



# 30-Day Meal Plan


This thirty-day meal plan consists of the recipes in the recipe section. Two days are the same, so you do not have to cook daily. Many recipes are freezable, which is specified and will be used later in the meal plan.

Preferably, choose snacks high in fibre and protein to keep you feeling satiated throughout the day. Women 19-50 need at least 25g, and women 50 and older need at least 21g. Men 19-50 need at least 38g, and men 50 and older have at least 30 g of fibre. Some suggested snacks can be found after the meal plan.

Many of the recipes include brown rice. The brown rice can be cooked in vegetable broth. Each serving in the meal plan is 1/2 cup, but you can always choose to have more. Add 1/2 cup of dried rice to 1 cup of vegetable broth to make one cup of cooked brown rice. Rice can be cooked, then frozen and reheated in the microwave. When reheating rice in the microwave, thaw it first in the fridge overnight. Add two to three tablespoons of water, then cover the dish tightly with plastic wrap or a plate so steam does not escape and cook it in the microwave for two minutes. Alternatively, when freezing a meal with brown rice, you can freeze the whole thing with the rice included. The moisture in the frozen food will keep the rice tasting fresh.

You can meal-prepare the night before to save time, especially for smoothies. Add the smoothie's contents, except for the liquids, to the blender the night before and finish the smoothie in the morning. Also, check the next day's meal plan for the overnight oats so those are made the night before.

After cooking the freezable foods (which I specify), split them into individual portions and pop them into the freezer. You will need several containers, or you can use sealable freezer bags, which take up less space and are more economical.



# 30-Day Meal Plan

## WEEK ONE

### DAYS 1 & 2

Breakfast      Tofu scramble, 2 slices whole grain bread/or gluten-free whole grain bread, toasted

Lunch            Tofu salad sandwich

Dinner           Lasagna

Notes:            -Freeze two remaining portions of the tofu scramble for later use.  
-Freeze the remainder of the lasagna for later use. There should be approximately four servings left after eating it for lunch on days 3 & 4.

### DAYS 3 & 4

Breakfast      Tropical smoothie

Lunch            Lasagna

Dinner           Deconstructed Thai salad rolls

Notes:            -Remember to make the overnight oats for days 5 & 6

### DAYS 5 & 6

Breakfast      Overnight oats, 1 Tbsp. nut butter, 1 small banana

Lunch            Deconstructed Thai salad rolls

Dinner           Hearty lentil stew

Notes:            -Freeze the remainder of the hearty lentil stew for later use. After eating it for lunch on days 7 & 8, approximately four servings should be left.

# 30-Day Meal Plan

## DAYS 7 & 8

Breakfast	Strawberry shortcake smoothie
Lunch	Hearty lentil stew
Dinner	Edamame bean salad, jackfruit tacos
Notes:	-Remember to make the overnight oats for days 9 & 10

## WEEK TWO

### DAYS 9 & 10

Breakfast	Overnight Oats, 1 tsp. cinnamon, 1 Tbsp. maple syrup
Lunch	Edamame bean salad
Dinner	Stir-fry, brown rice

### DAYS 11 & 12

Breakfast	Blueberry pie smoothie
Lunch	Stir-fry, brown rice
Dinner	Zucchini boats, quinoa salad

# 30-Day Meal Plan

## DAYS 13 & 14

Breakfast	Tofu Scramble, 2 slices whole grain bread/or gluten-free whole grain bread, toasted
Lunch	Quinoa salad
Dinner	Zucchini boats, steamed vegetables with 1 Tbsp. nutritional yeast

## WEEK THREE

## DAYS 15 & 16

Breakfast	Tropical smoothie
Lunch	Lasagna
Dinner	Spinach and chickpea curry, brown rice
Notes:	-Freeze the remainder of the spinach and chickpea curry for later use. There should be approximately four servings left. -Remember to make the overnight oats for days 17 & 18

## DAYS 17 & 18

Breakfast	Overnight oats, 1 small banana, 1/2 cup plant-based yogurt
Lunch	Tofu salad sandwich
Dinner	Smokey three bean chili
Notes:	-Freeze the remainder of the smokey three-bean chili for later use. After eating it for lunch on days 19 and 20, approximately four servings should be left.

