



## 3-Day Sample Wholefoods Meal Plan

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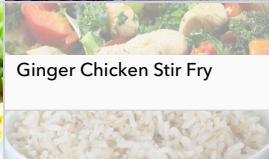




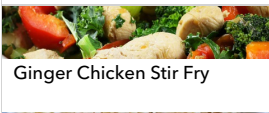

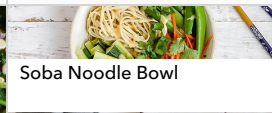


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Hello, and welcome to your 3-day wholefoods meal plan!

Most lunches are leftovers from the night before - this is the easiest way to have an easy, wholesome lunch. Therefore, the dinner meals from the night before have been intentionally increased to "two portions", all other meals/snacks are designed based upon one portion/one person. If you are cooking for multiple people, please adjust portion sizes accordingly, still allowing enough leftovers for lunches.

We always encourage intuitive eating, therefore, please feel free to adjust portion sizes as needed, listening to your body. Likewise, feel free to substitute ingredients for similar ones that suit you better, add extra veggies or spices, etc.

Enjoy!

	Mon	Tue	Wed
Breakfast	 Cinnamon Pear Oatmeal	 Avocado Toast with a Poached Egg	 Overnight Bircher Muesli
Snack 1	 Brazil Nuts	 Pear & Walnuts	 Almonds
Lunch	 Kale & Tuna Salad with Parsley Vinaigrette	 Ginger Chicken Stir Fry	 Lentil Masala Soup
Snack 2	 Morning Glory Muffins	 Morning Glory Muffins	 Morning Glory Muffins
Dinner	 Ginger Chicken Stir Fry	 Lentil Masala Soup	 Soba Noodle Bowl
	 Brown Rice		 Honey Ginger Salmon



### Fruits

- 1/4 Apple
- 1/2 Avocado
- 2/3 Banana
- 1/3 Lemon
- 3/4 tsp Lime Juice
- 1 1/2 Pear

### Breakfast

- 1 tbsp Almond Butter
- 2 2/3 tbsps Maple Syrup

### Seeds, Nuts & Spices

- 1/4 cup Almonds
- 1/16 tsp Black Pepper
- 1/4 cup Brazil Nuts
- 1/2 tsp Cinnamon
- 1 1/2 tpsps Garam Masala
- 1 1/2 tpsps Ground Flax Seed
- 1 tbsp Hemp Seeds
- 2 tpsps Pecans
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sliced Almonds
- 1 1/3 tpsps Sunflower Seeds
- 1/2 tsp Turmeric
- 1/4 cup Walnuts

### Vegetables

- 1 cup Broccoli
- 1 3/4 Carrot
- 2 1/8 stalks Celery
- 2/3 cup Cilantro
- 1/8 Cucumber
- 3 1/3 Garlic
- 2 3/4 tpsps Ginger
- 2/3 stalk Green Onion
- 5 1/3 cups Kale Leaves
- 1/3 cup Parsley
- 1/2 Red Bell Pepper
- 1/4 cup Red Onion
- 1/2 cup Snap Peas
- 1/4 Yellow Onion

### Boxed & Canned

- 1/2 cup Brown Rice
- 50 grams Buckwheat Soba Noodles
- 1/2 cup Canned Coconut Milk
- 1 1/2 cups Diced Tomatoes
- 1/2 cup Dry Red Lentils
- 1/3 can Tuna
- 2 cups Vegetable Broth

### Baking

- 2/3 cup Almond Flour
- 1 tsp Honey
- 1 2/3 cups Oats
- 1/3 cup Raisins
- 1 tbsp Unsweetened Shredded Coconut

### Bread, Fish, Meat & Cheese

- 1 slice Bread
- 283 grams Chicken Breast
- 113 grams Salmon Fillet

### Condiments & Oils

- 1 1/3 tpsps Apple Cider Vinegar
- 2 1/4 tpsps Coconut Oil
- 3 1/3 tpsps Extra Virgin Olive Oil
- 2 1/4 tpsps Miso Paste
- 1 1/2 tpsps Rice Vinegar
- 3 tpsps Tamari

### Cold

- 3 Egg
- 1/3 cup Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Yogurt

### Other

- 2 1/16 cups Water



## Cinnamon Pear Oatmeal

1 serving  
15 minutes

### Ingredients

- 1/2 Pear (sliced)
- 1/8 tsp Cinnamon
- 1/2 cup Oats (rolled)
- 1 cup Water
- 2 tbsps Pecans (roughly chopped, optional)
- 1 tbsp Almond Butter (optional)

### Directions

- 1 Heat a small non-stick pan over medium heat. Once warm, add the pear and cinnamon. Cook, stirring often until softened and cooked through, about 5 to 7 minutes. Remove the pears and set aside.
- 2 Meanwhile, add the oats and water to a small saucepan and cook over medium heat, stirring often until gently boiling. Reduce the heat and simmer until cooked through, about 5 to 7 minutes.
- 3 Add the oats to a bowl and top with pears. Add the pecans and almond butter, if using. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Reheat with a splash of water or oat milk or eat cold.

