

7 Day Vegan Meal Plan

***Includes over 30 Plant-based Recipes &
Grocery List***



WHAT IS VEGANISM?

The vegan lifestyle is becoming increasingly popular these days. Also known as a plant based diet, vegans do not eat any food from animal sources including red meat, chicken, eggs, dairy and honey.

People who choose to see veganism as a lifestyle rather than just a way of eating also avoid animal products in the form of leather, fur or any other clothing item made out of animal products. People go vegan 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 it doesn't mean that it is healthy!

Vegans can't eat any foods made from animals, including:



Beef, pork, lamb, and other red meat.



Chicken, duck, and other poultry.



Fish or shellfish such as crabs, clams, and mussels.



Eggs



Butter & Cheese



Milk, cream or Ice-cream



Honey

Vegans also exclude Mayonnaise and they do not wear Leather.

THE TOP 10 BENEFITS OF A VEGAN

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, and has been shown to reduce heart disease risk. Epidemiological data has shown vegetarians suffer less from diseases caused by 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:** Vegans typically weigh less as a result from 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 farm land to feed a vegan.
6. **Sight:** Vegans 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/low fat and vitamin and mineral rich vegetarian diet may be the optimal for sport performance.
9. **Supporting Animal Rights:** Animal welfare is improved.
10. **Longevity:** Vegans have been found to enjoy longer and healthier lives.

