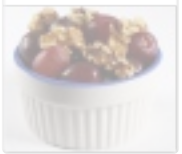
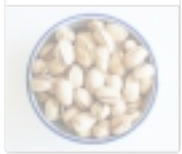
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Protein-Packe...	Gut Healing Gr...	Hummus Toas...	Gut Healing Gr...	Protein-Packed...	Tofu Veggie Sc...	Tofu Veggie Sc...
Snack 1	Blackberries &...	Baby Carrots &...	Blackberries &...	Baby Carrots &...	Banana with Al...	Grapes & Waln... 	Pistachios 
Lunch	Marinated Mix...	Broccoli Almon...	Marinated Mix...	Hawaiian BBQ ...	Marinated Mix...	Lentil, Sweet P...	Balsamic Roast...
Snack 2	Apple Slices & ...	Banana with Al...	Apple Slices & ...	Grapes & Waln...	Pistachios	Baby Carrots &...	Banana with Al...
Dinner	Broccoli Almon..	Peanut Butter ...	Hawaiian BBQ ...	Peanut Butter ...	Lentil, Sweet P...	Balsamic Roast...	Swiss Chard, L...

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Weekly Meal Plan - November 6 Whole Food Plant Based

71 items

Fruits

- [ ] **6** Apple
- [ ] **6** Avocado
- [ ] **12** Banana
- [ ] **6 cups** Blackberries
- [ ] **6 cups** Grapes
- [ ] **3** Lemon
- [ ] **1 1/2** Lime
- [ ] **3 cups** Pineapple

Breakfast

- [ ] **1/3 cup** All Natural Peanut Butter
- [ ] **1 1/2 cups** Almond Butter
- [ ] **3 tbsps** Maple Syrup

Seeds, Nuts & Spices

- [ ] **3/4 cup** Almonds
- [ ] **3 tbsps** Chia Seeds
- [ ] **1 1/2 tsps** Cinnamon
- [ ] **1 1/2 tsps** Coriander
- [ ] **2 1/4 tsps** Cumin
- [ ] **1/3 cup** Ground Flax Seed
- [ ] **1 1/2 cups** Hemp Seeds
- [ ] **3 1/4 tbsps** Italian Seasoning
- [ ] **3/4 tsp** Paprika
- [ ] **4 1/2 cups** Pistachios
- [ ] **2 1/4 tsps** Sea Salt
- [ ] Sea Salt & Black Pepper
- [ ] **1/3 cup** Sunflower Seeds
- [ ] **1 3/4 tbsps** Turmeric
- [ ] **1 1/2 cups** Walnuts

Frozen

- [ ] **3 cups** Frozen Edamame

Vegetables

- [ ] **6 cups** Arugula
- [ ] **6 3/4 cups** Baby Carrots
- [ ] **3 cups** Baby Spinach
- [ ] **6 cups** Broccoli
- [ ] **9** Carrot
- [ ] **1 1/8 cups** Cilantro
- [ ] **16 1/2** Garlic
- [ ] **1 1/2 tbsps** Ginger
- [ ] **4 1/2 cups** Green Beans
- [ ] **6 stalks** Green Onion
- [ ] **6 cups** Kale Leaves
- [ ] **4 cups** Mushrooms
- [ ] **7 1/2** Red Bell Pepper
- [ ] **1 cup** Red Onion
- [ ] **3** Sweet Potato
- [ ] **6 cups** Swiss Chard
- [ ] **3** Yellow Onion
- [ ] **7 1/2** Zucchini

Boxed & Canned

- [ ] **1/3 cup** Brown Rice
- [ ] **6 cups** Chickpeas
- [ ] **4 1/2 cups** Lentils
- [ ] **9 cups** Mixed Beans
- [ ] **3 cups** Organic Vegetable Broth
- [ ] **3 cups** Quinoa
- [ ] **3 cups** White Navy Beans

Baking

- [ ] **3 tbsps** Nutritional Yeast
- [ ] **1/3 cup** Raw Honey

Bread, Fish, Meat & Cheese

- [ ] **5 1/4 cups** Hummus
- [ ] **12 slices** Organic Bread
- [ ] **6 slices** Rye Bread
- [ ] **499 1/2 gra...** Tempeh
- [ ] **1.34 Thousa...** Tofu

