



3 Day Vegan Meal Plan

<http://www.elizabethpattalis.com>

VEGAN MEAL PLAN by Elizabeth Pattalis

Nutritional Thoughts:

I am a vegan myself and understand a vegan diet is not for everyone. I see many clients both vegan and non-vegan in my clinic, it is a personal choice for you to decide.














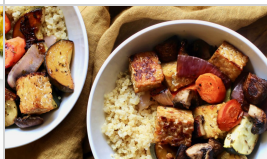

For those wishing to incorporate more of a plant-based diet this meal plan should hopefully inspire you. I am available at present for one on one consultations both in clinic and skype (Australia only) to provide specialist advice. It is important you educate yourself in the right way to ensure all your nutrient needs are being met.

If you are just looking for an individualised meal plan, then I can tailor a 7-Day Meal Plan just for you. It does not have to be vegan. Please contact me through my website for details.

Disclaimer:


The following materials are intended as planned 'guidelines' only and are not prescriptive or personalised in any way. Elizabeth Pattalis takes no responsibility for any physical or psychiatric harm arising from and/or aggravated by the partial or full following of these materials. Users should always seek the advice of a qualified health professional with any questions they have regarding their own health or medical condition before, during and after following these materials.





| | Mon | Tue | Wed |
|-----------|---|---|---|
| Breakfast |  Choc Cherry Green Smoothie |  Tofu Scramble |  Porridge with Blueberries |
| Snack 1 |  Banana |  Dark Chocolate |  Banana |
| Lunch |  Zoodles with vegan pesto |  Lentil and Roasted Vegetable Salad |  Mediterranean Buddha Bowl |
| Snack 2 |  Almonds |  Blueberries |  Almonds |
| Dinner |  Spinach Lentil Curry |  Balsamic Roasted Tempeh Bowls |  Roasted Butternut Squash Harvest Bowl |



Mon


Fat  40%


Carbs  43%


Protein  17%

| | |
|-------------|-------|
| Calories | 1577 |
| Fat | 74g |
| Carbs | 180g |
| Fiber | 45g |
| Sugar | 50g |
| Protein | 69g |
| Cholesterol | 4mg |
| Sodium | 690mg |
| Vitamin C | 117mg |
| Calcium | 988mg |
| Iron | 16mg |
| Folate | 715µg |
| Magnesium | 490mg |
| Zinc | 8mg |

Tue


Fat  40%


Carbs  44%


Protein  16%

| | |
|-------------|--------|
| Calories | 1655 |
| Fat | 77g |
| Carbs | 191g |
| Fiber | 42g |
| Sugar | 57g |
| Protein | 68g |
| Cholesterol | 0mg |
| Sodium | 1563mg |
| Vitamin C | 251mg |
| Calcium | 798mg |
| Iron | 19mg |
| Folate | 645µg |
| Magnesium | 476mg |
| Zinc | 9mg |

Wed

Fat  35%

Carbs  49%

Protein  16%

| | |
|-------------|-------|
| Calories | 1704 |
| Fat | 68g |
| Carbs | 218g |
| Fiber | 44g |
| Sugar | 48g |
| Protein | 71g |
| Cholesterol | 4mg |
| Sodium | 513mg |
| Vitamin C | 109mg |
| Calcium | 752mg |
| Iron | 20mg |
| Folate | 465µg |
| Magnesium | 654mg |
| Zinc | 10mg |





Fruits

- ☐ 1/2 Avocado
- ☐ 2 Banana
- ☐ 1 1/2 cups Blueberries
- ☐ 1 cup Cherries
- ☐ 1 tbsp Lemon Juice
- ☐ 1/2 Lime

Seeds, Nuts & Spices

- ☐ 1/2 cup Almonds
- ☐ 1 1/4 tsps Black Pepper
- ☐ 1 tbsp Chia Seeds
- ☐ 1/2 tsp Cumin
- ☐ 1 tbsp Curry Powder
- ☐ 1/4 tsp Dried Chilli Flakes
- ☐ 1 tsp Ground Cinnamon
- ☐ 1 tbsp Hemp Seeds
- ☐ 1 3/4 tsps Italian Seasoning
- ☐ 1/4 cup Pumpkin Seeds
- ☐ 1/8 tsp Red Pepper Flakes
- ☐ 1 1/3 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tbsp Slivered Almonds
- ☐ 1/8 tsp Turmeric
- ☐ 1/4 cup Walnuts

Vegetables

- ☐ 4 1/2 cups Baby Spinach
- ☐ 1/4 cup Basil Leaves
- ☐ 2 cups Brussels Sprouts
- ☐ 4 cups Butternut Squash
- ☐ 3 Carrot
- ☐ 1/4 cup Cilantro
- ☐ 1 Cucumber
- ☐ 3 3/4 Garlic
- ☐ 1 1/2 tsps Ginger
- ☐ 4 cups Kale Leaves
- ☐ 1 cup Mushrooms
- ☐ 1 Red Bell Pepper
- ☐ 1 3/4 cups Red Onion
- ☐ 1/2 head Romaine Hearts
- ☐ 3/4 Yellow Onion
- ☐ 3 Zucchini

