pepper
- 1 Teaspoon Paprika
- Salt, to taste

TIME: 25 MINS
SERVES: 4

DIRECTIONS

Heat olive oil in a pan over medium heat.

Sauté the onion, garlic, and pineapple until the onions are translucent, about 3-5 minutes.

Add spices to the pan and continue to cook and stir for a minute or two.

Slowly add the milk and juice while stirring. Let the mixture simmer until it starts to thicken, about 10 minutes. Salt to taste.

Serve over rice and enjoy!



30-MINUTE VEGETARIAN BURRITO BOWLS

INGREDIENTS

- 1 ½ cups corn kernels, fresh, rinsed and patted dry
- 1 yellow onion, chopped
- ½ cup jasmine rice
- 15 oz black beans, canned, drained and rinsed
- 1 cup vegetable broth
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp chili powder
- 1 cup cherry tomatoes, chopped
- 2 limes, zested and halved
- 3 tbsp sour cream
- 2 tbsp cilantro fresh
- salt, to taste
- black pepper, to taste
- olive oil
- 1 avocado, sliced
- hot sauce optional

TIME: 30 MINS
SERVES: 2

DIRECTIONS

Roast the Corn: Preheat oven to 400 degrees. Spread corn kernels on a baking sheet in a single layer, and sprinkle with salt and pepper, to taste. Roast for 17-20 minutes, until corn is beginning to get crispy.

Prepare the Beans and Rice: Heat 2 tbsp olive oil in a medium non-stick pot, over medium heat. Add onion and cook for 4-5 minutes, until softened. Add the rice, black beans, and vegetable broth. Stir. Add the cumin, chili powder, garlic, and a large pinch of salt. Stir to combine. Bring to a boil. Reduce heat and simmer for 15-17 minutes, until rice is tender. Add additional salt and black pepper, to taste.

Make the Salsa: In a small bowl, combine the cherry tomatoes, lime zest, and cilantro. Squeeze in the juice of one lime. Add 1 tsp olive oil and salt and pepper, to taste. Stir to combine, and set aside.

Make the Lime-Sour Cream: In a small bowl mix together the sour cream and juice from half a lime. Add salt and pepper, to taste.

Assemble the Burrito Bowls: Divide the rice and beans mixture between two serving bowls. Add half of the roasted corn, fresh salsa, and avocado slices to each bowl. Sprinkle half of the Monterey-Jack Cheese over each bowl. Top each bowl with a dollop of the lime-sour cream, and hot sauce (if desired).

Note:

To make a vegan version of this recipe:

- Replace the cheese with dairy-free cheese shreds.
- Replace the sour cream with plain non-dairy yogurt, such as soy or coconut yogurt.