

three-day
plantiful
meal plan

*breakfast, lunch, dinner & dessert recipes
with snack ideas & nutrition tips*



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Plantiful Meal Plan



3-day vegan meal plan with simple & tasty recipes

	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>
Breakfast:	Simple Banana Bread	Piña Colada Smoothie	Savoury Chickpea Pancakes
Lunch:	Classic Tomato Soup	Sunflower Mac	Red Lentil Curry
Dinner:	Avocado Spinach Pasta	Soba Noodles with Edamame & Shiitake Mushrooms	Meaty Vegan Bolognese
Dessert:	Overnight Chia Pudding	Simple Vegan Crêpes	Fudgy Black Bean Brownies

If cooking three meals a day is too much, try these tips:

- Stick to your normal breakfast routine;
- Double your dinner cooking, and keep the leftovers for lunch;
- Batch-cook beans, whole grains and vegetables for easy week-day combo lunch bowls.

If you're hungry between meals, try these snacks:

- Whole fruit
- Veggie sticks & hummus
- Roast chickpeas
- Nuts & seeds
- Popcorn with nutritional yeast

Nutrition tips:

- Focus on whole plant-based foods (vegetables, legumes, whole grains, fruits, nuts & seeds).
- The more colourful your plate, the more phytonutrients and antioxidants you'll get in.
- Yes, plants have protein! Focus on legumes (beans & lentils), whole grains, nuts & seeds.
- 1 gram of fat contains 9 calories, whereas 1 gram of carbohydrates or protein contains 4 calories: so for weight control, limit your fat intake.
- Follow Dr Greger's *Daily Dozen Checklist* to optimise your nutrition.

Get in touch if you have any questions! muriel@plantifulcoach.com

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Simple Banana Bread

The best banana bread recipes are the simplest, right?

Prep time: 5 min | Cook time: 1 hr | Makes 1 loaf

Ingredients

- 3 medium bananas (overripe, mashed)
- 3/4 cup brown sugar
- 1 flax egg (1 tbsp ground flaxseed + 3 tbsp water)
- 1/4 cup canola oil
- 1 1/2 cups flour
- 1 tsp bicarbonate of soda
- 1 tsp salt

Directions

1. Preheat oven to 170°C and grease a loaf pan.
2. Mix bananas, sugar, flax egg and oil in one bowl (wet mix).
3. In another bowl, mix flour, bicarb and salt (dry mix).
4. Combine wet and dry—don't overmix.
5. Pour into the loaf pan and bake for 50-60min.
6. Cool, and remove from pan, and enjoy with vegan butter.



Classic Tomato Soup

An easy and tasty tomato soup that'll go down well on a stormy night.

Prep time: 15 min | Cook time: 20 min | Serves 6

Ingredients

- 2 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 large carrot, diced
- 1 stick celery, diced
- 2 tsp tomato paste
- 1 pinch sugar
- 4 cups vegetable stock
- 2 cans tomatoes
- 5-6 large tomatoes
- salt, to taste
- pepper, to taste
- parsley, to garnish

Directions

1. Heat the olive oil in a large pot over medium heat.
2. Add the onion, and cook until translucent, stirring so it doesn't catch.
3. Add the garlic, carrot and celery, and cook for about 10 minutes until soft. Deglaze the pot with a bit of water, if needed.
4. Stir in the tomato paste and sugar.
5. Add the vegetable stock and tomatoes (both canned and fresh), and stir.
6. Cook on low heat for about 25 minutes, stirring occasionally.
7. Blend with an immersion blender, and season to taste with salt and pepper.
8. Serve with a garnish of parsley (optional) and enjoy!



Avocado Spinach Pasta

A super quick and easy creamy avocado spinach pasta recipe, literally 15 minutes from start to finish.

