

28-DAY VEGETARIAN MEAL PLAN



SHAPIOX
FITNESS

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The Vegetarian Guide

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WHAT IS A VEGETARIAN DIET?

The vegetarian lifestyle is becoming increasingly popular these days. Also known as a plant-based diet, vegetarians do not eat any meat or fish but still eat eggs and dairy products.

People choose to avoid certain animal products for many reasons including health, animal rights, and the environment. This eBook will focus mostly on a plant-based diet and its health benefits.

Please keep in mind, just because a diet is free of meat doesn't mean that it is healthy.

TYPES OF VEGETARIAN DIETS

Fishatarian Diet

Only Fish

Chickenatarian Diet

Only Chicken

Lacto-Ovo-Vegetarian

Eat Eggs and Dairy

Lacto-Vegetarian

Only Dairy

Vegan

No Animal Products, no Honey, no Leather Products

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THE TOP 10 BENEFITS OF A VEGETARIAN DIET

1. **Better Mood:** Research is suggesting they are happier than meat-eaters.
2. **Disease Fighting:** When done right the diet is naturally low in fat and cholesterol which has been shown to reduce heart disease risk. Epidemiological data has shown vegetarians suffer less from diseases caused by the modern western diet (coronary heart disease, hypertension, obesity, type 2 diabetes, and cancers). This must be attributed to a higher intake of fiber, phytonutrients, and antioxidants.
3. **Lean Figure:** Vegetarians typically weigh less as a result of a diet that has fewer calories in the form of grains, legumes, nuts, seeds, fruits, and vegetables.
4. **Less Toxicity:** Plant sources are safer than animal foods. Particularly when consuming organic fruits and vegetables. Food-borne illnesses, antibiotics, bacteria, parasites, and chemical toxins are more common in commercial meat, poultry, and seafood when compared to plant foods.
5. **Saving the Planet:** Plant-based diet is better for the planet as it requires less energy and farmland to feed a vegetarian.
6. **Sight:** Vegetarians tend to have better sight.
7. **Money-Saving:** Plant foods tend to be less expensive except for a few delicacies.
8. **Better Athletic Performances:** A high carb and low fat, vitamin and mineral-rich vegetarian diet may be optimal for sports performance.
9. **Supporting Animal Rights:** Animal welfare is improved.
10. **Longevity:** Vegetarians have been found to enjoy longer and healthier lives when compared to meat-eaters.

FOODS TO EAT ON A VEGETARIAN DIET

VEGETABLES

Artichoke
Arugula
Asparagus
Beet
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard Greens
Cucumber
Endives
Fennel
Garlic
Kale
Leek
Lettuce
Mushrooms
Mustard Greens
Okra
Onions
Parsnip
Peppers
Potatoes
Radish
Rhubarb
Spinach
Squashes
Tomato
Zucchini

FRUITS

Apples
Avocado
Bananas
Blackberries
Blueberries
Dates
Grapefruit
Grapes
Kiwi
Lemon
Lime
Mango
Melon
Orange
Peach
Pear
Pineapple
Pomegranate
Strawberries
Raspberries

SEEDS

Chia
Flax
Hemp
Pumpkin
Quinoa
Sesame
Sunflower

GRAINS

Barley
Bran
Buckwheat
Bulgur
Couscous
Kamut
Millet
Orzo
Spelt
Corn
Rice
Rye
Oats
Teff
Wheat

NUTS

Almonds
Brazil Nuts
Cashews
Chestnuts
Hazelnuts
Pecans
Pine Nuts
Macadamias
Pistachios
Walnuts

BEANS & LEGUMES

Bean Sprouts
Black Beans
Black-Eyed Peas
Butter Beans
Chickpeas
Green Beans
Kidney Beans
Lentils
Mung Beans
Navy Beans
Peanuts
Pinto Beans
Soybeans

ANIMAL PRODUCTS

Eggs
Cheese
Milk
Butter

TOP PLANT-BASED SWAPS

Milk →
Cream →
Butter →
Cheese →
Eggs →
Meat →
Honey →
Ice Cream →

Nut Milk
Coconut Cream
Olive Oil
Nutritional Yeast
Flax Egg
Tempeh
Agave Syrup
Frozen Bananas

TOP VEGETARIAN PROTEIN SOURCES

Eggs

Dairy

Tempeh

Tofu

Peanut Butter

Veggies Burgers

Lentils

Black Beans

Kidney Beans

Chickpeas

Quinoa

SPOTLIGHT ON SOY

Soy is a popular and sometimes controversial ingredient. It's a complete protein and rich in calcium, iron, zinc, fiber, and potassium. Soy can replace dairy and/or meat in a diet, even though it may be considered a healthy food, not all soy products are created equal.

Soy products, both fermented and unfermented, range in their degree of processing, from soy flour and soy protein to more traditional foods like miso, soy milk, and tofu. Highly processed items to avoid include soy cheese, soy yogurt, and imitation meats. Focus on traditional forms to maintain the soy's nutrient density.

TOP SOY PRODUCTS

Miso

A thick paste made from fermented soybeans, rice, or barley malt.

Soy Milk

Finely ground up soybeans, soaked and strained to produce a milky liquid.

Tofu

Soybean curds.

Tempeh

Whole soybeans are fermented into a cake or patty.

Edamame

Whole, green soybean.



The Vegetarian Recipes





GREEN PROTEIN SMOOTHIE

INGREDIENTS

1/2 frozen banana
1 cup of spinach
1/2 avocado
1 serving of vanilla protein powder
1 cup of unsweetened almond milk
1 tbsp of chia seeds

NUTRITIONAL VALUE

Fat: 20 g
Carbs: 28 g
Protein: 42 g
Total Calories: 430 Calories

DIRECTIONS

1. Start by pouring the almond milk into the blender to avoid the ingredients sticking at the bottom of the blender.
2. Next, add in the banana, avocado, spinach, chia seeds, and protein powder.
3. Turn the blender on, starting at a low speed, and increase as needed.
4. Once the liquid looks smooth, pour into a cup and enjoy immediately to conserve as many nutrients as possible.



