

21 DAYS OF PLANT-BASED RECIPES

Delicious, Nutritious, and Easy-to-Prepare.

**BONUS:
PLUS 30
RAW LIVING
FOODS
RECIPES!**

BY: PLABCURLOVE.COM

Grocery List - Week 1

Produce:

- Bananas (11)
- Fresh Strawberries (10)
- Mango (1 ripe by day 5)
- Spinach (10 cups)
- Kale (4 cups)
- Romaine Lettuce (2 cups)
- Apples (6)
- Carrot (4)
- Cucumbers (2)
- Celery (1 stalk)
- Tomatoes (2)
- Zucchini (3)
- Bell Peppers (2)
- Avocado (4)
- Garlic (8 cloves)
- Onion (2)
- Lemon (1)
- Ginger
- Fresh Basil Leaves
- Assorted Fruits (check menu)
- Assorted Vegetables (check menu)

Refrigerated:

- Almond Milk (9 cups)
- Coconut Yogurt (2 cups)
- Hummus (4 Tbsp)
- Tofu (2 blocks)
- Plant-Based Cheese

Frozen:

- Acai Packets (4)
- Mixed Berries (2 cups)

Bread:

- Whole Wheat Bread Slices
- Whole Wheat Wraps

Note: Can freeze any leftover breads and wraps for later.

Pantry Essentials:

- Almond Butter
- Quinoa
- Olive Oil
- Coconut Oil
- Coconut Milk (2 cans)
- Balsamic Vinegar
- Brown Rice
- Brown Rice Pasta
- Dried Lentils
- Chickpeas (2 cans)
- Black Beans (1 can)
- Vegetable Broth
- Red Curry Paste
- Nori Sheets
- Marinara Sauce
- Diced Tomatoes (1 can)
- Soy Sauce
- Oats 3 cups
- Chia Seeds
- Dried Fruits (toppings)
- Granola (plant-based)
- Plant-Based Protein Powder
- Dates (pitted)

Baking and Spices:

- Cumin
- Curry powder
- Cinnamon
- Paprika
- Turmeric
- Salt - recommend Himalayan Pink Sea Salt for nutritional benefits
- Pepper
- Baking Powder
- Unsweetened Shredded Coconut
- Assorted Nuts (check menu - almonds, raw cashews)
- Vanilla Extract
- Maple Syrup
- Dark Chocolate Chips (1 cup)

Meal Plan - Week 1

Now, let's take a look at the meal plan for the week. We have included breakfast, snack, lunch, dinner and dessert ideas to cover all your meals throughout the day.

Day 1

- Breakfast: Green Smoothie
- Snack: Apple slices with almond butter
- Lunch: Quinoa Salad (quinoa, carrots, zucchini)
- Dinner: Lentil Curry over Brown Rice
- Dessert: Baked Apples with Cinnamon and Coconut Yogurt

Day 2

- Breakfast: Overnight Oats Topped with Fruits and Nuts
- Snack: Carrot sticks with hummus
- Lunch: Zucchini Noodles with Avocado Pesto
- Dinner: Chickpea Stew with Brown Rice
- Dessert: Banana Nice Cream

Day 3

- Breakfast: Acai Bowl with granola and fresh fruits
- Snack: Mixed Berries Smoothie
- Lunch: Lentil Soup with Whole Wheat Bread
- Dinner: Vegetable Stir-fry over Quinoa
- Dessert: Dark Chocolate Covered Strawberries

Day 4

- Breakfast: Avocado Toast with Tomatoes
- Snack: Energy Balls
- Lunch: Spinach Salad with Chickpeas and Veggies
- Dinner: Brown Rice Pasta with Marinara Sauce and Grilled Vegetables
- Dessert: Chia Pudding Topped with Fruits

Day 5

- Breakfast: Mango Coconut Oatmeal Pancakes
- Snack: Cucumber slices with hummus
- Lunch: Quinoa and Black Bean Burrito Bowl
- Dinner: Coconut Curry with Tofu and Vegetables
- Dessert: Mixed Berries Parfait

Day 6

- Breakfast: Tofu Scramble with Veggies
- Snack: Energy Bars
- Lunch: Lentil and Vegetable Wrap
- Dinner: Brown Rice and Veggie Sushi Rolls
- Dessert: Baked Banana topped with Dark Chocolate and Almond Butter

Day 7

- Breakfast: Acai Smoothie Bowl topped with Granola and Fresh Fruits
- Snack: Green Juice (spinach, kale, apple, ginger)
- Lunch: Quinoa and Vegetable Soup
- Dinner: Stuffed Bell Peppers with Lentils and Brown Rice
- Dessert: Fruit Salad with Coconut Whipped Cream

Note: Feel free to mix and match meals from different days according to your preferences.

BREAKFAST



Green Smoothie

Servings: 2

Ingredients:

- 2 bananas
- 2 handfuls of spinach
- 2 cups almond milk

Instructions:

1. In a blender, add the bananas, spinach, and almond milk.
2. Blend until smooth and creamy.
3. Pour into two glasses and enjoy!

Calories: 210 | Carbs: 45g | Fiber: 5g | Protein: 3g | Fat: 3g | Sodium: 150mg

SNACK

Apple slices with Almond Butter

Servings: 2

Ingredients:

- 2 apples
- 4 tbsp almond butter

Instructions:

1. Wash and slice the apple into thin rounds.
2. Spread a thin layer of almond butter on each slice.
3. Enjoy as a quick and healthy snack!

Calories: 250 | Carbs: 30g | Fiber: 6g | Protein: 6g | Fat: 11g | Sodium: 2mg



LUNCH



Quinoa Salad

Servings: 2

Ingredients:

- 1 cup cooked quinoa
- 1 carrot, grated
- 1 zucchini, diced
- drizzle olive oil, salt & pepper

Instructions:

1. In a bowl, add the cooked quinoa.
2. Mix in the grated carrots and diced zucchini.
3. Serve and enjoy your refreshing quinoa salad!

Calories: 220, Carbs: 30g, Fiber: 5g, Protein: 6g, Fat: 7g, Sodium: 30mg

21 DAYS OF PLANT-BASED RECIPES

Ready to boost your energy, improve your health, and enjoy the perks of plant-based eating? 21 Days of Plant-Based Recipes is your go-to guide for creating wholesome, delicious meals with ease. Perfect for beginners or seasoned pros, this cookbook makes healthy eating exciting and effortless.

What's inside:

- Weekly menus to keep you on track.
- Grocery lists to simplify shopping.
- Flavor-packed recipes to fuel your body and satisfy cravings.

From hearty breakfasts to indulgent dinners, these vibrant dishes prove plant-based eating is anything but boring. In just three weeks, you'll feel the rewards of nourishing your body with wholesome, unprocessed ingredients. Whether you're improving your diet, supporting the planet, or exploring a new lifestyle, 21 Days of Plant-Based Recipes will inspire you every step of the way.

Start your journey today and see how delicious plant-based living can be!



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