**Nut-Free:** Use pumpkin seeds instead of pecans. Omit the almond butter or use tahini instead.

**More Flavor:** Add a splash of oat milk and/or vanilla. Cook the pear in coconut oil.

**Additional Toppings:** Sweeten with a drizzle of maple syrup.



## Avocado Toast with a Poached Egg

1 serving  
15 minutes

### Ingredients

1 slice Bread  
1/2 Avocado  
Sea Salt & Black Pepper (to taste)  
1 Egg  
1 tbsp Apple Cider Vinegar  
1/8 tsp Sea Salt

### Directions

- 1 Toast bread.
- 2 Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
- 3 Crack your egg into a bowl.
- 4 Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
- 5 Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!





## Overnight Bircher Muesli

1 serving

8 hours

### Ingredients

- 1/2 cup Oats (rolled)
- 1 tbsp Unsweetened Shredded Coconut
- 1 tbsp Sliced Almonds
- 1 1/2 tsps Ground Flax Seed
- 1 tbsp Raisins
- 1 tbsp Hemp Seeds
- 1/8 tsp Cinnamon
- 1/4 cup Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Yogurt
- 1/4 Apple (medium, grated)

### Directions

- 1 In a large bowl, combine the oats, shredded coconut, almonds, flax seeds, raisins, hemp seeds, and cinnamon.
- 2 Stir in the almond milk, yogurt, and grated apple. Mix well. Cover and let soak in the fridge overnight.
- 3 Divide into bowls or jars in the morning, and enjoy!

### Notes

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

**Prep Ahead:** The dry muesli mix can be scaled up and stored in a jar in your cupboard for up to 2 months.

**Likes it Sweet:** Serve with fresh berries and/or a drizzle of maple syrup or honey.

**More Protein:** Make with Greek yogurt instead of coconut yogurt.



## Brazil Nuts

**1 serving**  
**5 minutes**

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### Ingredients

1/4 cup Brazil Nuts

### Directions

- 1 Divide into bowls and enjoy!





## Pear & Walnuts

1 serving

5 minutes

### Ingredients

1 Pear  
1/4 cup Walnuts

### Directions

- 1 Slice the pear and serve with walnuts. Enjoy!

### Notes

**Nut-Free:** Use sunflower seeds instead of walnuts.

**More Flavor:** Season the pear with cinnamon.



## Almonds

1 serving

2 minutes

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### Ingredients

1/4 cup Almonds (raw)

### Directions

- 1 Place in a bowl and enjoy!

### Notes

**Leftovers:** Store in an airtight container in the pantry.

**More Flavor:** Roast, toast and/or season with salt.



## Kale & Tuna Salad with Parsley Vinaigrette

1 serving  
20 minutes

### Ingredients

- 1/3 cup Parsley
- 1 tbsp Extra Virgin Olive Oil
- 1/3 Lemon (juiced)
- 1/3 Garlic (clove, crushed)
- 1 tsp Apple Cider Vinegar
- 1/16 tsp Sea Salt
- 1/16 tsp Black Pepper
- 1 1/3 cups Kale Leaves
- 1/3 can Tuna (drained and flaked)
- 2/3 stalk Green Onion (diced)
- 2/3 Egg (hard boiled, peeled and chopped)
- 2/3 stalk Celery (diced)
- 1 1/3 tbsps Sunflower Seeds

### Directions

- 1 Combine parsley, olive oil, lemon juice, garlic, apple cider vinegar, sea salt and black pepper together in a food processor or blender. Blend until smooth. Transfer into a jar.
- 2 Add kale leaves to a bowl. Pour half the dressing in the jar onto the kale leaves and massage. Add the tuna, green onion, eggs, celery and sunflower seeds. Drizzle with desired amount of remaining dressing and serve!

### Notes

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

**On-the-Go:** Layer all ingredients into a mason jar.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.

**Vegan:** Use quinoa and chickpeas instead of eggs and tuna.

**No Tuna:** Use any other source of protein like diced chicken breast or bacon.





## Morning Glory Muffins

6 servings  
40 minutes

### Ingredients

2/3 cup Almond Flour  
2/3 cup Oats  
1/3 tsp Cinnamon  
1/8 tsp Sea Salt  
1/3 cup Raisins  
2 tbsps Extra Virgin Olive Oil  
2 2/3 tbsps Maple Syrup  
1 1/3 Egg  
2 2/3 tbsps Unsweetened Almond Milk  
1 1/3 Carrot (grated)  
2/3 Banana (ripe and mashed)

### Directions

- 1 Preheat the oven to 375°F (191°C). Line a muffin tray with liners.
- 2 In a bowl, combine flour, cinnamon, salt, oats and raisins. Mix well.
- 3 In a separate bowl, combine oil, maple syrup, egg, almond milk, carrot and banana. Mix well.
- 4 Combine the wet and dry ingredients and mix well.
- 5 Use a measuring cup to measure even amounts of mixture into the muffin liners. Place in the oven and bake for 30 minutes.
- 6 Remove from oven. Let cool and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Freeze for up to two months.