Prep time: 10 min | Cook time: 5 min | Serves 4

Ingredients

- 1 large avocado
- 1 cup spinach
- 1 lime, juiced
- 1 clove garlic
- 1 tbsp nutritional yeast
- 2 tbsp olive oil
- salt, to taste
- pepper, to taste
- pasta for 4

Directions

1. Bring a pot of water to boil and get the pasta cooking
2. In a blender or food processor, place the avocado, spinach, lime juice, garlic, nutritional yeast and olive oil and pulse until blended. You might need to scrape it down a couple times.
3. Once the pasta is al dente, keep about 1/4 cup of the starchy cooking water aside, and add it to the avo mix. Blend until smooth, and add salt & pepper to taste.
4. Add the sauce to the pasta and mix to coat, and serve immediately .



Overnight Chia Pudding

pudding, breakfast, it could be either. Pop this in the fridge before you head to bed, or mix it up as you prepare dinner.

Prep time: 5 min | Serves 1

Ingredients

- 3 tbsp chia seeds
- 1/4 cup coconut milk
- 1/4 cup soy milk
- 2 tsp syrup
- 1/4 cup blueberries fresh or frozen
- 1 tsp desiccated coconut

Directions

1. In a medium (\pm 300ml) jar, mix the chia seeds, coconut milk, soy milk and syrup.
2. Let it sit for 5 minutes to let the chia seeds soak up the liquid, and then mix again.
3. Stir the blueberries through the mixture, and then place in the fridge for a couple of hours, or overnight.
4. Remove from the fridge, sprinkle on the desiccated coconut, and enjoy!



Piña Colada Smoothie

A perfect go-to smoothie when pineapples are in season: tastes like dessert but it's full of good stuff.

Prep time: 5 min | Makes 1 large smoothie

Ingredients

- 1 banana chunks, peeled and frozen overnight
- 1/2 cup pineapple, fresh or frozen
- 1/4 cup oats
- 3 tbsp desiccated coconut
- 1 tbsp ground flaxseed
- 1 tbsp nut butter
- 1/3 cup plant milk

Directions

1. Place all the ingredients in a blender.
2. Blend until smooth.
3. Serve and enjoy!



Sunflower Mac

A vegan take on a childhood favourite, using sunflower seeds in place of pricey cashews.

Prep time: 5 min | Cook time: 20 min | Serves 4

Ingredients

- 1 cup sunflower seeds
- 1 tbsp olive oil
- 1 medium carrot, diced
- 1/2 medium onion, chopped
- 3 cloves garlic
- 2 cups vegetable stock
- 2 tbsp cornstarch
- 1/4 cup nutritional yeast
- 3 tsp tomato paste
- 1 tbsp lemon juice
- 1 tsp smoked paprika
- 1/2 tsp chilli flakes
- 1 tsp miso
- 1/2 tsp mustard
- 1/4 tsp turmeric
- pasta (elbow macaroni), for 4

Directions

1. Soak the sunflower seeds in hot water for about 20 minutes.
2. Prepare the vegetable stock, and prepare the pasta according to package directions.
3. Heat the olive oil in a pan over medium heat, and add the carrot and onion.
4. Cook, stirring, until soft, then add the garlic and cook until fragrant.
5. Drain the soaked sunflower seeds, and add them to a blender along with the carrot mix, vegetable stock, cornstarch, nutritional yeast, tomato paste, lemon juice, paprika, chilli flakes, miso, mustard and turmeric.
6. Blend until very smooth.
7. Once the pasta is ready, drain the cooking water, and pour the sauce into the pasta.
8. Mix it in, and serve.



Soba Noodles with Edamame & Shiitake

Beautiful flavours, gorgeous presentation and really healthy

Prep time: 15 min | Cook time: 15 min | Serves 3-4

Ingredients

- 1 cup fresh coriander
- 2 cm ginger, grated
- 2 cloves garlic, peeled
- 4 green onions, chopped
- 2 tbsp soy sauce
- 2 tsp rice vinegar
- 1 tsp chilli sauce
- 1 tsp sesame oil
- 1 tsp salt
- 1 tbsp vegetable oil
- 150 g fresh shiitake mushrooms, sliced