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TOP VEGAN SWAPS



Cows Milk



Almond Milk



Soy Milk



Coconut Milk



Cream



Coconut Cream



Butter



Olive Oil



Mashed Avocado



Nut Butters



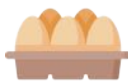
Cheese



Nutritional Yeast



Vegan Cheese

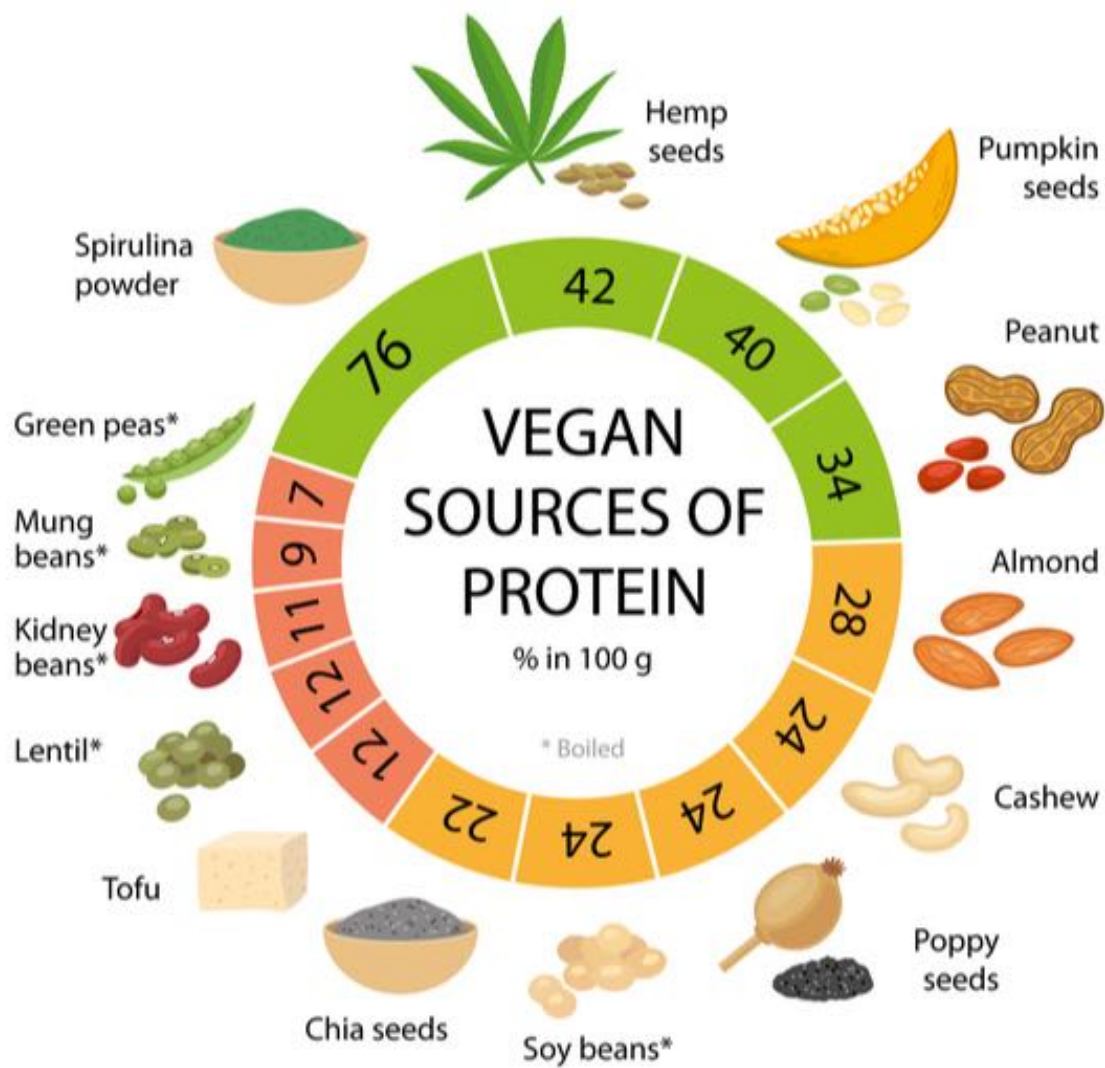


Eggs



Flax Egg

TOP VEGAN PROTEIN SOURCES



SPOTLIGHT ON SOY

Soy is a popular and sometimes controversial ingredient, it is derived from the soy bean legume. A complete protein and rich in calcium, iron, zinc, fiber and potassium.

Soy can replace dairy and/or meat in the diet although it may be considered a health 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 yogourt and imitation meats. Focus on traditional forms to maintain the soys nutrient density.

[Grab Your Vegan Protein Smoothie Recipe Here](#)

TOP SOY PRODUCTS



Miso

A thick pasta made from fermented soy beans, rice or barley malt.



Soy Milk

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



Tofu

Soy bean curds.



Tempeh

Whole soy beans fermented into a cake or patty.



Edamame

Whole, green soy bean

Need more healthy and flavorful recipes for your plant-based diet plan?

Please check out the complete Plant Based Recipe Cookbook Package”



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BLUEBERRY SMOOTHIE



INGREDIENTS:

- ❖ 1 Cup of Blueberries
- ❖ 1 Banana
- ❖ 1/2 Cup of Coconut Milk
- ❖ 1 Serving of Vanilla Protein Powder
- ❖ Handful of Ice

DIRECTIONS:

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

NUTRITIONAL VALUE

Fat: 18 g

Carbs: 53 g

Protein: 20 g

Total Calories: 436 Calories

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BLUEBERRY HEMPSEED PORRIDGE



INGREDIENTS:

- ❖ 1 Cup of Almond Milk
- ❖ 1/2 Cup of Hemp Seeds
- ❖ 1/2 Cup of Blueberries
- ❖ 1 Tbsp of Ground Flax Seeds
- ❖ 1 Tbsp of Chia Seeds
- ❖ 1 tsp of Vanilla Extract

DIRECTONS:

1. Combine all of the ingredients except for the blueberries in a small pot, stir together and bring to a boil.
2. Once it's boiling bring down the heat to a low-medium. Allow the porridge to simmer for 3-5 minutes.
3. Once the mixture has thickened up remove it from the heat. Transfer the hemp seed porridge into a bowl and add the blueberries on top.

NUTRITIONAL VALUE

Fat: 46 g

Carbs: 25 g

Net Carbs: 10 g

Protein: 33 g

Total Calories: 651 Calories

CHOCOLATE BANANA SMOOTHIE

Recipe

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INGREDIENTS:

- ❖ 1 Frozen Banana
- ❖ 2 Tbsp of Raw Cacao Powder
- ❖ 1 Cup of Almond Milk
- ❖ 1 Serving of Chocolate Protein Powder
- ❖ 1/2 Avocado

DIRECTIONS:

Start by pouring the almond milk into the blender to avoid the ingredients sticking at the bottom of the blender.

Next add in the banana, avocado, cacao powder and the protein powder. Turn the blender on, starting at a low

speed and increase as needed. Once the liquid is even pour into a cup and enjoy immediately to conserve as many

nutrients as possible.

NUTRITIONAL VALUE

(per serving)

Fat: 10 g

Carbs: 54 g

Protein: 41 g

Total Calories: 448 Calories

RASPBERRY COCONUT SMOOTHIE



INGREDIENTS:

- ❖ 1 Cup of Raspberries
- ❖ 1/2 Frozen Banana
- ❖ 1 Tbsp of Chia Seeds
- ❖ 1 Cup of Coconut Milk
- ❖ 1 Serving of Vanilla Protein Powder

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 the protein powder. Turn the blender on, starting at a low speed and increase as needed.
3. Once the liquid looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.

