

Plant-Based Simple Meal Plan

Created by Restored Identity LLC



Plant-Based Simple Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Peanut Butter & Blueberry Chia Oats	Peanut Butter & Jam Overnight Oats	Vanilla Date Smoothie	Apple & Peanut Butter Smoothie	Mango Carrot Smoothie	Cinnamon Green Smoothie	Protein Cinnamon & Apple Oats
Snack 1	Banana	Apple Slices & Hummus	Cucumber Hummus Bites	Cucumber Hummus Bites	Blueberry Banana Protein Smoothie	Banana & Pecans	Peanut Butter & Blueberry Toast
				Avocado			
Lunch	Crispy Tofu & Broccoli on Rice	Lemony Lentil & Spinach Pasta	Crispy Tofu & Broccoli on Rice	Maple Roasted Lentil & Sweet Potato Salad	Grilled Zucchini & Chickpea Pasta Salad	Crispy Tofu, Carrot & Rice	Tofu Broccoli Pasta
Snack 2	Apple Slices & Hummus	Banana	Blood Orange Tahini Overnight Oats	Peanut Butter Toast & Fruit Snack Box	Apple	Blueberry Banana Protein Smoothie	Banana & Pecans
Dinner	Lemony Lentil & Spinach Pasta	Crispy Tofu & Broccoli on Rice	Maple Roasted Lentil & Sweet Potato Salad	Crispy Tofu, Carrot & Rice	Herbed Chickpeas with Avocado	Tofu Broccoli Pasta	Avocado & Hummus Cucumber Sandwich

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49 items

Fruits

- 5 Apple
- 1 1/4 Avocado
- 8 Banana
- 1 Blood Orange
- 4 3/4 cups Blueberries
- 1/3 cup Lemon Juice

Breakfast

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

Seeds, Nuts & Spices

- 1/4 tsp Black Pepper
- 1 1/2 tbsps Chia Seeds
- 1 3/4 tpsps Cinnamon
- 1 1/4 tpsps Garlic Powder
- 2 tbsps Ground Flax Seed
- 1 1/2 tpsps Ground Ginger
- 1/2 tsp Herbes De Provence
- 1 cup Pecans
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 3 cups Frozen Mango
- 7 Ice Cubes

Vegetables

- 11 1/2 cups Baby Spinach
- 5 3/4 cups Broccoli
- 4 1/2 Carrot
- 3/4 Cucumber
- 3 Garlic
- 2 tbsps Mint Leaves
- 3 cups Mixed Greens
- 1 tbsp Parsley
- 1 Sweet Potato

Boxed & Canned

- 1 1/2 cups Brown Rice
- 1 cup Chickpeas
- 2 cups Lentils
- 3 cups Whole Wheat Penne

Baking

- 2 tbsps Arrowroot Powder
- 1/3 cup Nutritional Yeast
- 1 2/3 cups Oats
- 1/4 cup Pitted Dates
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 2 1/8 lbs Tofu
- 4 slices Whole Grain Bread

Condiments & Oils

- 1/2 cup Extra Virgin Olive Oil
- 1 1/2 tpsps Tahini
- 1/3 cup Tamari

Cold

- 1 1/2 cups Hummus
- 4 1/2 cups Oat Milk
- 2/3 cup Plain Coconut Milk
- 4 3/4 cups Unsweetened Almond Milk

Other

- 1 1/3 cups Vanilla Protein Powder
- 1/2 cup Water

Peanut Butter & Blueberry Chia Oats

6 ingredients · 8 hours · 2 servings



Directions

1. Add half of the peanut butter and half of the maple syrup to a mixing bowl. Slowly whisk in almond milk until combined.
2. Stir in the oats and chia seeds until combined. Cover and let sit for at least three hours or overnight.
3. To prepare the blueberries, add them to a bowl with the remaining maple syrup. Stir to coat the blueberries in the syrup then cover and let rest in the fridge until oats are ready.
4. To serve, divide the peanut butter oats evenly between jars. Top with equal amounts of the sweetened blueberries (and their juices) and remaining peanut butter. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately one cup.

No Peanut Butter

Use almond butter, cashew butter, or sunflower seed butter instead.