**Serving Size:** One serving equals one muffin.

**No Raisins:** Used unsweetened dried cranberries or fresh blueberries instead.

**Egg Allergy:** Mix 2 tbsp ground flax seed with 6 tbsp water and let it sit to form a gel. Use this in replace of 2 eggs.

**Additional Toppings:** Raw honey or butter.



## Ginger Chicken Stir Fry

2 servings  
30 minutes

### Ingredients

- 3 tbsps Tamari
- 1 Garlic (cloves, minced)
- 1 1/2 tsps Ginger (peeled and grated)
- 1 1/2 tsps Coconut Oil
- 283 grams Chicken Breast (sliced into cubes)
- 1/4 Yellow Onion (diced)
- 1 1/2 stalks Celery (sliced)
- 1/2 Red Bell Pepper (diced)
- 1 cup Broccoli (chopped into florets)
- 2 cups Kale Leaves (chopped)

### Directions

- 1 Mix together tamari, garlic and ginger in a jar. Put on a lid and shake well. Set aside.
- 2 Add coconut oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Saute for 8 to 10 minutes or until chicken is mostly cooked through. Add in celery, red pepper and broccoli. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat and stir in your kale. Continue to stir just until kale is wilted.
- 3 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

### Notes

**Alternative Veggies:** Use mushrooms, snap peas, carrots or any other vegetables you have on hand.

**Serve it With:** Brown rice, pasta or quinoa.

**Leftovers:** Keeps well in the fridge up to 3 days.

**Vegan and Vegetarian:** Use chickpeas or tofu instead of chicken.

**Make It Faster:** Use pre-sliced veggies from the bag.



## Brown Rice

2 servings  
45 minutes

### Ingredients

1/2 cup Brown Rice (uncooked)  
1 cup Water

### Directions

1

Combine the brown rice 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 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!





## Lentil Masala Soup

2 servings  
30 minutes

### Ingredients

- 3/4 tsp Coconut Oil
- 1/4 cup Red Onion (finely diced)
- 2 Garlic (cloves, minced)
- 1/2 tsp Turmeric
- 1 1/2 tsps Garam Masala
- 1/2 tsp Sea Salt
- 1/2 cup Cilantro (finely diced)
- 2 cups Vegetable Broth
- 1 1/2 cups Diced Tomatoes
- 1/2 cup Dry Red Lentils
- 1/2 cup Canned Coconut Milk (full fat)
- 2 cups Kale Leaves (finely sliced)

### Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 2 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 3 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to two months.

**Additional Toppings:** Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.



## Soba Noodle Bowl

1 serving  
10 minutes

### Ingredients

50 grams Buckwheat Soba Noodles  
2 1/4 tsps Miso Paste  
1 1/2 tsps Rice Vinegar  
3/4 tsp Lime Juice  
1/4 tsp Ginger (minced)  
2 1/4 tsps Water  
1/2 cup Snap Peas  
1/2 Carrot (shredded)  
1/8 Cucumber (large, sliced into strips)  
2 tbsps Cilantro (roughly chopped)

### Directions

- 1 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled.
- 2 In a small bowl, mix together the miso paste, rice vinegar, lime juice, ginger, and water. Set aside.
- 3 Divide the noodles into bowls, and add the dressing and mix well. Top the bowls with snap peas, carrot, cucumber and cilantro. Enjoy!

### Notes

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

**More Flavor:** Season the dressing with tamari and/or toasted sesame oil.

**Additional Toppings:** Add more vegetables such as thinly sliced radish, cabbage, green onion, and/or sesame seeds.

**More Protein:** Add crispy tofu, tempeh, or edamame.



## Honey Ginger Salmon

**1 serving**  
10 minutes

### Ingredients

1 tsp Extra Virgin Olive Oil  
1 tsp Honey  
1 tsp Ginger (fresh, minced)  
1/8 tsp Sea Salt  
113 grams Salmon Fillet

### Directions

- 1 Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, whisk together the oil, honey, ginger, and salt. Brush the mixture onto the salmon.
- 3 Add the salmon to the baking sheet and bake for ten minutes, or until the salmon flakes apart with a fork. Enjoy!

### Notes

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

**More Flavor:** Add lime zest, cilantro, and/or red pepper flakes.