



Welcome!

Inside this guide, you'll find your full meal plan, an organized grocery list, and delicious, simple recipes.

How to Use the Meal Plan

This plan is here to support you—not to box you in. Feel free to use it as inspiration and choose recipes you like cooking in whatever order you prefer. Or choose a few recipes and add them to your weekly routine.

If you want to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

However, if you *do* want to follow it exactly, I've included a complete itemized grocery list so you know exactly what to buy. Before you shop, take a moment to check off any items you already have at home. It's a small step that saves both time and money!

Shopping Tips

Your grocery list is organized the same way most stores are laid out. You'll start in produce with fruits and vegetables and work your way through the remaining categories in a smooth, time-saving flow. This helps you shop quickly, efficiently, and without backtracking through aisles.

Recipe Tips

Make this plan feel like *yours*. If there's a fruit you don't like, swap it. Any fruit or vegetable can be exchanged for something you like better—while still keeping the balance and structure of the plan.














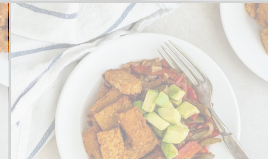

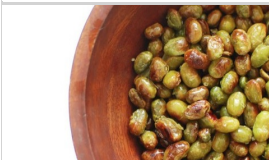

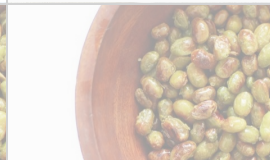

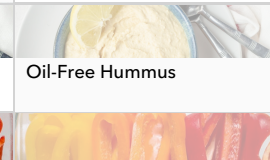
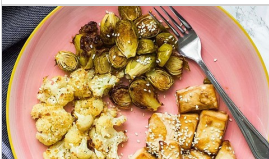



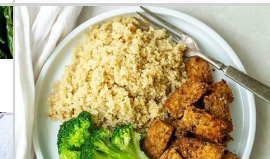
Be sure to check the **Notes** section in each recipe for simple upgrades, pairing suggestions, and time-saving tips.

Also, it's very important that you eat until you are full and satisfied, not just what the serving size says. Serving sizes are simply a guide, not a rule. Listening to *your* body helps prevent overeating later in the evening.

Leftovers

You'll notice some meals and snacks are shaded in the plan—these are intentional leftovers. This means you've already cooked or prepared that recipe earlier in the week, so there's nothing new to prepare. Simply enjoy and move on with your day.

Enjoy!

	Mon	Tue	Wed	Thu	Fri
Breakfast	 Brownie Protein Pancakes	 Brownie Protein Pancakes	 Brownie Protein Pancakes	 Curried Tofu Scramble	 Curried Tofu Scramble
Snack 1	 Mocha Overnight Protein Oats	 Mocha Overnight Protein Oats	 Chocolate Cherry Chia Pudding	 Chocolate Cherry Chia Pudding	 Chocolate Cherry Chia Pudding
Lunch	 Chickpea Edamame Salad with Lemon & Dill	 One Pan Tofu, Brussels Sprouts & Cauliflower	 Chili Lime Tempeh & Veggies	 Chili Lime Tempeh & Veggies	 Chickpea Edamame Salad with Lemon & Dill
Snack 2	 Roasted Edamame	 Roasted Edamame	 Roasted Edamame	 Oil-Free Hummus	 Oil-Free Hummus
Dinner	 One Pan Tofu, Brussels Sprouts & Cauliflower	 Chili Lime Tempeh & Veggies	 Crispy Peanut Tofu with Cauliflower Rice	 Chickpea Edamame Salad with Lemon & Dill	 Tempeh, Quinoa & Broccoli

Fruits

- 1 1/2 Avocado
- 3/4 cup Cherries
- 1 1/4 Lemon
- 2 2/3 tbsps Lemon Juice
- 1/2 Lime
- 1/3 cup Lime Juice

Breakfast

- 1 1/4 tbsps All Natural Peanut Butter
- 1/2 cup Coffee
- 2 1/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/3 cup Chia Seeds
- 1 tbsp Chili Powder
- 1 tbsp Cumin
- 1 1/3 tps Curry Powder
- 1 1/2 tps Garlic Powder
- 3 tbsps Ground Flax Seed
- 1 tsp Italian Seasoning
- 1 tbsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sesame Seeds
- 3/4 tsp Smoked Paprika