Ingredients

- 1/3 cup** All Natural Peanut Butter (divided)
- 3 tbsps** Maple Syrup (divided)
- 1 1/4 cups** Unsweetened Almond Milk
- 1 cup** Oats (rolled)
- 1 tbsp** Chia Seeds
- 2 cups** Blueberries

Vanilla Date Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. In a blender, combine all ingredients and blend until smooth. Serve immediately and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to approximately 1 1/2 cups.

More Flavor

Add cacao powder for a chocolatey twist.

Ingredients

4 2/3 ozs Tofu (soft)

1 Banana (medium)

2/3 cup Oat Milk

1/4 cup Pitted Dates

1 tsp Vanilla Extract

3 Ice Cubes

Apple & Peanut Butter Smoothie

8 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to approximately two cups.

Ingredients

- 1 Apple (medium, peeled and chopped)
- 1 Banana (frozen)
- 4 Ice Cubes
- 2 tbsps Vanilla Protein Powder
- 2 tbsps Oats
- 1 tbsp All Natural Peanut Butter
- 3/4 tsp Cinnamon
- 1 cup Unsweetened Almond Milk

Mango Carrot Smoothie

5 ingredients · 5 minutes · 3 servings



Directions

1. Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

No Oat Milk

Use another type of milk such as pea, almond, coconut, or dairy milk.

Ingredients

- 3 cups** Frozen Mango
- 3** Carrot (medium, chopped)
- 3 3/4 cups** Oat Milk (unsweetened)
- 3/4 cup** Vanilla Protein Powder
- 1 1/2 tsps** Ground Ginger

Banana

1 ingredient · 1 minute · 1 serving



Directions

1. Peel and enjoy!

Notes

More protein

Dip in almond butter.

Ingredients

1 Banana

Apple Slices & Hummus

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

Notes

No Apple

Use pear slices instead.

Ingredients

- 1 Apple
- 1/4 cup Hummus

Cucumber Hummus Bites

3 ingredients · 10 minutes · 1 serving



Directions

1. Slice cucumber into 1/4-inch thick rounds.
2. Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

Notes

More Flavour

Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.

Ingredients

1/4 Cucumber (large)

1/4 cup Hummus

1/8 tsp Black Pepper

Avocado

1 ingredient · 5 minutes · 1 serving



Directions

1. Cut avocado into slices or chunks. Enjoy!

Notes

Serve it With

Salads, soups, chilli, on toast, or in a wrap with leftovers.

Savoury Snack

Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

Sweet Snack

Top with maple syrup, honey, maple butter and/or cinnamon.

Ingredients

1/2 Avocado

Blueberry Banana Protein Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of peanut butter and coconut milk instead of almond milk.

No Almond Milk

Use any other milk.

Consistency

For a smoother, colder smoothie, use frozen blueberries. If the smoothie is too thick, add more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber

Add in some chopped leafy greens like spinach or kale.

Ingredients

- 1 cup Blueberries
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps All Natural Peanut Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

Banana & Pecans

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice the banana if desired and add to a plate with the pecans. Enjoy!

Notes

Serving Size

One serving is equal to one banana and 1/4 cup of pecans.

Ingredients

1 Banana

1/4 cup Pecans

Peanut Butter & Blueberry Toast

3 ingredients · 5 minutes · 1 serving



Directions

1. Spread the peanut butter onto the toast and top with blueberries. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Additional Toppings

Add shredded coconut, hemp seeds, and or/chia seeds.

Gluten-Free

Use gluten-free bread.

Ingredients

- 1 **tbsp** All Natural Peanut Butter
- 1 **slice** Whole Grain Bread (toasted)
- 1/3 **cup** Blueberries

Crispy Tofu & Broccoli on Rice

8 ingredients · 35 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (205°C) and lightly grease one sheet pan with oil. Line the second sheet pan with parchment paper.
2. Cook the rice according to the package directions.
3. In a large bowl, whisk together the tamari, half of the oil, garlic powder, and half of the nutritional yeast. Add the crumbled tofu and toss well. Transfer to the sheet pan and bake for 18 to 20 minutes, until crispy.
4. Meanwhile, in the same bowl, combine the broccoli with the remaining oil, remaining nutritional yeast, salt, and pepper.
5. Transfer the broccoli to the second sheet pan, spreading out evenly. Place in the oven and bake for 15 to 17 minutes, until fork tender and browned.
6. Divide the rice, broccoli, and tofu evenly between bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1/2 cup tofu, one cup broccoli, and 1/2 cup cooked rice.

Additional Toppings

Top with cubed avocado and/or tahini or peanut sauce.