# 30-Day Meal Plan

## DAYS 19 & 20

Breakfast	Blueberry pie smoothie
Lunch	Smokey three bean chili
Dinner	Tofu teriyaki rice bowl

## WEEK FOUR

## DAYS 21 & 22

Breakfast	Strawberry shortcake smoothie
Lunch	Tofu teriyaki rice bowl
Dinner	Chickenless noodle soup, tofu salad sandwich
Notes:	-Remember to make the overnight oats for days 23 & 24

## DAYS 23 & 24

Breakfast	Overnight oats, 1/2 cup berries, (fresh or frozen), 1 Tbsp. maple syrup
Lunch	Chickenless noodle soup
Dinner	Hearty lentil stew

# 30-Day Meal Plan

## DAYS 25 & 26

Breakfast	Tropical smoothie
Lunch	Lasagna
Dinner	Spinach & chickpea curry, brown rice

## DAYS 27 & 28

Breakfast	Blueberry pie smoothie
Lunch	Spinach & chickpea curry, brown Rice
Dinner	Jackfruit tacos, potato salad
Notes:	Remember to make the overnight oats for days 29 & 30

## DAYS 29 & 30

Breakfast	Overnight Oats, 1 Tbsp. nut butter, 1 small banana
Lunch	Jackfruit tacos, potato salad
Dinner	Smokey three bean chili

# 30-Day Meal Plan

## Snack Ideas

### 100-calorie or less snack ideas

#### Fruit

Snack idea	Quantity	Cal	Carbs (g)	Fat (g)	Protein (g)	Fibre (g)	Sugar (g)
Apple	1 medium	95	25.1	0.3	0.5	4.4	18.9
Apricot	5 small	84	19.5	0.7	2.4	3.5	16.2
Banana	1 small	90	23.1	0.3	1.1	2.6	12.4
Blackberries	1.5 cups	93	20.8	1.1	3.0	11.4	10.5
Blueberries	1 cup	84	21.4	0.5	1.1	3.6	14.7
Cantaloupe	1.5 cups cubed	82	19.6	0.5	2.0	2.2	18.9
Cherries	1 cup	97	24.7	0.3	1.6	3.2	19.7
Dragon fruit	1 cup cubed	77	13.7	0.3	1.8	1.5	11.4
Grapefruit	1 small	84	21.3	0.3	1.5	3.2	13.8
Grapes	0.75 cup	78	20.5	0.2	0.8	1.0	17.5
Honeydew	1 cup	69	17.3	0.3	1.0	1.5	15.5
Kiwi	2	84	20.2	0.7	1.6	4.1	12.4
Mandarin	2 small	81	20.3	0.5	1.2	2.7	16.1
Mango	1 cup sliced	99	24.7	0.6	1.4	2.6	22.5
Nectarine	1 large	69	16.5	0.5	1.7	2.7	12.2
Orange	1 large	86	21.6	0.2	1.7	4.3	17.2
Peach	1 large	68	16.7	0.4	1.6	2.6	14.7
Pear	1 medium	100	27.1	0.2	0.6	5.6	17.4
Pineapple	1 cup chunks	83	21.6	0.2	0.9	2.3	16.3
Plum	3 medium	91	22.6	0.6	1.4	2.8	19.6
Pomegranate	1 cup	100	22.7	1.4	2.0	4.9	16.6
Raspberries	1.5 cups	96	22.0	1.2	2.2	12	8.2
Strawberries	2 cups	97	23.3	0.9	2.0	6.1	14.9
Watermelon	3 cups	89	22.3	0.4	1.8	1.2	18.3

#### Vegetables

Snack idea	Quantity	Cal	Carbs (g)	Fat (g)	Protein (g)	Fibre (g)	Sugar (g)
Bell pepper	1 cup	24	5.5	0.3	0.9	1.9	3.9
Broccoli	1 cup	31	6.0	0.3	2.6	2.4	1.5
Carrots	2 medium/12 baby	50	11.7	0.3	1.1	3.4	5.8
Cauliflower	1 cup	27	5.3	0.3	2.1	2.1	2.0
Celery	4 medium stalks	22	4.8	0.3	1.1	2.6	2.1
Cherry tomatoes	25	36	7.8	0.4	1.8	2.4	5.3
Cucumber	1 cup sliced	16	3.8	0.1	0.7	1.2	1.7
Snap peas	1 cup	35	6.0	0.2	2.0	2.0	3.0

#### 100-calorie or less snack ideas, miscellaneous

Snack idea	Quantity	Cal	Carbs (g)	Fat (g)	Protein (g)	Fibre (g)	Sugar (g)
Hummus	2 Tbsp.	65	5.4	4.2	2.0	1.6	0.9
Protein powder (Beyond Yourself Vanilla Cupcake)	1 scoop	100	1	1.8	20	1	0
Raisins	1 box (14 g/0.5 oz.)	42	11.1	0.0	0.5	0.6	9.1
Ranch dip	2 Tbsp.	77	3.0	7.0	1.0	0.3	1.0
Rice cakes, plain	2	70	14.7	0.5	1.5	0.8	0.2
Sauerkraut, unpasteurized, raw	1/2 cup	20	4	0	1	1	0