Frozen

- 5 1/2 cups Frozen Edamame

Vegetables

- 4 cups Arugula
- 5 cups Baby Spinach
- 3 cups Broccoli
- 3 1/16 cups Brussels Sprouts
- 2 heads Cauliflower
- 1/3 cup Fresh Dill
- 2 2/3 Garlic
- 1 1/2 Green Bell Pepper
- 1 Orange Bell Pepper
- 3 3/4 Red Bell Pepper
- 1 Yellow Bell Pepper
- 1 1/3 Yellow Onion

Boxed & Canned

- 3 3/4 cups Chickpeas
- 3 cups Quinoa
- 3/4 cup Vegetable Broth

Baking

- 3 1/16 tbsps Arrowroot Powder
- 1 1/2 tbsps Baking Powder
- 2 tbsps Cacao Nibs
- 3/4 cup Chickpea Flour
- 3 1/2 tbsps Cocoa Powder
- 1/3 cup Dark Chocolate Chips
- 1 1/3 tbsps Nutritional Yeast
- 1 cup Oats
- 2 1/4 tps Sugar
- 1 tbsp Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- 1 1/3 lbs Tempeh
- 4 3/4 lbs Tofu

Condiments & Oils

- 1/3 cup Avocado Oil
- 1/4 cup Balsamic Vinegar
- 2 1/4 tps Coconut Oil
- 2 1/2 tps Dijon Mustard
- 2 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tps Sesame Oil
- 3 1/2 tbsps Tahini
- 1/4 cup Tamari

Cold

- 3 1/2 cups Unsweetened Almond Milk

Other

- 1 1/4 cups Chocolate Protein Powder
- 4 1/8 cups Water



Brownie Protein Pancakes

3 servings

15 minutes

Ingredients

3 tbsps Ground Flax Seed
1/2 cup Water
3/4 cup Chickpea Flour
3/4 cup Chocolate Protein Powder
1 1/2 tbsps Cocoa Powder
1 1/2 tbsps Baking Powder
1 1/2 cups Unsweetened Almond Milk
(or water)
1/3 cup Dark Chocolate Chips
2 1/4 tpsps Coconut Oil

Directions

- 1 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 2 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 3 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 4 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 5 Plate the pancakes and enjoy!

Notes

Protein Powder: I used Genuine Health Proteins+ in chocolate.

Save Time: Make the pancake batter in a blender.

Toppings: Maple syrup, honey, fresh fruit, granola, seeds or nuts.

No Chickpea Flour: Try oat flour instead. Results may vary.



Curried Tofu Scramble

2 servings

25 minutes

Ingredients

2 tsp Vegetable Broth
2/3 Red Bell Pepper (chopped)
1/3 Yellow Onion (chopped)
10 1/2 ozs Tofu (extra firm, drained and pressed to remove water)
2/3 tsp Curry Powder
2 tsp Nutritional Yeast
1/8 tsp Sea Salt
2 cups Arugula

Directions

- 1 In a skillet over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 8 to 10 minutes.
- 2 Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast and sea salt. Stir to combine the spices evenly.
- 3 Add arugula to the pan and stir until just wilted, about 1 minute. Remove from the heat, serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Vegetable Broth: Use avocado oil or extra virgin olive oil instead.

More Flavor: Add mushrooms or fresh herbs to the dish.



Mocha Overnight Protein Oats

2 servings

8 hours

Ingredients

1 cup Oats (rolled)
2 tbsps Chia Seeds
2 tbsps Cocoa Powder
1/4 cup Chocolate Protein Powder
1 cup Unsweetened Almond Milk
1/2 cup Coffee (brewed and chilled)
2 tbsps Cacao Nibs

Directions

- 1 Combine all ingredients in a large bowl and mix well. Cover and refrigerate overnight.
- 2 Divide between bowls or containers. Top with cacao nibs for some crunch. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.



Chocolate Cherry Chia Pudding

3 servings

30 minutes

Ingredients

1/4 cup Chia Seeds
1 cup Unsweetened Almond Milk
1/4 cup Chocolate Protein Powder
3/4 cup Cherries (pitted)
1 tbsp Unsweetened Shredded Coconut

Directions

- 1 In a large bowl, combine the chia seeds with the milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the cherries and the coconut. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

No Protein Powder: Use raw cacao powder instead of protein powder, using half the amount.