Condiments & Oils

- [ ] **1/3 cup** Apple Cider Vinegar
- [ ] **3 tbsps** Avocado Oil
- [ ] **1/4 cup** Balsamic Vinegar
- [ ] **3 servings** Cleaned Up Bbq Sauce
- [ ] **2 1/4 tbsps** Coconut Oil
- [ ] **1 1/8 cups** Extra Virgin Olive Oil
- [ ] **1 1/2 tbsps** Rice Vinegar
- [ ] **1 1/2 tbsps** Sesame Oil
- [ ] **1/3 cup** Tahini
- [ ] **1 1/2 tbsps** Tamari

Cold

- [ ] **1 1/2 cups** Unsweetened Almond Milk

Other

- [ ] **14 1/8 cups** Water

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Protein-Packed Avocado Toast

6 ingredients · 15 minutes · 3 servings

Directions

1. In a bowl, mash the avocado, white beans, lemon juice and sea salt together with a fork. Continue to mash until you get a guacamole-like consistency.
2. Divide the avocado bean mixture onto the toast. Sprinkle with hemp seeds and enjoy!

Notes

No White Beans Use chickpeas instead.

Likes it Spicy Add hot sauce or chili flakes into the avocado bean mixture.

Ingredients

1 1/2	Avocado
1 1/2 cups	White Navy Beans (cooked)
1/3	Lemon (juiced)
1/3 tsp	Sea Salt
6 slices	Organic Bread
1/3 cup	Hemp Seeds

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Gut Healing Green Smoothie

8 ingredients 5 minutes 3 servings

Directions

1. Throw all ingredients into a blender and blend until very smooth and creamy. Divide into glasses and enjoy!

Notes

No Kale	Use spinach instead.
No Honey	Use maple syrup, dates or extra banana to sweeten instead.
Likes it Creamy	Use almond milk instead of water for extra creaminess.
Storage	Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Ingredients

3 3/4 cups	Water (cold)
3 cups	Kale Leaves
3/4	Avocado (peeled and pit removed)
1 1/2	Banana (frozen)
1 1/2 tbsps	Chia Seeds
3 tbsps	Ground Flax Seed
1/3 cup	Hemp Seeds
3 tbsps	Raw Honey

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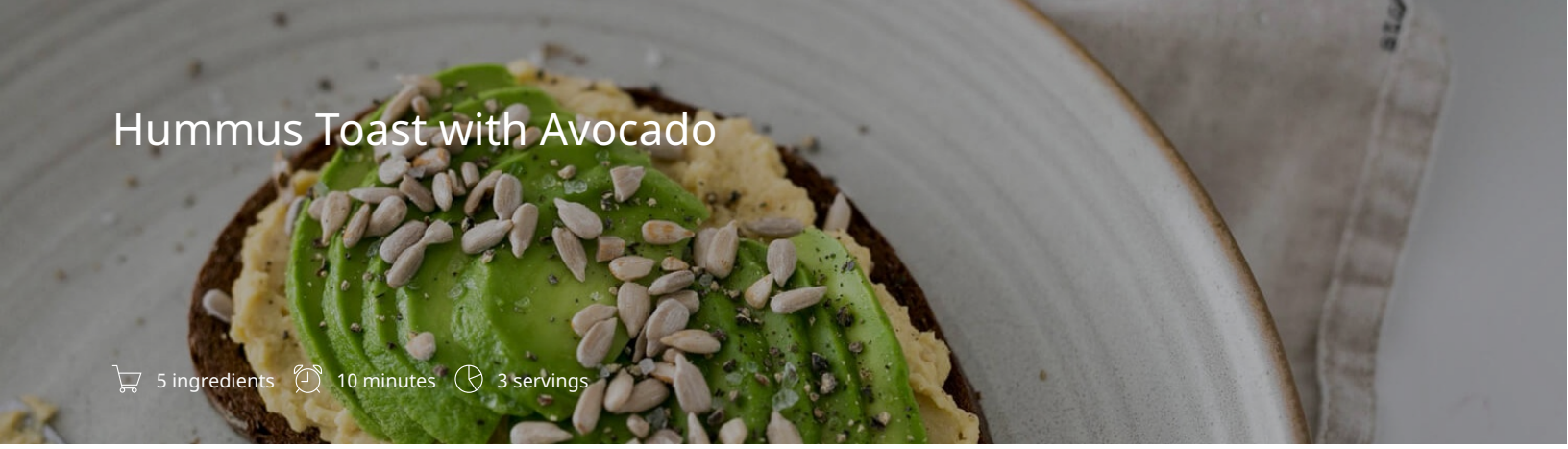

Hummus Toast with Avocado

5 ingredients | 10 minutes | 3 servings

Directions

1. Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

Notes

No Sunflower Seeds Use hemp seeds, sesame seeds or pumpkin seeds instead.