Ingredients

- 3/4 cup Brown Rice (dry)
- 1 1/2 tbsps Tamari
- 2 1/4 tbsps Extra Virgin Olive Oil (divided)
- 3/4 tsp Garlic Powder
- 1 1/2 tbsps Nutritional Yeast (divided)
- 11 1/4 ozs Tofu (extra firm, pressed, crumbled)
- 3 3/4 cups Broccoli (florets, chopped)
- Sea Salt & Black Pepper (to taste)

Blood Orange Tahini Overnight Oats

5 ingredients · 8 hours · 1 serving



Directions

1. Add the oats, coconut milk, chia seeds, and chopped oranges to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge and divide them into jars. Top with tahini. Enjoy!

Notes

Leftovers

Store in an airtight container in the fridge for up to three days.

Gluten-Free

Use certified gluten-free oats.

More Flavor

Add maple syrup or cinnamon.

Hot or Cold

These oats can be enjoyed hot or cold. Reheat cold oats in the microwave or on the stove top.

No Blood Oranges

Use regular navel oranges instead.

Ingredients

- 1/2 cup** Oats (rolled)
- 2/3 cup** Plain Coconut Milk (unsweetened, from the carton)
- 1 1/2 tsps** Chia Seeds
- 1** Blood Orange (small, peeled and chopped)
- 1 1/2 tsps** Tahini

Peanut Butter Toast & Fruit Snack Box

4 ingredients · 5 minutes · 1 serving



Directions

1. Spread the peanut butter on top of the toasted bread and cut it in half.
2. Arrange the peanut butter toast, blueberries, and apple in a container and enjoy!

Notes

Leftovers

Best enjoyed immediately.

No Blueberries

Use another berry or fresh fruit instead.

Gluten-Free

Use gluten-free bread.

No Peanut Butter

Use another nut or seed butter.

Ingredients

- 1 **tbsp** All Natural Peanut Butter
- 1 **slice** Whole Grain Bread (toasted)
- 1/2 **cup** Blueberries
- 1 **Apple** (sliced)

Apple

1 ingredient · 2 minutes · 1 serving



Directions

1. Slice into wedges, or enjoy whole.

Ingredients

1 Apple

Lemony Lentil & Spinach Pasta

8 ingredients · 20 minutes · 2 servings



Directions

1. Cook the pasta according to the package directions.
2. Meanwhile, warm 1/4 of the oil in a large pan. Add the garlic and sauté for one to two minutes, then add the spinach and cook for three to five minutes, or until wilted.
3. Add the pasta and lentils to the pan. Add the remaining oil, lemon juice, and nutritional yeast and stir to combine. Season with salt and pepper. Stir for a minute, then remove from heat. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately 1 1/4 cup.

More Flavor

Add smoked paprika.

Ingredients

- 1 1/2 cups Whole Wheat Penne
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 3 Garlic (cloves, minced)
- 6 cups Baby Spinach
- 1 cup Lentils (cooked)
- 1/4 cup Lemon Juice
- 3 tbsps Nutritional Yeast
- Sea Salt & Black Pepper (to taste)

Maple Roasted Lentil & Sweet Potato Salad

9 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. Add the sweet potato, lentils, and pecans to a baking sheet. Toss with half of the oil and maple syrup to combine. Season with cinnamon, salt, and pepper. Bake in the oven for 20 minutes, or until fork-tender.
3. Combine the remaining oil, lemon juice, salt, and pepper in a small dish. Whisk with a fork.
4. Divide the spinach evenly between bowls and add the lentil and sweet potato mixture. Drizzle with the lemon and oil dressing. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately 2 1/2 cups.

Ingredients

- 1 Sweet Potato (medium, cubed)
- 1 cup Lentils (cooked)
- 1/2 cup Pecans
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Lemon Juice
- 4 cups Baby Spinach

Crispy Tofu, Carrot & Rice

7 ingredients · 40 minutes · 3 servings



Directions

1. Cook the rice according to package directions. Let the rice cool slightly.
2. While the rice cooks, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
3. Add the tofu cubes to a bowl and gently toss with the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated.
4. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
5. Divide the mixed greens, shredded carrot, brown rice, and crispy tofu cubes in a bowl or container. Squeeze the lemon juice over top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Before serving, add a splash of tamari, salt, or pepper taste. Top with your favorite dressing or mix the lemon juice with your choice of oil.