Likes it Sweet: Add a drizzle of maple syrup or honey.

Additional Toppings: Add granola or cacao nibs on top for crunch.

Protein Powder: I used Genuine Health Proteins+ in chocolate.



Chickpea Edamame Salad with Lemon & Dill

1 serving
10 minutes

Ingredients

1/4 Lemon (juiced)
1 1/2 tsps Avocado Oil
1/2 tsp Dijon Mustard
1/2 tsp Maple Syrup
1 tbsp Fresh Dill (chopped)
1 cup Baby Spinach (chopped)
1/2 cup Chickpeas (cooked)
1/2 cup Frozen Edamame (thawed)

Directions

- 1 In a large mixing bowl, whisk together the lemon juice, avocado oil, dijon, maple syrup and dill.
- 2 Toss in the spinach, chickpeas and edamame until well combined. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 to 5 days.

No Spinach: Use mixed greens, arugula, kale or romaine lettuce instead.

Soy-Free: Use green peas instead of edamame.

No Chickpeas: Use lentils or black beans instead.



Quinoa

1 serving
15 minutes

Ingredients

1/4 cup Quinoa (uncooked)
1/3 cup Water

Directions

1

Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 3/4 cup.



One Pan Tofu, Brussels Sprouts & Cauliflower

3 servings

45 minutes

Ingredients

- 1 1/2 lbs Tofu (extra firm, drained)
- 1 1/2 tbsps Tamari
- 1 1/2 tbsps Avocado Oil
- 1 1/2 tpsps Maple Syrup
- 1 1/2 tbsps Arrowroot Powder
- 1 1/2 cups Brussels Sprouts (trimmed and halved)
- 3/4 head Cauliflower (chopped into florets)
- 1 1/2 tpsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Sesame Seeds

Directions

- 1 Preheat the oven to 400°F (204°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish and add the tamari, avocado oil, maple syrup, and arrowroot powder. Let it sit for 10 minutes to marinate, ensuring all of the tofu is covered.
- 2 Line a baking sheet with parchment paper and add the brussels sprouts and cauliflower to the pan. Drizzle with olive oil, sea salt, and pepper. Add the marinated tofu to the baking sheet. Bake for 30 to 35 minutes, flipping the tofu halfway through.
- 3 Remove from the oven and divide onto plates. Garnish with sesame seeds and enjoy!

Notes

More Carbs: Serve with rice or quinoa.

Leftovers: Store in an airtight container in the fridge up to 3 to 4 days.

Vegetable Alternatives: The cauliflower and Brussels sprouts can be swapped out for things like broccoli, sweet potato, carrots, green beans or squash.



Quinoa

4 servings

15 minutes

Ingredients

1 cup Quinoa (uncooked)

1 1/2 cups Water

Directions

1

Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.



Roasted Edamame

3 servings

45 minutes

Ingredients

3 cups Frozen Edamame
1 1/2 tbsps Extra Virgin Olive Oil
1/3 tsp Sea Salt

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 3 Remove from oven when edamame is golden brown and let cool. Enjoy!

Notes

Less Time: Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.



Oil-Free Hummus

4 servings

5 minutes

Ingredients

1 1/3 cups Chickpeas (cooked)
2/3 Garlic (clove, minced)
2 2/3 tbsps Lemon Juice
2/3 tsp Sea Salt
3 1/2 tbsps Tahini
2 2/3 tbsps Water (cold)

Directions

- 1 Add the chickpeas to the bowl of a food processor and blend until pureed.
- 2 Add the garlic, lemon juice, salt and tahini. Turn the food processor on high and slowly stream in the cold water. Continue to blend until really smooth and creamy. Season with additional salt or lemon juice, if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serve it With: Veggie sticks, tortilla chips, crackers, on a salad, in a wrap or as a sandwich spread.

Consistency: If hummus is too thick, add additional cold water, one tablespoon at a time.



Chopped Bell Peppers

4 servings

5 minutes

Ingredients

- 1 Yellow Bell Pepper
- 1 Orange Bell Pepper
- 1 Red Bell Pepper

Directions

- 1 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 to 4 days.