RASPBERRY COCONUT SMOOTHIE

INGREDIENTS

- 1 cup of raspberries
- 1/2 frozen banana
- 1 tbsp of chia seeds
- 1 cup coconut milk
- 1 serving of vanilla protein powder

NUTRITIONAL VALUE

- Fat: 10 g
- Carbs: 54 g
- Protein: 41 g
- Total Calories: 448 Calories

DIRECTIONS

1. Start by pouring the coconut milk into the blender to avoid the ingredients sticking at the bottom of the blender.
2. Next, add in the banana, raspberries, chia seeds, and protein powder.
3. Turn the blender on, starting at a low speed, and increase as needed.
4. Once the liquid looks smooth, pour into a cup and enjoy immediately to conserve as many nutrients as possible.



CHOCOLATE BANANA SMOOTHIE

INGREDIENTS

- 1 frozen banana
- 1/2 avocado
- 1 cup of unsweetened almond milk
- 1 tbsp of cocoa powder
- 1 serving chocolate protein powder

NUTRITIONAL VALUE

- Fat: 10 g
- Carbs: 54 g
- Protein: 41 g
- Total Calories: 448 Calories

DIRECTIONS

1. Start by pouring the almond milk into the blender to avoid the ingredients sticking at the bottom of the blender.
2. Next, add the banana, avocado, cocoa powder, and protein powder. Turn the blender on, starting at a low speed, and increase as needed.
3. Once the liquid looks smooth, pour into a cup and enjoy immediately to conserve as many nutrients as possible.



BLUEBERRY SMOOTHIE

INGREDIENTS

1 cup of blueberries
1 banana
1 cup of coconut milk
1 serving of vanilla protein powder
Handful of ice

NUTRITIONAL VALUE

Fat: 18 g
Carbs: 53 g
Protein: 20 g
Total Calories: 436 Calories

DIRECTIONS

1. Start by pouring the coconut milk into the blender to avoid the ingredients sticking at the bottom of the blender.
2. Next, add the blueberries, banana, collagen powder, and ice. Turn the blender on, starting at a low speed, and increase as needed.
3. Once the liquid looks smooth, pour into a cup and enjoy immediately to conserve as many nutrients as possible.



SUPERFOOD OATMEAL

INGREDIENTS

1/2 cup of gluten-free oats
1 cup of almond milk
2 tbsp of almonds
1/2 cup of berries
1 tsp of ground cinnamon

NUTRITIONAL VALUE

Fat: 21 g
Carbs: 40 g
Protein: 12 g
Total Calories: 401 Calories

DIRECTIONS

1. In a pot place the oats, cinnamon, and almond milk and turn the heat on high until it starts boiling.
2. Once it is boiling turn the heat down to low and stir until all the almond milk is absorbed.
3. Once the oatmeal is ready transfer it into a bowl and add the nuts and fresh berries.
4. Optional: Add honey or extra toppings.



CARROT CAKE OVERNIGHT OATS

INGREDIENTS

1/2 cup of gluten-free oats
3/4 cup of unsweetened almond milk
1/4 cup of carrots, shredded
1/4 cup of walnuts
2 Tbsp of raisins
1 Tbsp of maple syrup
1/2 tsp of ground cinnamon
1/8 tsp of ground ginger

DIRECTIONS

1. Combine all the ingredients into a mason jar or a sealed container, give it a good stir, and place it in the fridge overnight.
2. In the morning, add an extra tablespoon of walnuts for an extra crunch if desired.
3. Enjoy cold or warmed-up.

NUTRITIONAL VALUE

Fat: 25 g
Carbs: 78 g
Protein: 11 g
Total Calories: 500 Calories



MEXICAN SCRAMBLE

INGREDIENTS

2 eggs
1/2 cup of sweet potatoes, diced
1/2 cup of black beans
1/2 cup of red peppers
1/2 avocado
Pinch of salt & pepper

NUTRITIONAL VALUE

Fat: 26 g
Carbs: 44 g
Protein: 23 g
Total Calories: 493 Calories

DIRECTIONS

- 1.Heat a pan on medium heat and add the coconut oil.
- 2.Once the coconut oil is melted, add in the diced sweet potatoes and red pepper. Cover and cook for 8 minutes.
- 3.Once the sweet potatoes are soft, add in the black beans for 2 minutes to heat up.
- 4.Add the 2 eggs, and stir into a scramble.
- 5.Once the scramble is done, top it with avocado, salt, pepper, and hot sauce, if desired.



APPLE CINNAMON CEREAL

INGREDIENTS

1 apple
1/4 cup of coconut chips
1/2 cup of almond milk
2 tbsp of walnuts
2 tbsp of almonds
1/2 tsp of ground cinnamon

DIRECTIONS

1. Start by washing an apple and then cut it into small pieces.
2. Next, combine the apple pieces and all the remaining ingredients into a small bowl.
3. Add any other nuts and seeds that you enjoy to add texture to this grain-free cereal.

NUTRITIONAL VALUE

Fat: 28 g
Carbs: 19 g
Protein: 8 g
Total Calories: 350 Calories



BANANA PANCAKES

INGREDIENTS

- 1 banana
- 2 eggs
- 1 tsp of ground cinnamon
- 1 tsp of coconut oil

NUTRITIONAL VALUE

- Fat: 24 g
- Carbs: 30 g
- Protein: 14 g
- Total Calories: 378 Calories

DIRECTIONS

1. In a bowl combine the banana and two eggs. Use a hand blender or a fork to mix the banana and eggs. Aim for a consistency like a pancake batter.
2. Place a pan on medium heat and melt the coconut oil. Slowly add the batter to the pan forming 5-inch diameter pancakes. Place the cover on and cook for a couple of minutes on each side.
3. Repeat until you have cooked the whole batch. Be creative with your toppings, add any of your favorite clean foods. These may include but are not limited to berries, almond butter, coconut flakes, and chopped nuts.