Directions

1. Set some fresh coriander aside for garnish.
2. In a blender or food processor, add the rest of the coriander, with the ginger, garlic, green onions, soy sauce, rice vinegar, chilli sauce, sesame oil and a tablespoon of water.
3. Pulse, add a bit more water, and pulse again until it's a sauce (but not too smooth).
4. Bring a pot of water to boil with the salt, and add the soba noodles and edamame. Cook together until the noodles are al dente (tender but with some chew).
5. Meanwhile, add the oil to a shallow pan, and sauté the shiitake mushrooms until soft.
6. Once the soba noodles are cooked, drain the water and transfer the noodles and edamame to a large serving dish.
7. Add the cooked mushrooms, toss the sauce through the noodles, and garnish with the extra coriander before serving.



Simple Vegan Crêpes

Light, thin crêpes in the French style—but made vegan!

Prep time: 5 min | Cook time: 10 min | Makes 8

Ingredients

- 2 cups cake flour
- 3 cups plant milk
- 1 tsp vanilla essence
- 2 tbsp canola oil
- 1 tbsp syrup *e.g. maple, agave, or golden syrup*

Directions

1. Heat a non-stick pancake pan over medium-high heat, and lightly grease it if necessary.
2. Mix all the crêpe ingredients in a bowl (or blend in a blender, then transfer to a bowl).
3. When the pan is hot, pour enough batter in to thinly coat the bottom.
4. Cook for a couple of minutes, until the upper surface of the crêpe is dry.
5. Carefully peel it off with a pancake lifter, and flip it over.
6. Cook for another couple minutes.
7. Transfer to a plate, and repeat with the rest of the batter.
8. Serve with some cinnamon-sugar, lemon juice, choc-macadamia spread... whatever floats your boat!



Savoury Chickpea Pancakes

Reminiscent of an omelette, this savoury pancake is unbelievably simple, and packed with protein.

Prep time: 5 min | Cook time: 10 min | Serves 2

Ingredients

For the pancakes:

- 1 cup chickpea flour
- 1 cup water
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp mixed herbs
- salt, to taste
- pepper, to taste

For the filling:

- 1/2 small red onion, chopped
- 100 g mushrooms, sliced
- 1 handful baby spinach
- 1 medium tomato diced
- 2 tbsps salsa

Directions

1. In a medium sized bowl, whisk all the pancake ingredients (chickpea flour, water, spices, herbs, salt and pepper).
2. Heat the oil in a nonstick pan over medium-high heat, and sauté the onions until soft.
3. Add the mushrooms, and sauté until soft.
4. Transfer for the onion and mushroom mix to a small bowl.
5. Into the same non-stick pan, pour the pancake batter, leaving a couple of centimeters around the edge.
6. Wait until bubbles form on the surface and that it's slightly dry, then flip.
7. After about 10 seconds, flip onto a plate.
8. Add some spinach (they'll wilt on the hot pancake), the mushroom mix, tomatoes and some salsa.
9. Fold the pancake over (omelette-style) and serve immediately.



Red Lentil Curry

When it comes to lentils or curry, it doesn't get much easier than this. This quick red lentil curry packs a flavour punch and is so nutritious.

Prep time: 15 min | Cook time: 20 min | Serves 4

Ingredients

- 2 tbsp oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 3 cm piece ginger, grated
- 2 tsp curry powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp ground turmeric
- 1 cup red lentils
- 6 tomatoes, chopped
- 2 cups vegetable stock
- 1/2 tsp red chilli flakes
- 1/2 cup coconut cream
- 1/2 lemon, juiced
- salt, to taste
- pepper, to taste

To serve:

- 1 cup rice, cooked (follow package instructions)
- 1 handful fresh coriander, chopped

Directions

1. Rinse the lentils with fresh water, and put the rice on to cook while you prepare the curry.
2. Heat oil in a large pot over medium heat, and add the chopped onion.
3. Cook, stirring, until the onion is translucent.
4. Add the minced garlic and ginger and cook, stirring, for a few minutes (watch that the garlic doesn't burn).
5. Add the curry powder, ground cumin, ground coriander and turmeric, and sauté for a minute or two.
6. Stir in the chopped tomatoes, vegetable stock, red chilli flakes (if using) and lentils.
7. Bring to a simmer, then lower the heat and leave simmering for about 20 minutes or until the lentils are soft, stirring every few minutes.
8. Before serving, stir in the coconut cream and lemon juice, and add salt and pepper to taste.
9. Enjoy with cooked rice, and a garnish of fresh coriander.