# 30-Day Meal Plan

## Snack Ideas

200 calories or less snack ideas							
Nuts (raw & unsalted)							
Snack idea	Quantity	Cal	Carbs (g)	Fat (g)	Protein (g)	Fibre (g)	Sugar (g)
Almonds	20	143	5.3	12.3	5.2	3.1	1.1
Almond butter, unsalted	2 Tbsp.	192	5.9	17.3	6.5	3.2	1.4
Brazil	6	187	3.3	19.0	4.1	2.1	0.7
Cashews	20	177	9.7	14.0	5.8	1.1	1.9
Hazelnuts	20	176	4.7	17.0	4.2	2.7	1.2
Macadamia	10	185	3.6	19.5	2.0	2.2	1.2
Peanuts	40 (unshelled)	195	5.5	16.9	8.9	2.9	1.6
Peanut butter, natural, unsalted	2 Tbsp.	193	7.2	16.6	7.2	1.6	3.4
Pecans	8	165	3.3	17.2	2.2	2.3	0.9
Pistachios	50	169	8.2	13.7	6.1	3.2	2.3
Walnuts	7	185	3.9	18.5	4.3	1.9	0.7
200 calories or less snack ideas, miscellaneous							
Snack idea	Quantity	Cal	Carbs (g)	Fat (g)	Protein (g)	Fibre (g)	Sugar (g)
Roasted chickpeas (see recipe)	1 serving	198	22.4	9.5	7.0	6.4	4.0
Crackers (Mary's Organic, original)	12	140	20.0	5.0	4.0	3.0	0.0
Edamame beans (shelled)	1 cup	188	13.8	8.1	18.5	8.1	3.4
Popcorn (air-popped)	5 cups	155	31.1	1.8	5.2	5.8	0.3



# 30-Day Meal Plan Snack Ideas

Here are a few snack ideas with the nutritional information figured out. These are just some ideas, but be creative! Use the snack list provided or find snacks that you enjoy. Snacking on fruits, vegetables, and nuts will keep you full throughout the day and ensure you meet essential nutritional requirements. Although fruit is full of nutrients, limit it to two to four servings daily to ensure you do not overconsume sugar.

**Apple, 1 medium**

**Almonds, 20**

Calories	237
Carbs	30.4 g
Fat	12.6 g
Protein	5.7 g
Dietary Fiber	7.5 g
Sugar	20 g

**Celery, 4 medium stalks**

**Almond Butter, unsalted, 2 Tbsp.**

**Raisins, 1 box (14 g/0.5 oz.)**

**Smooth the almond butter on the celery sticks and top with raisins.**

Calories	256
Carbs	21.7 g
Fat	17.7 g
Protein	8.1 g
Dietary Fiber	6.4 g
Sugar	12.7 g

# 30-Day Meal Plan Snack Ideas

**Snap peas, 1 cup**  
**Carrots, 2 medium sliced/12 baby**  
**Hummus, 2 Tbsp.**

Calories	146
Carbs	24.0 g
Fat	4.7 g
Protein	4.9 g
Dietary Fiber	7.7 g
Sugar	9.9 g

**Blueberries, 1 cup**  
**Cashews, 20**

Calories	261
Carbs	31.1 g
Fat	14.5 g
Protein	6.9 g
Dietary Fiber	4.6 g
Sugar	16.6 g

# 30-Day Meal Plan Snack Ideas

**Crackers (Mary's Organic, original), 12**  
**Sauerkraut, unpasteurized, raw, 1/2 cup**

Calories	160
Carbs	24.0 g
Fat	5.0 g
Protein	5.0 g
Dietary Fiber	4.0 g
Sugar	2.0 g

**Rice cakes, plain, 2**  
**Avocado, 1, sliced**  
**Plant-based mayonnaise, 1 Tbsp.**  
**Nutritional yeast, 2 Tbsp.**

Calories	417
Carbs	30.4 g
Fat	31.5 g
Protein	8.1 g
Dietary Fiber	12.0 g
Sugar	0.6 g

# 30-Day Meal Plan Snack Ideas

**Popcorn, 5 cups popped**  
**Nutritional yeast, 2 Tbsp.**

Calories	185
Carbs	34.1 g
Fat	1.8 g
Protein	9.2 g
Dietary Fiber	7.8 g
Sugar	0.3 g

**Edamame beans, 1 cup**  
**Low-sodium soy sauce, 1 Tbsp.**  
**Nutritional yeast, 2 Tbsp.**

Calories	133
Carbs	10.8 g
Fat	4.1 g
Protein	14.7 g
Dietary Fiber	6.1 g
Sugar	1.8 g

# 30-Day Meal Plan Snack Ideas

**Rice cakes, plain, 2**  
**Peanut butter, 2 tsp.**  
**Banana, 1 small**

Calories	192
Carbs	38.9 g
Fat	3.6 g
Protein	3.8 g
Dietary Fiber	3.7 g
Sugar	13.1 g

**Bell pepper, 1 cup sliced**  
**Carrots, 2 medium sliced (or 12 baby carrots)**  
**Cherry tomatoes, 25**  
**Cucumber, 1 cup, sliced**  
**Plant-based ranch dip, 2 Tbsp.**

Calories	220
Carbs	35.2 g
Fat	8.3 g
Protein	6.0 g
Dietary Fiber	10.1 g
Sugar	20 g