NUTRITIONAL VALUE

(per serving)

Fat: 10 g

Carbs: 54 g

Protein: 41 g

Total Calories: 448 Calories

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CHICKPEA OMELETTE WITH LEFTOVERS

Recipe

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INGREDIENTS:

- ❖ 1/2 cup* chickpea flour
- ❖ 1 tbsp tapioca flour or cornstarch
- ❖ 1 tsp turmeric
- ❖ 1/2 tsp Kala namak/Himalayan black salt (or replace it with other salt you have, but it does make a difference)
- ❖ 1/4 tsp cumin powder
- ❖ Black pepper to taste
- ❖ 3/4 cup water
- ❖ Parsley and/or spring onions to taste
- ❖ 8 cherry tomatoes, cut into wedges
- ❖ Your leftovers! This time I used 1/2 cup of bulgur and about 1/3 cup of peas, but I also tried with brown rice, mushrooms and some veggies.

DIRECTIONS:

1. Mix all dry ingredients
2. Add the water and stir with a fouet or fork to obtain a homogeneous mixture, without any lumps
3. Add your herbs, tomatoes and leftovers, mixing to combine.
4. Pop the mixture into a preheated, non-stick pan with a little oil.
5. Cover and cook over medium heat until you see that the top has dried up, then flip the dough with the help of a plate and cook the other side over low heat, covering again, for about 5 minutes.

NUTRITIONAL VALUE

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

BLACK BEAN-TOMATO CHILI



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. Combine the apple pieces and all the remaining ingredients into a small bowl.
3. Feel free to 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

TOFU SCRAMBLE ON TOAST



DESCRIPTION:

1. Place a pan on medium heat and add the onions, tomatoes and peppers with the coconut oil.
2. Once the vegetables become translucent add the tofu to the pan and roughly break it down with a spatula.
3. Add the coconut aminos, turmeric, salt and pepper and cook for another 5 minutes.
4. Only add the spinach in the last 2 minutes so that it doesn't wilt too much.

NUTRITIONAL VALUE

Fat: 14 g
Carbs: 12 g
Protein: 15 g
Total Calories: 173 Calories

INGREDIENTS:

- ❖ 4oz of Tofu
- ❖ 1/2 Cup of Red Bell Pepper
- ❖ 1 Cup of Spinach
- ❖ 1/4 Cup of Red Onion
- ❖ 1/4 Cup of Chopped Tomato
- ❖ 1 Tbsp of Coconut Aminos
- ❖ 1 tsp of Coconut Oil
- ❖ 1 tsp of Turmeric
- ❖ 1/2 tsp of Sea Salt
- ❖ Pinch of Black Pepper
- ❖ 2 Slices of Whole Wheat Toast

Grab Your Vegan Protein Smoothie Recipe Here

BANANA PANCAKES



INGREDIENTS:

- ❖ 1 Cup of Gluten Free Oatmeal
- ❖ 1/4 Cup of Almond Milk
- ❖ 1 Banana
- ❖ 1 Tbsp of Coconut Oil
- ❖ 2 tsp of Baking Powder
- ❖ 1/2 tsp of Cinnamon

DESCRIPTION:

1. Combine all of the ingredients in a blender and blend until smooth.
2. Allow the batter to sit on the counter for 5 minutes. While the batter is sitting place a pan over medium heat and melt the coconut oil.
3. Once the batter is ready cook 3 mini pancakes at a time. Cook for about 2 minutes per side.
4. Repeat until the batter is done. Next add your favourite pancake toppings! These may include but are not limited to berries, almond butter, coconut flakes and chopped nuts.

NUTRITIONAL VALUE

Fat: 13 g
Carbs: 82 g
Protein: 12 g
Total Calories: 475 Calories

CHICKPEA WRAP



INGREDIENTS:

(2 Servings)

- ❖ 4 Cups of Romaine Lettuce
- ❖ 1 Avocado
- ❖ 1/2 Cup of Salsa
- ❖ 1/2 Cup of Shredded Mexican Cheese
- ❖ 2 Tbsp of Sour Cream

Seasonings —>

- ❖ 1 Tbsp Paprika
- ❖ 1 tsp Garlic Powder
- ❖ 1 tsp Onion Powder
- ❖ 1/2 tsp Cayenne Powder

DESCRIPTION:

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 and add it to the chickpeas. Then go ahead and mix in the remaining of the ingredients.
3. Divide the mixture up into two separate wraps

NUTRITIONAL VALUE

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

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