Meaty Vegan Bolognese

Comfort food at its best. This meaty and umami-rich 'bolognese' is a take on the beef-mince tradition, but a lot healthier!

Prep time: 10 min | Cook time: 20 min | Serves 4

Ingredients

- 6 dried shiitake mushrooms
- 1 1/2 cups hot water
- 2 tbsp olive oil
- 1/2 medium onion, chopped
- 1 stick celery, diced
- 1 medium carrot, diced
- 3 cloves garlic, minced
- 2 cups dry soy mince (TVP)
- 2 tbsp soy sauce (or tamari)
- 1/4 cup red wine
- 1 can chopped tomatoes (or 2, if you prefer a more saucy bolognese)
- 1/2 tsp sugar
- 1 tbsp mixed herbs
- 1 tsp miso paste (optional)
- 2 cups vegetable stock
- 1 tsp smoked paprika
- salt, to taste
- pepper, to taste

Directions

1. Soak the dried shiitake mushrooms in 1.5 cups freshly boiled hot water, and put a plate on top to keep the steam from escaping. Don't discard the soaking water!
2. Heat the olive oil in a saucepan or large skillet over medium heat, and add the onions. Cook for a few minutes until softened.
3. Add the carrots, celery and garlic, and cook, stirring, until soft.
4. Stir in the dry soy mince, then add the soy sauce and red wine, stirring to absorb.
5. Add the can(s) of chopped tomatoes, and mix along with the sugar (to offset the acidity) and mixed herbs.
6. In a small bowl, mix the miso paste with some of the vegetable stock, then add it into the rest of the vegetable stock.
7. Now stir the vegetable stock into the bolognese mix, and add the soaking water from the shiitake mushrooms.
8. Finely chop the rehydrated shiitake mushrooms and mix them in.
9. Add the smoked paprika, and salt and pepper to taste.
10. Serve over pasta of your choice: spaghetti is the obvious option :)



Fudgy Black Bean Brownies

Sneak some beans into your day with these black bean brownies. They're fudgy, rich and chocolatey with a hint of peanut butter yum.

Prep time: 10 min | Cook time: 45 min | Makes 16

Ingredients

- 1 1/2 cups cooked black beans
- 2 tbsp ground flaxseed
- 6 tbsp aquafaba (see Notes)
- 3 tbsp canola oil
- 1/2 cup peanut butter
- 1 tsp vanilla essence
- 1/2 cup cocoa powder
- 1/4 tsp salt
- 2/3 cup sugar
- 1 tsp baking powder
- 1/2 tsp ground coffee
- 3/4 cup dark chocolate chips

Directions

1. Preheat your oven to 180°C and grease a 20cm x 20cm baking pan with vegan butter, or oil.
2. In a blender or food processor, add the black beans, ground flaxseed, aquafaba, oil, peanut butter and vanilla, and blend until smooth.
3. Mix the dry ingredients (cocoa powder, salt, sugar, baking powder and ground coffee) in a medium bowl.
4. Add the black bean mixture to the dry ingredients, and mix well.
5. Mix in the chocolate chips.
6. Scoop the mix into your prepared baking pan, and spread the batter out.
7. Bake in the preheated oven for about 35-40min, until a cake tester comes out clean.
8. Allow to cool completely before tipping out of the pan, and slicing into squares.

Notes

'Aquafaba' is the goopy liquid that you get when you open a can of chickpeas or cook chickpeas from dry. It's a great egg-replacer. But if you don't have any, water will do just fine when mixed with ground flaxseed.