CHICKPEA SALAD WRAP

INGREDIENTS

(2 servings)

4 brown rice tortillas
1 (15oz) can of chickpeas
1/2 avocado
1 stalk of celery
1/4 cup of red onions
1/4 cup of vegan mayo
Salt and pepper to taste

DIRECTIONS

1. Wash and drain the chickpeas. Put the chickpeas in a big bowl and mash them with a fork.
2. Chop the celery and red onion into small pieces, then add them to the chickpeas.
3. Toss in the remaining ingredients.
4. Divide the mixture up into two separate wraps.

NUTRITIONAL VALUE

Fat: 36 g
Carbs: 45 g
Protein: 15 g
Total Calories: 631 Calories



BALSAMIC ARUGULA SALAD

INGREDIENTS

(2 Servings)

4 cups of arugula
2 tomatoes
1 cup of chopped cucumber
1 cup of chickpeas
2 tbsp of balsamic vinegar
1/4 cup of extra virgin olive oil
Pinch of salt and pepper

NUTRITIONAL VALUE

(per serving)

Fat: 29 g
Carbs: 28 g
Protein: 6 g
Total Calories: 391 Calories

DIRECTIONS

1. Pre-heat the oven to 200C/400F.
2. Drain and wash the chickpeas and then pat them dry with a paper towel. Spread the chickpeas out on a baking sheet with parchment paper and drizzle the 2 Tbsp of olive oil on top. Bake the chickpeas for 30 minutes, moving them around every 10 minutes.
3. While the chickpeas are baking prepare the salad ingredients. Make the dressing by combining the balsamic vinegar, olive oil, sea salt, and pepper.
4. You can add a sweetener of choice here as well if desired.
5. Once the chickpeas are done toss them into the prepared salad for a much healthier crouton alternative.



CREAM OF BROCCOLI SOUP

INGREDIENTS

(2 Servings)

1 head of broccoli
2 leeks
4 cups of vegetable broth
1 cup of canned coconut milk
1/2 cup of yellow onions, chopped
2 garlic cloves
1 tbsp of extra virgin olive oil
salt and pepper to taste

NUTRITIONAL VALUE

(per serving)

Fat: 36 g
Carbs: 34 g
Protein: 16 g
Total Calories: 510 Calories

DIRECTIONS

- 1.Heat the olive oil in a pot on medium heat. Once the oil has melted add in the onions and sauté for a few minutes.
- 2.Add the garlic, sauté for another 2 minutes.
- 3.Next add the broccoli, leeks, and vegetable broth. Bring everything to a boil, then lower to a simmer for 20 minutes.
- 4.Just before taking the soup off the stove add in the coconut milk, let it warm-up, then transfer everything into a food processor or a high-speed blender.
- 5.Blend everything until smooth.



FALAFEL SALAD

INGREDIENTS

(2 Servings)

1 can (15oz) of chickpeas
1/2 cup of red onion, diced
1 cup of fresh parsley
2 tbsp of ground flax seed
1/2 tsp of ground cumin
Salt & pepper to taste

(per serving)

2 cups of spring mix
1 tbsp of tahini
1/2 tbsp of lemon juice

DIRECTIONS

1. Pre-heat the oven to 400F.
2. Combine the chickpeas, red onions, ground flax seed, parsley, cumin, salt, and pepper in a food processor. Process for a few seconds, leaving the mixture a little bit chunky.
3. Form 8 small patties with the mixture.
4. Bake for 45 minutes, flipping them halfway.
5. While the falafels are baking prepare the salad and the dressing by combining the tahini and lemon juice.

NUTRITIONAL VALUE

(4 Falafel)

Fat: 3 g
Carbs: 29 g
Protein: 9 g
Total Calories: 171 Calories



GREEK CHICKPEA SALAD

INGREDIENTS

(2 Servings)

2 cups of chickpeas

2 tomatoes

1 cup of cucumbers

1/2 cup of feta cheese

1/4 cup of red onions

12 olives

2 tsp of extra virgin olive oil

Salt & pepper to taste

DIRECTIONS

1. Prepare the vegetables by washing and slicing them.

2. Drain and rinse the chickpeas.

3. Combine all the ingredients in a bowl.

4. Drizzle the olive oil on top and add a pinch of salt and pepper.

NUTRITIONAL VALUE

(per serving)

Fat: 28 g

Carbs: 45 g

Protein: 16 g

Total Calories: 486 Calories



CRUNCHY KALE SALAD

INGREDIENTS

(2 servings)

4 cups of kale

1 carrot, grated

1 avocado

1 cup of chickpeas

Dressing:

2 tbsp of tahini

1 tbsp of lemon juice

DIRECTIONS

1. Preheat the oven to 350F/175C.

2. Drain and rinse the chickpeas. Dry them with a paper towel and spread them evenly on a baking tray. Bake for 45 minutes.

3. Meanwhile prepare the vegetables by rinsing and chopping up the kale, peeling and shredding the carrots, and cutting the avocado into small cubes. Set the vegetables aside.

4. Combine all the dressing ingredients in a bowl and whisk together until it forms a smooth consistency.

5. Place all the vegetables in a bowl with the baked chickpeas and then drizzle the dressing on top.

NUTRITIONAL VALUE

(per serving)

Fat: 22 g

Carbs: 40 g

Protein: 16 g

Total Calories: 431 Calories



QUINOA TABOULEH

INGREDIENTS

1/4 cup of quinoa
1/2 cup of fresh parsley
2 tomatoes
2 tbsp of pine nuts
1 tbsp of tahini
1 tbsp of extra virgin olive oil
Juice of 1/2 lemon

DIRECTIONS

1. Start by preparing the quinoa according to the directions on the packaging.
2. While the quinoa is cooking start chopping the parsley and the tomatoes.
3. Once the quinoa is done let it cool down for a little bit and then add all the remaining ingredients.
4. Mix well and serve cold.