Make Your Own Bread See our Grain-Free Flax Bread recipe.

Ingredients

6 slices	Rye Bread (toasted)
1 1/2 cups	Hummus
1 1/2	Avocado (sliced or mashed)
1/3 cup	Sunflower Seeds
	Sea Salt & Black Pepper (to taste)

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Tofu Veggie Scramble

9 ingredients 15 minutes 6 servings

Directions

1. Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
2. In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and bell pepper. Saute for 4 to 5 minutes, or until onions are translucent.
3. Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through.
4. Season with sea salt and black pepper taste. Enjoy!

Notes

More Carbs	Serve with toast or brown rice.
Likes it Spicy	Serve with hot sauce, cayenne pepper or chili flakes.
Leftovers	Store in the fridge up to 3 to 4 days.

Ingredients

660 grams	Tofu (firm)
3 tbsps	Avocado Oil
1 1/2	Yellow Onion (medium, diced)
6	Garlic (cloves, minced)
3	Red Bell Pepper (sliced)
3 cups	Baby Spinach (chopped)
3 tbsps	Nutritional Yeast
3/4 tsp	Turmeric
	Sea Salt & Black Pepper (to taste)

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Blackberries & Pistachios

2 ingredients 2 minutes 6 servings

Directions

1. Divide blackberries into bowls. Top with shelled pistachios. Enjoy!

Notes

Make Them Last Do not wash blackberries until ready to eat. Once you wash the berries they spoil a lot faster.

Ingredients

6 cups	Blackberries
1 1/2 cups	Pistachios (shelled)

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Baby Carrots & Hummus

2 ingredients 5 minutes 9 servings

Directions

1. Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

Notes

No Baby Carrots Use celery sticks, cucumber slices or sliced bell peppers instead..

Like it Spicy Top with a pinch of cayenne pepper or chili powder.

Ingredients

- **6 3/4 cups** Baby Carrots
- **2 1/4 cups** Hummus

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Banana with Almond Butter

2 ingredients 2 minutes 3 servings

Directions

1. Slice banana.
2. Dip in almond butter.
3. Bam.

Ingredients

3	Banana
1/3 cup	Almond Butter

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Marinated Mixed Bean Salad

8 ingredients 15 minutes 9 servings

Directions

1. Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
2. Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinade in the fridge overnight for more flavour.

Notes

No Mixed Beans Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

Leftovers Keeps well covered in the fridge up to 4 to 5 days.

Ingredients

4 1/2 cups	Green Beans (fresh or frozen)
9 cups	Mixed Beans (cooked)
1/2 cup	Extra Virgin Olive Oil
1/4 cup	Apple Cider Vinegar
2 1/4 tbsps	Italian Seasoning
2 1/4	Garlic (clove, minced)
2 1/4	Lemon (juiced)
	Sea Salt & Black Pepper (to taste)

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Apple Slices & Hummus

2 ingredients 5 minutes 3 servings

Directions

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

Notes

No Apple Use pear slices instead.

Ingredients

3	Apple
3/4 cup	Hummus

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Grapes & Walnuts

2 ingredients 3 minutes 6 servings

Directions

1. Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

Notes

No Walnuts Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!

Ingredients

6 cups	Grapes (washed)
1 1/2 cups	Walnuts

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Pistachios

1 ingredients 1 minutes 6 servings

Directions

1. Divide into bowls, peel and enjoy!

Ingredients

3 cups Pistachios (in the shell)