Additional Toppings

Sliced green onions, sauerkraut, or other pickled veggies.

No Brown Rice

Use white rice, quinoa, cauliflower rice or omit completely.

No Tamari

Use soy sauce or coconut aminos instead.

No Arrowroot Powder

Use tapioca flour or corn starch instead.

Ingredients

- 3/4 cup** Brown Rice (dry)
- 12 ozs** Tofu (extra-firm, pressed and cubed)
- 2 tbsps** Tamari
- 2 tbsps** Arrowroot Powder
- 3 cups** Mixed Greens
- 1 1/2** Carrot (medium, shredded)
- 1 1/2 tbsps** Lemon Juice (to taste)

Tofu

This recipe was created and tested using extra firm tofu. To press the tofu to remove moisture, wrap the tofu in paper towel, place a plate or cutting board on top of the block of tofu and then place a heavy pan, book or object of similar weight on the plate or cutting board. Let the tofu rest like this for 15 to 30 minutes.

Herbed Chickpeas with Avocado

6 ingredients · 15 minutes · 1 serving



Directions

1. Heat the olive oil in a large pan over medium heat. Add the chickpeas and salt, stirring occasionally until heated through, about 8 to 10 minutes.
2. Stir in the chopped spinach and cook for one minute or until wilted. Add the mint and stir to combine.
3. Divide chickpeas and avocado onto plates and enjoy!

Notes

Leftovers

Avocado is best enjoyed the day of. Refrigerate the chickpea mixture in an airtight container up to five days. Leftovers can be enjoyed over yogurt or toast, stirred into a soup, or added to a salad.

Serving Size

One serving is equal to approximately one cup of chickpeas and half an avocado.

More Flavor

Add lemon juice or dried spices like garlic powder, onion powder or chili powder.

Additional Toppings

Feta cheese, cherry tomatoes, onion, basil, parsley or cilantro.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 **cup** Chickpeas (cooked, patted dry)
- 1/4 **tsp** Sea Salt
- 1 **cup** Baby Spinach (chopped)
- 2 **tbsps** Mint Leaves (stems removed, chopped)
- 1/2 Avocado (pitted, sliced)

Tofu Broccoli Pasta

9 ingredients · 15 minutes · 2 servings



Directions

1. Cook the pasta according to the package directions, adding the broccoli to the last two minutes of cooking. Reserve pasta water and drain.
2. In a small bowl, mix the tamari and the garlic powder to combine.
3. Meanwhile, heat half of the oil in a large pan over medium heat. Add the tofu and the tamari mixture. Cook, stirring, until the tofu has browned on all sides, about five to seven minutes. Remove from the heat.
4. Add the cooked pasta and broccoli to the pan along with the remaining oil, nutritional yeast, and Herbes de Provence. Stir to combine then stir in the reserved pasta water one tablespoon at a time until your desired consistency is reached.
5. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add more vegetables like onions and bell peppers.

Additional Toppings

Top with your favorite toasted nuts and/or seeds.

Ingredients

- 1 1/2 cups Whole Wheat Penne (dry)
- 2 cups Broccoli (chopped into florets)
- 1/2 cup Water (reserved from cooking pasta)
- 2 tbsps Tamari
- 1/2 tsp Garlic Powder
- 2 tbsps Extra Virgin Olive Oil (divided)
- 6 ozs Tofu (extra-firm, pressed, cubed)
- 1 tbsp Nutritional Yeast
- 1/2 tsp Herbes de Provence

Avocado & Hummus Cucumber Sandwich

7 ingredients · 10 minutes · 1 serving



Directions

1. In a large bowl, add the hummus and avocado. Mash well until everything is combined. Add the parsley and season with salt and pepper to taste. Mix well once more.
2. Spread the hummus and avocado mixture on one slice of toast, top with spinach, cucumber, and the second slice of toast. Repeat for each sandwich.
3. Slice the sandwich in half and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to one sandwich.

More Flavor

Add microgreens and/or fresh herbs. Use a wrap instead of bread.

Ingredients

- 1/2 cup** Hummus
- 1/4** Avocado
- 1 tbsp** Parsley (finely chopped)
- Sea Salt & Black Pepper (to taste)
- 2 slices** Whole Grain Bread (toasted)
- 1/2 cup** Baby Spinach
- 1/4** Cucumber (small, sliced)