NUTRITIONAL VALUE

Fat: 29 g
Carbs: 36 g
Protein: 10 g
Total Calories: 423 Calories



CAPRESE STUFFED AVOCADOS

INGREDIENTS

1 avocado
1/4 cup of cherry tomatoes
1/4 cup of mini mozzarella balls
1/2 tbsp of balsamic vinegar
1 tbsp of extra virgin olive oil
Pinch of salt & pepper

DIRECTIONS

1. Scoop out a little bit of an avocado to create a deeper pit.
2. Combine the cherry tomatoes and mozzarella balls in a bowl, then transfer them into the avocado.
3. Drizzle with balsamic vinegar and olive oil.
4. Sprinkle with salt and pepper to finish

NUTRITIONAL VALUE

Fat: 45 g
Carbs: 20 g
Net Carbs: 9 g
Protein: 8 g
Total Calories: 515 Calories



BUDDHA BOWL

INGREDIENTS

(2 Servings)

4 cups of spinach
1 cup of quinoa, dry
1 cup of chickpeas
1 red bell pepper, chopped
1 cup of cucumber, sliced
2 tbsp of extra virgin olive oil
2 tbsp of lemon juice
Pinch of Salt & Pepper

DIRECTIONS

1. Prepare the quinoa by following the instructions provided on the packaging.
2. While the quinoa is cooking prepare all the vegetables and place them in a bowl.
3. Drain and rinse the chickpeas.
4. Once everything is in the bowl, drizzle the lemon juice and olive oil on top. Sprinkle with salt and pepper.

NUTRITIONAL VALUE

(per serving)

Fat: 19 g
Carbs: 65 g
Protein: 16 g
Total Calories: 485 Calories



CREAMY TOMATO PASTA

INGREDIENTS

(2 Servings)

200 g of brown rice pasta
2 red peppers
4 sun dried tomatoes
1 cup of canned diced tomatoes
1/2 cup of cashews
1 Tbsp of extra virgin olive oil
1/4 cup of yellow onions, diced
1 garlic clove
Pinch of salt & pepper

NUTRITIONAL VALUE

(per serving)

Fat: 22 g
Carbs: 63 g
Protein: 13 g
Total Calories: 498 Calories

DIRECTIONS

1. Soak the cashews in water for 2 hours before making the dish.
2. Bring a pot of water to a boil on the stovetop and prepare the brown rice pasta according to packaging instructions.
3. Meanwhile, place a pan on medium heat and add the olive oil, onions, garlic, and red pepper all finely chopped. Sauté until the red peppers and onions become translucent.
4. In a blender, combine the diced tomatoes, drained cashews, sundried tomatoes, and the sautéed vegetables. Blend until creamy.
5. Once the pasta is complete, drain and add to a bowl with the creamy tomato sauce. Combine well and serve with fresh parsley on top.



BLACK BEAN BURGER

INGREDIENTS

(2 Servings)

1 1/2 cups of black beans
1/4 cup of gluten-free oats
1/4 cup of yellow onion, diced
1 garlic clove
1/4 cup of fresh parsley
1 tsp of chili powder
1/2 tsp of ground cumin
1/2 tsp of sea salt

(per serving)

2 cups of mixed greens
1/4 avocado

DIRECTIONS

1. Drain and rinse the black beans and pat dry with a paper towel.
2. Place all the ingredients in a food processor until the mixture becomes sticky.
3. Form 4 patties and cook on the stove top on medium heat with coconut oil.
4. Fry the patty for about 3-5 minutes on each side and then you can add any of your favorite toppings to the burger patties.

NUTRITIONAL VALUE

(2 Patties)

Fat: 2 g
Carbs: 46 g
Protein: 16 g
Total Calories: 262 Calories



SWEET POTATO & CHICKPEA CURRY

INGREDIENTS

(2 Servings)

1 sweet potato
1 can (15 oz) of chickpeas
1 cup of canned coconut milk
1/4 cup of yellow onion, diced
1 can of chopped tomato
1 tbsp of extra virgin olive oil
1 tbsp of ground turmeric
1 tbsp of ground cumin
1 tbsp of ground ginger
1 tsp of salt
1/2 tsp of pepper