Chili Lime Tempeh & Veggies

3 servings

1 hour 40 minutes

Ingredients

- 1 tbsp Chili Powder (divided)
- 1 tbsp Cumin (divided)
- 1 1/2 tsps Garlic Powder (divided)
- 1 1/8 tsps Sea Salt (divided)
- 3/4 tsp Smoked Paprika
- 1/3 cup Lime Juice
- 1/3 cup Vegetable Broth
- 1 1/2 tsps Maple Syrup
- 13 1/2 ozs Tempeh (cut into thin pieces)
- 1 1/2 Red Bell Pepper (thinly sliced)
- 1 1/2 Green Bell Pepper (thinly sliced)
- 3/4 Yellow Onion (thinly sliced)
- 1 1/2 tsps Water
- 1 1/2 Avocado (diced)

Directions

- 1 In a shallow bowl or zipper-lock bag combine half of the chili powder, half of the cumin, half of the garlic powder, two-thirds of the salt and the paprika. Stir in the lime juice, vegetable broth and maple syrup and mix well. Add the tempeh and gently toss to coat in the marinade. Let the tempeh marinate for at least one hour or up to 8 hours. If marinating for longer than 1 hour, keep the tempeh in the fridge.
- 2 When the tempeh has finished marinating, preheat your oven to 375°F (190°C) and line a large baking sheet with parchment paper.
- 3 Add the peppers and onion to a large mixing bowl. Add the remaining chili powder, cumin, garlic, salt and water and toss to coat the vegetables. Transfer the seasoned vegetables to the prepared baking sheet and arrange on one-third of the pan.
- 4 Gently toss to coat the tempeh in the marinade again then arrange the tempeh evenly on the remaining two-thirds of the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Discard any remaining marinade. Bake for 28 to 30 minutes, flipping halfway through, or until the vegetables are tender.
- 5 Divide between plates. Top with diced avocado and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add cayenne pepper or hot sauce for a spicy tempeh. Use avocado oil instead of water to roast the vegetables.

Additional Toppings: Lime wedges or cilantro.

Serve it With: Brown rice, quinoa, cauliflower rice or tortillas as a taco filling.



Crispy Peanut Tofu with Cauliflower Rice

2 servings

40 minutes

Ingredients

8 ozs Tofu (extra firm, drained)
1 1/2 tsps Sesame Oil
1 1/2 tbsps Tamari
2 1/4 tsps Sugar
1 1/4 tbsps All Natural Peanut Butter
1/2 head Cauliflower (medium, grated into rice)
1/2 Lime (sliced into wedges)

Directions

- 1 Preheat the oven to 400°F (204°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Bake for 20 minutes.
- 2 While the tofu is baking, make the sauce by whisking together the sesame oil, tamari, sugar, and peanut butter. Once the tofu is done baking add it to a dish and cover with the sauce to marinate.
- 3 Heat a skillet over medium heat. Add the cauliflower rice and cook for 5 to 6 minutes. Remove the rice and set aside. Then add the tofu with the sauce and cook for 2 to 3 minutes until heated through and slightly browned.
- 4 Divide the cauliflower rice between plates and top with tofu and a lime wedge. Enjoy!

Notes

No Tamari: Use soy sauce or coconut aminos.

No Cauliflower: Use regular rice instead.

Nut-Free: Use sunflower seed butter instead of peanut butter.

Likes it Spicy: Garnish with red pepper flakes.



Tempeh, Quinoa & Broccoli

3 servings

55 minutes

Ingredients

- 1/4 cup Vegetable Broth
- 1/4 cup Balsamic Vinegar
- 1 tsp Italian Seasoning
- 1/2 tsp Sea Salt
- 2 Garlic (clove, minced)
- 9 ozs Tempeh (cut into thin pieces)
- 3/4 cup Quinoa (uncooked)
- 3 cups Broccoli (cut into florets)

Directions

- 1 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 2 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 3 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
- 4 Meanwhile, cook the quinoa according to the package directions.
- 5 While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Quinoa: Use rice instead.

No Italian Seasoning: Use any combination of dried herbs.

More Flavor: Drizzle the broccoli with extra virgin olive oil.

Broccoli: Use fresh or frozen broccoli or substitute other vegetable instead.