

# Meals maker



**7-DAY VEGETARIAN DIET PLAN**

**WEEK 1**

## THIS MEAL PLAN INCLUDES:

- 21 meal recipes (3 meals per day for 7 days)
- Necessary Staples for Each Meal
- Weekly Grocery List

## INSTRUCTIONS:

Step 1: Briefly review all meals for the week.

Step 2: Review necessary staples for each meal and weekly grocery list.

Step 3: Grocery shop, cook and enjoy!

## SPECIAL NOTES: (PLEASE READ)

**NOTE 1:** Necessary Staples: Most meals will include the use of sea salt and fresh ground pepper so please make sure you are stocked up!

**NOTE 2:** Grocery List: When it comes to the Oil, Condiments, Herbs and Spices section, please only purchase what you don't already have.

For example, if the section states you need Balsamic Vinegar: 1 (12 oz.) bottle, we simply mean to purchase a bottle of Balsamic Vinegar if you don't already have it. We do not mean you will use the full 12 oz. bottle this week.



# Meals maker

## DAY 1

*Breakfast:*

BREAKFAST HASH

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*Lunch:*

SWEET POTATOES  
BLACK BEAN BOWLS

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*Dinner:*

STIR FRY W/ TOFU AND  
BROCCOLI

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## DAY 2

*Breakfast:*

TOFU SCRAMBLE

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*Lunch:*

ITALIAN MEATLOAF CUPS

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*Dinner:*

VEGETABLE FRIED RICE

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## DAY 3

*Breakfast:*

CHIA SEED PANCAKES

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*Lunch:*

TOMATO GNOCCHI

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*Dinner:*

PESTO AND GOAT CHEESE GIGLI  
PASTA WITH SWISS CHARD

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## DAY 4

*Breakfast:*

MANGO & RASPBERRY  
ACAI BOWL

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*Lunch:*

AVOCADO EGG SALAD

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*Dinner:*

CHICKPEA STIR FRY

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## DAY 5

*Breakfast:*

DARK CHOCOLATE QUINOA  
BOWL

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*Lunch:*

CHICKPEA BROCCOLI BOWL

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*Dinner:*

ASPARAGUS SANDWICH WITH  
RICOTTA CHEESE

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## DAY 6

*Breakfast:*

QUINOA CARROT CAKE MUFFINS

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*Lunch:*

CHICKPEA SPINACH SALAD

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*Dinner:*

MUSHROOM LETTUCE CUPS

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## DAY 7

*Breakfast:*

OMELET WITH SEARED  
ASPARAGUS

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*Lunch:*

HUMMUS AND AVOCADO TOAST

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*Dinner:*

FUSILLI PASTA SALAD

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*WEEKLY Notes*



# DAY 1 Breakfast



## BREAKFAST HASH

**Prep Time:** 5min.

**Cook Time:** 20 min.

**Total Time:** 25 min.

### **Ingredients:**

1 tbsp. extra virgin olive oil  
6 red potatoes, cut up into smaller pieces  
10-14 oz. vegan breakfast sausage  
Salt & pepper, to taste  
1 can black beans, drained and rinsed  
4 oz. mushrooms  
2 tbsp. smoked paprika  
1 tbsp. seasoned salt  
3-5 oz. baby spinach  
Salsa  
Vegan sour cream  
Green onions

### **Instructions:**

1. In a skillet, heat oil on medium heat.
2. Add potatoes and meatless breakfast sausage.
3. Season with salt and pepper.
4. Cover and let potatoes and sausage cook for 10-15 minutes, stirring occasionally, until potatoes are browned on the edges.
5. Add in black beans, mushrooms, paprika, and seasoned salt, cooking for another 5 minutes or until everything is warmed through and mushrooms are slightly cooked and their juices have started releasing.
6. Add the spinach.
7. Stir and cover for a couple minutes.
8. Serve right away and top with salsa, vegan sour cream, and green onions as desired.