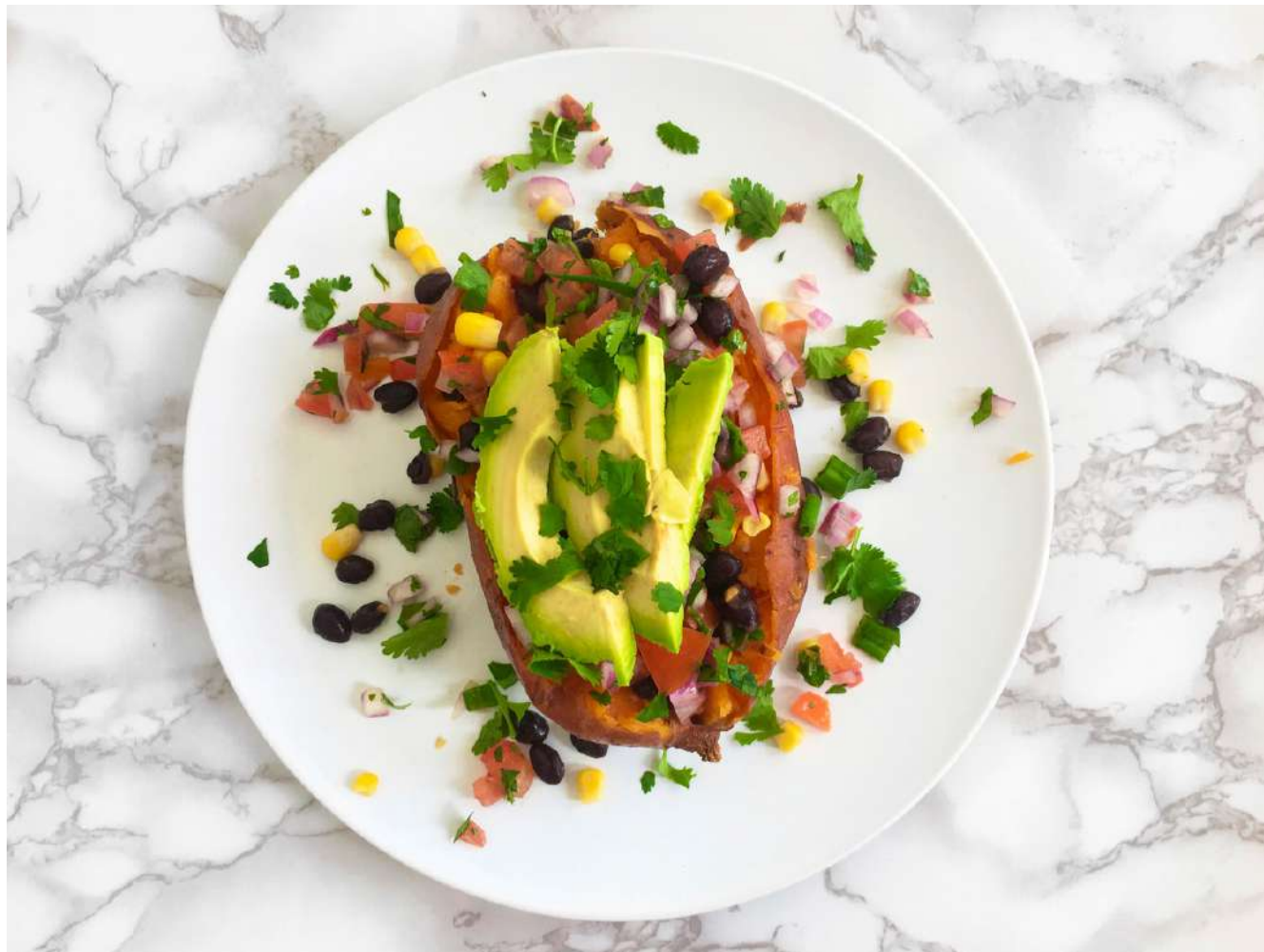
DIRECTIONS

1. In a large pot heat the olive oil and the onions and the spices. Cook until the onions become translucent.
2. Next add in the rest of the ingredients, making sure that the sweet potatoes are completely covered with the liquid.
3. Bring the curry to a boil and then turn it down to a simmer for about 40 minutes or until the sweet potatoes are completely done.

NUTRITIONAL VALUE

(per serving)

Fat: 26 g, Carbs: 56 g, Protein: 13 g, Total Calories: 518 Calories



STUFFED SWEET POTATO

INGREDIENTS

(2 Servings)

2 small, sweet potatoes

1 cup of black beans

1 cup of corn

1 avocado

Homemade Salsa:

2 tomatoes

1/2 cup of cilantro

1/4 cup of red onion

2 tbsp of lime juice

Pinch of salt & pepper

DIRECTIONS

1. Preheat the oven to 425F/220C.

2. Wash and scrub the potatoes and pierce holes all around them with a fork. Bake in the oven for 45-50 minutes.

3. While the sweet potatoes are baking combine the black beans and corn in one bowl.

4. In a separate bowl, combine all the ingredients for the salsa.

5. Once the sweet potatoes are done, stuff it with the bean mixture, then top it with the salsa and avocado.

NUTRITIONAL VALUE

(per serving)

Fat: 13 g

Carbs: 77 g

Protein: 16 g

Total Calories: 472 Calories



ZOODLES & LENTIL MEATBALLS

INGREDIENTS

(2 Servings)

3 large zucchinis
1 cup of canned lentils
1/4 cup of quinoa
1/2 cup of almond flour
1/4 cup of yellow onion, diced
2 garlic cloves
2 tbsp of Italian seasoning
2 cups of marinara sauce

NUTRITIONAL VALUE

(per serving)

Fat: 18 g

Carbs: 55 g

Protein: 20 g

Total Calories: 441 Calories

DIRECTIONS

1. Start by preparing the lentils and quinoa according to directions on the package.
2. Once the lentils and quinoa are ready add everything except for the marinara sauce and zucchini in the food processor.
3. Process until it is completely smooth. Roll out 10 small “meatballs” with the lentil mixture.
4. Heat olive oil in a large pan and cook the meatballs for 5 minutes.
5. Next, add the marinara sauce to the pan, mix in with the meatballs and cook for another 5 minutes.
6. Serve over spiralized zucchini. If you do not have a spiralizer you can create linguini noodles out of zucchini with a regular peeler.



KELP NOODLE STIR FRY

INGREDIENTS

(2 Servings)

300 g of tempeh
1 head of broccoli
2 carrots
1/4 cup of yellow onions, diced
2 garlic cloves
200 g of kelp noodles
1/4 cup of coconut aminos
Pinch of salt & pepper

NUTRITIONAL VALUE

(per serving)

Fat: 24 g
Carbs: 38 g
Protein: 35 g
Total Calories: 448 Calories

DIRECTIONS

1. Place a large pan on medium heat and add the coconut oil, once the oil has melted add the onions and garlic.
2. Once the onions are translucent add the chopped broccoli and carrots. Cover and cook until the vegetables start to soften, once the vegetables are cooked through add in the tempeh for 3-5 minutes.
3. Meanwhile, prepare the kelp noodles by rinsing and separating them.
4. Lastly add the coconut aminos and the kelp noodles to the pan, cover, and cook for an additional 2 minutes to allow the noodles to warm up.



TOFU PAD THAI

INGREDIENTS

(2 Servings)

200 g of tofu, cubed
100g of brown rice noodles
1 cup of bean sprouts
2 tbsp of green onions
1/4 cup of coconut aminos
2 tbsp of almond butter
1 tbsp of coconut oil

NUTRITIONAL VALUE

(per serving)

Fat: 26 g
Carbs: 58 g
Protein: 24 g
Total Calories: 485 Calories

DIRECTIONS

1. Place a pan on medium heat and add the coconut oil.
2. Once the oil had melted, add in the tofu.
3. Meanwhile, place a medium pot with water on high heat and bring to a boil. Once the water is boiling add the brown rice noodles.
4. Once the tofu is starting to brown add in the bean sprouts.
5. Mix the coconut aminos and the almond butter to form a thick sauce and toss it in the pan and lower the heat.
6. Cook for another 5 minutes.
7. Once the noodles are ready, toss them in the pan and mix well.
8. Plate and top with fresh green onions.