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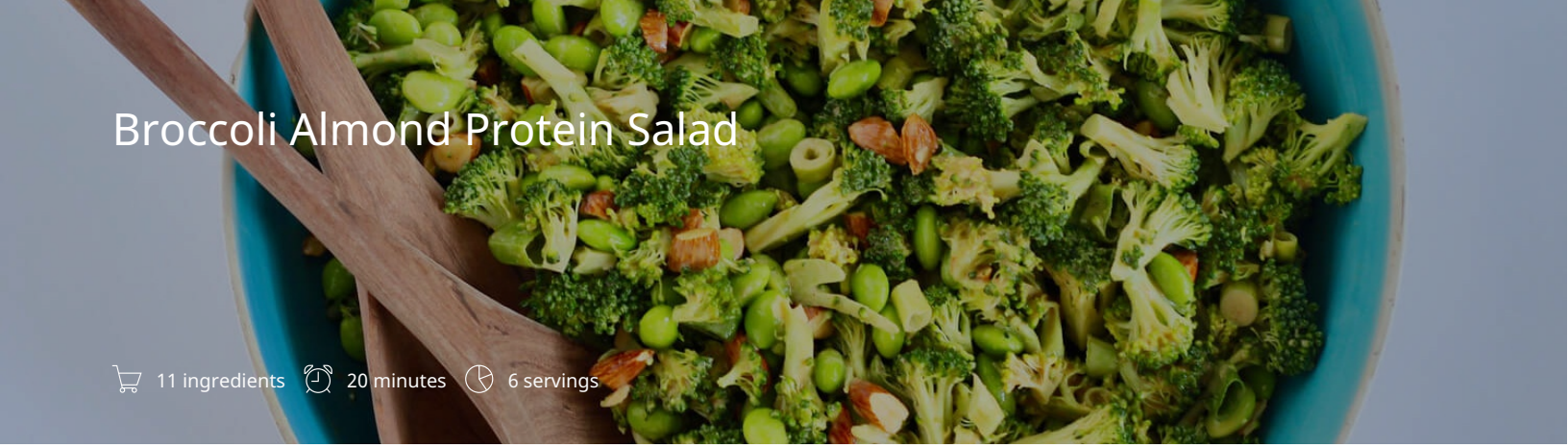

Broccoli Almond Protein Salad

11 ingredients 20 minutes 6 servings

Directions

1. In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
2. To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
3. Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

Notes

Leftovers Keeps well in the fridge up to 3 days.

Ingredients

6 cups	Broccoli (chopped into small florets)
3 cups	Frozen Edamame (shelled)
6 stalks	Green Onion (sliced)
3/4 cup	Almonds (chopped)
1/3 cup	Almond Butter
1 1/2 tbsps	Rice Vinegar
1 1/2 tbsps	Tamari (or Coconut Aminos)
1 1/2 tbsps	Maple Syrup
1 1/2 tbsps	Sesame Oil
1 1/2	Garlic (clove, minced)
3 tbsps	Water

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Peanut Butter Curry Chickpea Stew

19 ingredients 45 minutes 6 servings

Directions

1. Heat a large saucepan over medium-low heat and melt the coconut oil. Add the onion, garlic and ginger. Cook for 2-3 minutes, stirring frequently.
2. Add the spices and cook for 1 minute, until fragrant. Add the water to deglaze the pan, then stir in the peanut butter.
3. Add the vegetable broth and almond milk. Stir until all is smoothly combined. Add the salt.
4. Add the pepper, zucchini, carrots and chickpeas and stir well to mix. Simmer uncovered for 20 minutes, stirring occasionally.
5. Stir in the lime juice and cilantro. Divide into bowls, and top with more cilantro if desired. Enjoy!

Notes

Leftovers Store in the fridge up to 4 days or freeze.

Ingredients

1 1/2 tbsps	Coconut Oil
1 1/2	Yellow Onion (medium, diced)
3	Garlic (cloves, minced)
1 1/2 tbsps	Ginger (grated)
1 1/2 tsps	Cumin
1 1/2 tsps	Coriander
1 1/2 tsps	Cinnamon
1 1/2 tbsps	Turmeric
1/3 cup	Water
1/3 cup	All Natural Peanut Butter
3 cups	Organic Vegetable Broth
1 1/2 cups	Unsweetened Almond Milk
1 1/2 tsps	Sea Salt
1 1/2	Red Bell Pepper (sliced)
1 1/2	Zucchini (sliced)
3	Carrot (medium, peeled and sliced)
6 cups	Chickpeas (cooked)
1 1/2	Lime (juiced)
1/3 cup	Cilantro (chopped)