**DAY 1** *Lunch*



## SWEET POTATOES BLACK BEAN BOWLS



**SUBSCRIBE TO VIEW ALL  
21 MEAL RECIPES**







**WEEK 1**

# GROCERY LIST



**Produce:**

- 6 red potatoes
- Extra-virgin olive oil
- Mushrooms: 1 container
- Baby spinach: 2 bags
- Green onions: 1 bag
- 1 large sweet potato
- Leafy greens: 2 bags
- 3 avocados
- Broccoli: 2 large florets
- 10 garlics
- Fresh ginger root: 7 pieces
- Scallions also known as green onion: 5 bundles
- Red bell pepper: 3
- Large onion: 3
- Long carrots: 1 bag
- Baby Swiss chard: 1 bundle
- Mango: 1
- Ginger bag: 1
- Yellow bell pepper: 1
- Snap peas: 1 bag
- 1 container of blueberries (to use as the mixed berries in Day 4: Breakfast recipe)
- 1 container of strawberries (to use as the mixed berries in Day 4: Breakfast recipe)
- Asparagus: 2 bags
- Fresh mint: 1 bundle
- Bananas: 3
- Romaine lettuce: 1 bundle
- Red onion: 1
- Grape tomatoes: 1 container
- Fresh basil: 1 bundle
- Limes: 1 bag of limes
- Lemons: 5

**Refrigerated:**

- Vegan sour cream
- Firm tofu: 2 packages
- Extra firm tofu: 1 package
- 1 dozen eggs
- 4 oz. goat cheese
- 4 oz. ricotta cheese
- Salsa: 1 container
- Pesto sauce: 1 bottle
- Garlic hummus: 1 container
- 8 oz. Chigine, or also known as fresh mozzarella cheese

**Frozen:**

- Frozen peas: 1 bag
- Frozen raspberries: 1 small bag
- Frozen broccoli florets: 1 bag
- Frozen artichoke hearts: 1 9-ounce box
- Frozen peas and carrots: 1 bag

**Canned and Packaged:**

- White rice: 1 bag
- Brown rice: 1 bag
- Quinoa: 1 bag
- Fusilli pasta: 1 bag
- Black beans: 1 can
- Dried quinoa: 1 bag
- Pinto beans: 1 can
- Organic nutmeg: 1 bag
- Worcestershire sauce (any brand): 1 bottle
- Nutritional yeast: 1 bottle
- Flour: 1 bag
- Marinara sauce: 1 jar
- Shelf-stable tomato sauce: 1 jar
- Chickpeas: 1 can
- No added salt tomato sauce: 1 can
- Brown sugar: 1 small box

**Oils, condiments, herbs, and Spices:**

- Extra virgin olive oil: 1 bottle
- Salt: 1 bottle
- Pepper: 1 bottle
- Black Pepper: 1 bottle
- Paprika: 1 bottle
- Ground cumin: 1 bottle
- Garlic powder: 1 bottle
- Vegetable oil: 1 bottle
- Baking powder: 1 box
- Vegetable stock: 1 box

- Soy sauce: 1 bottle
- Fermented black bean sauce: 1 can
- Sugar: 1 bag
- Toasted sesame oil: 1 bottle
- Maple syrup: 1 bottle
- Onion powder: 1 bottle
- Turmeric: 1 bottle
- Oregano: 1 bottle
- 1 bottle of dried parsley
- Ground white pepper: 1 bottle
- Sea salt: 1 bottle
- Chia seeds: 1 bag
- Apple cider vinegar: 1 bottle
- Cinnamon: 1 bottle
- Pure vanilla extract: 1 bottle
- Acai powder: 1 bag
- Rice vinegar: 1 bottle
- Sesame oil: 1 bottle
- Gochujang: 1 bottle
- Cornstarch: 1 box
- Flaxseed oil: 1 bottle
- Unsweetened cocoa powder: 1 bag
- Coconut sugar: 1 bag
- Pumpkin seeds: 1 bag
- Iodized sea salt: 1 bottle
- 4 tbsp. maple syrup
- Ground nutmeg: 1 bottle

- 1 bottle
- Flakes: 1 bottle
- Cheddar cheese: 1 bottle
- Hot sauce: 1 bottle
- Red wine vinegar: 1 bottle
- Italian seasoning: 1 bottle
- Chopped walnuts: 1 bag
- Nutritional yeast seasoning: 1 bottle

**Miscellaneous:**

- Muffin tin

**Liquids:**

- Almond milk: 1 container
- Coconut milk: 1 container
- Soy milk: 1 container



**SUBSCRIBE TO VIEW ALL 21 MEAL RECIPES**