HUMMUS & CUCUMBERS

INGREDIENTS

(4 servings)

1 can of chickpeas
1/4 cup of tahini
2 tbsp of extra virgin olive oil
2 tbsp of lemon juice
1 garlic clove
1 tsp of cumin
1/2 tsp of salt
1 English cucumber

DIRECTIONS

1. Start by preparing the chickpeas. If you are preparing dry chickpeas follow the instructions on the packaging or if you are using canned make sure to drain the chickpeas and rinse them well.
2. Once the chickpeas are ready, place all the ingredients in a food processor and process until it forms a smooth and creamy texture.
3. Store the hummus into an air-tight container or portion it out immediately into 4 servings.

NUTRITIONAL VALUE

(per serving)

Fat: 16 g
Carbs: 22 g
Protein: 8 g
Total Calories: 251 Calories



CARROTS & ALMOND BUTTER

INGREDIENTS

2 carrots
1 tbsp of almond butter

DIRECTIONS

1. Slice the carrots into sticks and use the almond butter as a dip.

NUTRITIONAL VALUE

Fat: 19 g
Carbs: 13 g
Protein: 5 g
Total Calories: 229 Calories



SEED CRACKERS & GUACAMOLE

INGREDIENTS

(Makes 4 Servings)

1/4 cup of chia seeds
1/4 cup of sesame seeds
1/4 cup of sunflower seeds
1/2 tbsp of herb mix seasoning
1/2 tsp of salt
1 cup of water

Guacamole:

1/2 mashed avocado
Juice of half a lime
Pinch of salt

DIRECTIONS

1. Preheat the oven to 175C.
2. Combine all the seeds with water and seasonings. Let the mixture sit for 5 minutes.
3. Line a baking sheet with parchment paper and spread the seed mixture evenly until flat.
4. Bake for 30 minutes then remove from the oven, cut them into squares, flip them and bake for another 15 minutes.
5. Meanwhile, combine the guacamole ingredients in a bowl and mash until you have your desired consistency.

NUTRITIONAL VALUE

(per serving)

Fat: 24 g
Carbs: 14 g
Protein: 8 g
Total Calories: 280 Calories



CACAO COCONUT BALLS

INGREDIENTS

(Makes 10 Balls)

1 cup of almonds
1/2 cup of shredded coconut
8 medjool dates
2 tbsp of raw cacao powder

DIRECTIONS

1. Remove the pit from the dates. Combine all the ingredients in a food processor and mix until it forms a doughy mixture.
2. Form 10 balls with the mixture and then store them in the fridge to preserve freshness.

NUTRITIONAL VALUE

(2 balls)

Fat: 18 g
Carbs: 36 g
Protein: 6 g
Total Calories: 324 Calories



APPLE PIE BITES

INGREDIENTS

(10 balls)

8 medjool dates
1 cup of dried apples
1 cup of walnuts
1 tsp of ground cinnamon

DIRECTIONS

1. Remove the pit from the dates. Combine all the ingredients in a food processor and mix until it forms a doughy mixture.
2. Form 10 balls with the mixture and then store them in the fridge to preserve freshness.

NUTRITIONAL VALUE

(2 Balls)

Fat: 16 g
Carbs: 44 g
Protein: 5 g
Total Calories: 314 Calories



SUPERFOOD COOKIES

INGREDIENTS

(8 Cookies)

1 1/2 cup of gluten-free rolled oats
1/4 cup of dried cranberries
1/4 cup of pumpkin seeds
2 tbsp of ground flax seeds
2 tbsp of chia seeds
1 banana
1/4 cup of maple syrup
1/4 cup of coconut oil
Pinch of salt

NUTRITIONAL VALUE

(2 Cookies)

Fat: 24 g
Carbs: 56 g
Protein: 10 g
Total Calories: 468 Calories

DIRECTIONS

- 1 Preheat the oven to 165C/325F.
 - . Combine all the dry ingredients in a medium bowl.
- 2 In a separate bowl, mash the banana, then add the melted coconut oil and maple syrup.
 - . Combine the dry and wet ingredients and form 8 cookies.
- 3 Bake the cookies for 18 minutes on a baking sheet with parchment paper. Once the cookies are done, let them cool and then store them in an airtight container in the fridge.
 - .
- 4
- 5
- .



EASY TRAIL MIX

INGREDIENTS

(3 servings)

1/2 cup of coconut chips

1/4 cup of almonds

1/4 cup of pumpkin seeds

DIRECTIONS

1. Place all the ingredients in an air-tight jar and store somewhere cool or immediately divide the trail mix into 3 portions.

NUTRITIONAL VALUE

(per serving)

Fat: 20 g

Carbs: 9 g

Protein: 10 g

Total Calories: 256 Calories



BERRY CHIA PUDDING

INGREDIENTS

(1 Serving)

- 2 tbsp of chia seeds
- 1/2 cup of unsweetened almond milk
- 1 tsp of maple syrup
- 1 cup of mixed berries

NUTRITIONAL VALUE

(per serving)

- Fat: 11 g
- Carbs: 29 g
- Protein: 6 g
- Total Calories: 221 Calories

DIRECTIONS

- 1 Place the chia seeds, almond milk, and maple syrup in an air-tight jar and mix well.
 - Place in the fridge to set for at least 2 hours or overnight.
- 2 Serve with fresh berries.