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Hawaiian BBQ Tofu Bowls

10 ingredients 30 minutes 6 servings

Directions

1. Combine the tofu and BBQ sauce. Let sit for 10 to 15 minutes while you move on to the next tasks.
2. Preheat oven to 375 degrees F and line a sheet pan with parchment paper. Toss the bell peppers and zucchini with half of the olive oil. Lay in a single layer on the baking sheet and sprinkle with salt and pepper. Roast in oven for 20 minutes.
3. Combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
4. While the veggies roast and quinoa cooks, heat remaining olive oil in a frying pan over medium heat. Add the tofu and BBQ sauce, cook for 5-10 minutes, turning often.
5. Divide quinoa into bowls and top with roasted veggies, pineapple, tofu and cilantro. Enjoy!

Notes

Make Ahead Make our Cleaned Up BBQ Sauce in advance to save time.

Meat Lover Use diced chicken or turkey breast instead of tofu.

Ingredients

675 grams	Tofu (cubed)
3 servings	Cleaned Up BBQ Sauce (see our recipe)
3	Red Bell Pepper (sliced)
3	Zucchini (sliced)
3 tbsps	Extra Virgin Olive Oil (divided)
	Sea Salt & Black Pepper (to taste)
1 1/2 cups	Quinoa (uncooked)
2 2/3 cups	Water
3 cups	Pineapple (sliced)
3/4 cup	Cilantro (finely chopped)

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Lentil, Sweet Potato & Arugula Salad

8 ingredients 35 minutes 6 servings

Directions

1. Preheat oven to 425 degrees F and line a baking sheet with parchment paper.
2. Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, stirring at the halfway point.
3. Meanwhile, prepare the dressing by combining the tahini, water and maple syrup in a jar. Season with a pinch of sea salt and black pepper to taste. Seal with a lid and shake well to mix. Set aside.
4. Divide arugula into bowls and divide the lentils on top. Next, divide the roasted sweet potato between bowls. Drizzle with tahini dressing and enjoy!

Notes

No Lentils	Use chickpeas or ground meat instead.
No Tahini	Use sunflower seed butter instead.
No Arugula	Use baby spinach, kale or mixed greens instead.
Likes it Spicy	Add cajun spice or hot sauce into the tahini dressing.

Ingredients

3	Sweet Potato (medium, diced)
2 1/4 tsps	Extra Virgin Olive Oil
1/3 cup	Tahini
1/3 cup	Water
1 1/2 tbsps	Maple Syrup
	Sea Salt & Black Pepper (to taste)
6 cups	Arugula
3 cups	Lentils (cooked)

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Balsamic Roasted Tempeh Bowls

12 ingredients 1 hour 5 servings

Directions

1. Preheat oven to 350 degrees F.
2. Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
3. Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
4. While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
5. To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

Notes

Leftovers Keeps well in the fridge up to 4 days.

Ingredients

1/4 cup	Extra Virgin Olive Oil
1/4 cup	Balsamic Vinegar
3	Garlic (cloves, minced)
	Sea Salt & Black Pepper (to taste)
3 tsps	Italian Seasoning
499 1/2 gra...	Tempeh
1 cup	Red Onion (medium, sliced)
6	Carrot (medium, peeled and chopped)
4 cups	Mushrooms (quartered)
3	Zucchini (sliced)
1 1/2 cups	Quinoa (dry)
2 1/2 cups	Water

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Swiss Chard, Lentil & Rice Bowl

11 ingredients 1 hour 3 servings

Directions

1. Combine the rice and water in a medium sized pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 to 50 minutes or until rice is tender.
2. Heat a large skillet over medium heat and add the coconut oil. Add the swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

Speed it Up	Use quinoa or brown rice pasta instead of brown rice.
No Swiss Chard	Use kale, spinach or collard greens instead.
More Protein	Top with a poached egg.

Ingredients

1/3 cup	Brown Rice (uncooked)
1/2 cup	Water
2 1/4 tsps	Coconut Oil
6 cups	Swiss Chard (washed, stems removed and chopped)
3/4 tsp	Cumin
3/4 tsp	Paprika
1 1/2 tbsps	Extra Virgin Olive Oil
3/4	Garlic (clove, minced)
2 1/4 tsps	Apple Cider Vinegar
1 1/2 cups	Lentils (cooked, drained and rinsed)
	Sea Salt & Black Pepper (to taste)

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