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The Vegetarian Meal Plan

Week 1

Breakfast	Green Protein Smoothie	Superfood Oatmeal	Green Protein Smoothie	Superfood Oatmeal	Green Protein Smoothie	Superfood Oatmeal	Banana Pancakes
Lunch	Chickpea Wrap	Buddha Bowl (leftovers)	Balsamic Creamy Arugula Tomato Salad (leftovers)	Tomato Pasta (leftovers)	Tofu Pad Thai (leftovers)	Caprese Stuffed Avocado	Sweet Potato Chickpea Curry (leftovers)
Dinner	Buddha Bowl	Balsamic Arugula Salad	Creamy Tomato Pasta	Tofu Pad Thai	Eat Out Using the Vegetarian Guide Guidelines	Sweet Potato Chickpea Curry	Kelp Noodle Stir Fry
Snack	Hummus & Cucumber Sticks	Cacao Coconut Balls	Hummus & Cucumber Sticks	Cacao Coconut Balls	Hummus & Cucumber Sticks	Cacao Coconut Balls	Hummus & Cucumber Sticks

Week 2

Breakfast	Raspberry Coconut Smoothie	Carrot Cake Overnight Oats	Raspberry Coconut Smoothie	Carrot Cake Overnight Oats	Raspberry Coconut Smoothie	Carrot Cake Overnight Oats	Banana Pancakes
Lunch	Kelp Noodle Stir Fry (leftovers)	Creamy Broccoli Soup (leftovers)	Falafel Salad (leftovers)	Stuffed Sweet Potato (leftovers)	Black Bean Burgers (leftovers)	Crunchy Kale Salad	Zoodles & Lentil Meatballs (leftovers)
Dinner	Creamy Broccoli Soup	Falafel Salad	Stuffed Sweet Potato	Black Bean Burgers	Eat Out Using the Vegetarian Guide Guidelines	Zoodles & Lentil Meatballs	Quinoa Tabouleh
Snack	Seed Crackers & Guacamole	Carrots & Almond Butter	Seed Crackers & Guacamole	Carrots & Almond Butter	Seed Crackers & Guacamole	Carrots & Almond Butter	Seed Crackers & Guacamole

Week 3

Breakfast	Chocolate Banana Smoothie	Mexican Scramble	Chocolate Banana Smoothie	Mexican Scramble	Chocolate Banana Smoothie	Mexican Scramble	Banana Pancakes
Lunch	Quinoa Tabouleh (leftovers)	Buddha Bowl (leftovers)	Balsamic Creamy Arugula Tomato Salad (leftovers)	Tomato Pasta (leftovers)	Tofu Pad Thai (leftovers)	Caprese Stuffed Avocado	Sweet Potato Chickpea Curry (leftovers)
Dinner	Buddha Bowl	Balsamic Arugula Salad	Creamy Tomato Pasta	Tofu Pad Thai	Eat Out Using the Vegetarian Guide Guidelines	Sweet Potato Chickpea Curry	Kelp Noodle Stir Fry
Snack	Coconut Chia Pudding	Apple Pie Bites	Coconut Chia Pudding	Apple Pie Bites	Coconut Chia Pudding	Apple Pie Bites	Coconut Chia Pudding

Week 4

Breakfast	Blueberry Smoothie	Apple Cinnamon Cereal	Blueberry Smoothie	Apple Cinnamon Cereal	Blueberry Smoothie	Apple Cinnamon Cereal	Banana Pancakes
Lunch	Kelp Noodle Stir Fry (leftovers)	Creamy Broccoli Soup (leftovers)	Falafel Salad (leftovers)	Stuffed Sweet Potato (leftovers)	Black Bean Burgers (leftovers)	Crunchy Kale Salad	Zoodles & Lentil Meatballs (leftovers)
Dinner	Creamy Broccoli Soup	Falafel Salad	Stuffed Sweet Potato	Black Bean Burgers	Eat Out Using the Vegetarian Guide Guidelines	Zoodles & Lentil Meatballs	Quinoa Tabouleh
Snack	Superfood Cookies	Easy Trail Mix	Superfood Cookies	Easy Trail Mix	Superfood Cookies	Easy Trail Mix	Superfood Cookies



The Vegetarian Grocery Lists

GROCERY SHOPPING TIPS

The grocery lists are as precise as possible and here are a few tips:

1. Ingredients like coconut oil and olive oil are only on the first week's grocery list because they are used daily so be aware if you run out you will need to re-purchase these.

2. Ingredients like almond butter, coconut aminos, tahini, almond flour, chia seeds, oats, quinoa, and baking ingredients are listed in the grocery lists usually as a few tablespoons, but I highly recommend buying in bulk and before heading to the grocery store check if you already have them in your pantry.

3. The vegetables are sometimes rounded off, for example when you need two cups of broccoli in a recipe you will only be able to purchase a full head. In this case, I encourage you to use the extra vegetables in other meals or use it as dipping vegetables if hummus is your planned snack for the week.

4. There are also recipes with vegetarian protein powder as an ingredient. Protein powders can be bought by the serving or in a big container. I recommend going to the container if it is something you plan on using past the 28-Day Meal Plan. If not then finding single servings may be best.

5. Bananas! There are always bananas needed in smoothies every week so if you buy too many or they are on sale feel free to stock up and freeze them.

6. Many of these recipes call for fresh herbs like parsley and basil. To save money I recommend getting these two herbs as small plants. They are very easy to maintain and don't cost much.

7. Use any excess vegetables to snack on during the week when you are hungry.

8. Lastly, always check the fridge and pantry before you head out to the grocery store with your list to make sure there are no leftovers.

GROCERY LIST - WEEK 1

Fruits & Vegetables

5 Bananas
1/2 Cup of Mixed Berries
5 Avocados
1 Lemon
7 Cups of Spinach
4 Cups of Arugula
1 Small Sweet Potato
1 Head of Broccoli
2 Carrots
2 Red Bell Peppers
2 English Cucumbers
2 Tomatoes
1/4 Cup of Cherry Tomatoes
1 Stalk of Celery
1 Cup of Bean Sprouts
1/2 Cup of Green Onions
1 Red Onion
2 Onions
5 Clove of Garlic

Grains, Beans & Legumes

5 1/2 Cup of Gluten-Free Oats
1 Brown Rice Tortilla Wraps
200 g of Brown Rice Pasta
2 Cups Cooked Quinoa
4 Cans of Chickpeas

Dairy

1/4 Cup of Mini Mozzarella Balls

Nuts & Seeds

1/2 Cup of Cashews
1 1/4 Cup of Almonds
3 Tbsp of Chia Seeds

Baking Supplies

1/2 Cup of Shredded Coconut
2 Tbsp of Raw Cacao Powder
8 Medjool Dates
2 tsp of Baking Powder

Condiments

Extra Virgin Olive Oil
Coconut Oil
2 1/2 Tbsp of Balsamic Vinegar
1 Cup of Coconut Milk
6 3/4 Cups of Almond Milk
2 Cans of Diced Tomatoes
1/2 Cup of Coconut Aminos
1/4 Cup of Tahini (Sesame Paste)
2 Tbsp of Almond Butter
2 Tbsp of Vegan Mayo

Herbs & Spices

Ground Turmeric
Ground Cumin
Ground Ginger
Ground Cinnamon

Extra

3 Servings of Vanilla Protein Powder
4 Sun Dried Tomatoes
300 g of Tempeh
300 g of Tofu
200 g of Kelp Noodles

GROCERY LIST - WEEK 2

Fruits & Vegetables

3 Cups of Raspberries
3 Bananas
3 1/2 Avocados
1 Lemon
2 Limes
2 Tbsp of Lime Juice
2 Cups of Kale
2 Cup of Fresh Greens
1 1/4 Cup of Fresh Parsley
1/2 Cup of Cilantro
2 Small Sweet Potatoes
1 Head of Broccoli
8 Carrots
2 Zucchini
4 Tomatoes
2 Leeks
1/2 Cup of Red Onion
1 Cup of Chopped Onions 7
Cloves of Garlic

Grains, Beans & Legumes

2 3/4 Cup of Gluten-Free Oats
1/2 Cup of Quinoa
1 Can of Black Beans
1 Cup of Black Beans
1 Cup of Corn
1 Can + 1/2 Cup of Chickpeas 1
Cup of Cooked Lentils

Nuts & Seeds

3/4 Cup of Walnuts
2 Tbsp of Pine Nuts
1/4 Cup + 3 Tbsp of Chia Seeds
1/4 Cups of Sesame Seeds
1/4 Cups of Sunflower Seeds

Baking Supplies

1/2 Cup of Almond Flour
6 Tbsp of Raisins
3 Tbsp of Maple Syrup
2 tsp of Baking Powder

Condiments

3 Cups of Coconut Milk
2 Cups of Marinara Sauce
4 Cups of Vegetable Broth
1 Cup of Canned Coconut Milk 2
1/2 Cup of Almond Milk
1/4 Cup of Tahini
1/4 Cup of Almond Butter

Herbs & Spices

Italian Seasoning
Herb Mix Seasoning
Chilli Powder
Cayenne Powder

Extra

3 Servings of Vanilla Protein Powder

GROCERY LIST - WEEK 3

Fruits & Vegetables

- 5 Avocados
- 6 Bananas
- 1 Cup of Mixed Berries
- 1 Lemon
- 4 Cups of Spinach
- 4 Cups of Arugula
- 2 Small Sweet Potatoes
- 1 Head of Broccoli
- 2 Carrots
- 4 Red Bell Pepper
- 1 Cucumber
- 2 Tomatoes
- 1/4 Cup of Cherry Tomatoes
- 1 Stalk of Celery
- 1 Cup of Bean Sprouts
- 1/2 Cup of Green Onions
- 1 Red Onion
- 2 Onions
- 4 Garlic Cloves

Grains, Beans & Legumes

- 3 Cup of Gluten-Free Oats
- 1 Brown Rice Tortilla Wraps
- 200 g of Brown Rice Pasta
- 2 Cups Cooked Quinoa
- 3 Cans of Chickpeas
- 1 Can of Black Beans

Dairy & Eggs

- 6 Eggs
- 1/4 Cup of Mini Mozzarella Balls

Nuts & Seeds

- 1 Cup of Walnuts
- 1/2 Cup of Cashews
- 1/4 Cup of Chia Seeds

Baking Supplies

- 1 Cup of Apple Chips
- 8 Medjool Dates
- 6 Tbsp of Raw Cacao Powder
- 1 Tbsp of Maple Syrup
- 1 tsp of Vanilla Extract
- 2 tsp of Baking Powder

Condiments

- 2 1/2 Tbsp of Balsamic Vinegar
- 1 Can + 1 Cup of Coconut Milk 3
- 3/4 Cups of Almond Milk
- 2 Cans of Diced Tomatoes
- 1/2 Cup of Coconut Aminos
- 2 Tbsp of Almond Butter
- 2 Tbsp of Vegan Mayo

Extra

- 3 Servings of Chocolate Protein Powder
- 4 Sundried Tomatoes
- 300 g of Tempeh
- 300 g of Tofu
- 200 g of Kelp Noodles

GROCERY LIST - WEEK 4

Fruits & Vegetables

5 Bananas
3 Apples
3 Cups of Blueberries
2 Avocados
1 Lemon
2 Tbsp of Lime Juice
2 Cups of Kale
2 Cup of Fresh Greens
1 1/4 Cup of Fresh Parsley
1/2 Cup of Cilantro
2 Small Sweet Potatoes
1 Head of Broccoli
1 Carrot
2 Zucchini
4 Tomatoes
2 Leeks
1 Red Onion
2 Onions
7 Cloves of Garlic

Grains, Beans & Legumes

2 3/4 Cup of Gluten-Free Oats
1/2 Cup of Quinoa
1 Can + 1 Cup of Black Beans
1 Can + 1/2 Cup of Chickpeas
1 Cup of Cooked Lentils
1 Cup of Corn

Nuts & Seeds

1/2 Cup + 2 Tbsp of Almonds
1/2 Cup of Pumpkin Seeds
1/4 + 2 Tbsp of Walnuts
2 Tbsp of Ground Flax Seeds
2 Tbsp of Chia Seeds
2 Tbsp of Pine Nuts

Baking Supplies

1/2 Cup of Almond Flour
1 1/4 Cup of Coconut Chips
1/4 Cup of Maple Syrup
1/4 Cup of Dried Cranberries
2 tsp of Baking Powder

Condiments

2 Cups of Marinara Sauce
4 Cups of Vegetable Broth
1 Can + 1 Cup of Coconut Milk
3/4 Cup of Almond Milk
4 Tbsp of Tahini

Extra

3 Servings of Vanilla Protein Powder