Boxed & Canned

- ☐ 1/2 cup Basmati Rice
- ☐ 1 cup Chickpeas
- ☐ 1 cup Green Lentils
- ☐ 1 1/2 cups Lentils
- ☐ 1/2 cup Organic Coconut Milk
- ☐ 1/4 cup Organic Vegetable Broth
- ☐ 1 3/4 cups Quinoa
- ☐ 1/3 cup White Navy Beans

Baking

- ☐ 30 grams Dark Organic Chocolate
- ☐ 1/4 cup Dried Unsweetened Cranberries
- ☐ 1 1/2 tsps Nutritional Yeast
- ☐ 1/2 cup Oats

Bread, Fish, Meat & Cheese

- ☐ 1/4 cup Hummus
- ☐ 1 slice Rye Bread
- ☐ 200 grams Tempeh
- ☐ 110 grams Tofu

Condiments & Oils

- ☐ 1 1/2 tsps Apple Cider Vinegar
- ☐ 1/3 cup Balsamic Vinegar
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Pitted Kalamata Olives

Cold

- ☐ 1 cup Unsweetened Almond Milk

Other

- ☐ 1/2 cup Chocolate Protein Powder
- ☐ 6 cups Water



Choc Cherry Green Smoothie

1 serving

5 minutes

Ingredients

1 cup Cherries (fresh and pitted, or frozen)

1/4 cup Chocolate Protein Powder

1 cup Baby Spinach

1 cup Unsweetened Almond Milk

1/4 cup Walnuts

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 400 |
| Fat | 22g |
| Carbs | 30g |
| Fiber | 7g |
| Sugar | 19g |
| Protein | 27g |
| Cholesterol | 4mg |
| Sodium | 223mg |
| Vitamin C | 18mg |
| Calcium | 641mg |
| Iron | 3mg |
| Folate | 101µg |
| Magnesium | 149mg |
| Zinc | 3mg |

Directions

1

Add all ingredients in a blender and blend very well until smooth. Divide into glasses and enjoy!

Notes

Likes it Sweet, Add more cherries.

Extra Chocolate, Add some cacao or cocoa powder.

Extra Thick, Add ice, ground flax seeds or chia seeds. Use frozen cherries.

No Protein Powder, Use a blend of hemp seeds and cocoa powder instead.



Tofu Scramble

1 serving

15 minutes

Ingredients

110 grams Tofu (firm)
1 tbsp Extra Virgin Olive Oil
1/4 Yellow Onion (medium, diced)
1 Garlic (cloves, minced)
1/2 Red Bell Pepper (sliced)
1/2 cup Baby Spinach (chopped)
1 1/2 tsps Nutritional Yeast
1/8 tsp Turmeric
Sea Salt & Black Pepper (to taste)
1 slice Rye Bread (toasted)
1/4 Avocado

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 420 |
| Fat | 28g |
| Carbs | 30g |
| Fiber | 9g |
| Sugar | 7g |
| Protein | 17g |
| Cholesterol | 0mg |
| Sodium | 223mg |
| Vitamin C | 89mg |
| Calcium | 374mg |
| Iron | 5mg |
| Folate | 142µg |
| Magnesium | 87mg |
| Zinc | 3mg |

Directions

- 1 Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
- 2 In a non-stick pan, heat the oil over medium heat. Add the onions, garlic and bell pepper. Saute for 4 to 5 minutes, or until onions are translucent.
- 3 Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through.
- 4 Season with sea salt and black pepper taste. Serve with toasted rye bread topped with avocado. Enjoy!

Notes

Likes it Spicy, Serve with hot sauce, cayenne pepper or chili flakes.

Leftovers, Store in the fridge up to 3 to 4 days.



Porridge with Blueberries

1 serving
10 minutes

Ingredients

1 cup Water
1/2 cup Oats (rolled)
1/2 cup Blueberries (fresh or frozen)
1 tsp Ground Cinnamon
1 tbsp Chia Seeds
1/4 cup Chocolate Protein Powder
1 tbsp Hemp Seeds

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 402 |
| Fat | 12g |
| Carbs | 48g |
| Fiber | 11g |
| Sugar | 8g |
| Protein | 30g |
| Cholesterol | 4mg |
| Sodium | 47mg |
| Vitamin C | 7mg |
| Calcium | 263mg |
| Iron | 4mg |
| Folate | 37µg |
| Magnesium | 219mg |
| Zinc | 4mg |

Directions

- 1 Bring water to a boil in a small saucepan. Add the oats and cacao. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed.
- 2 Transfer the cooked oats to a bowl and top with blueberries, chia seeds, and cinnamon. Enjoy!

Notes

Extra Toppings, Nut butter, almond milk, nuts, seeds, yogurt.

No Blueberries, Top with raspberries, strawberries, peaches or bananas.

No Stove Top, Cook quick oats in the microwave instead.

No Protein Powder, Use cacao and more hemp seeds.



Banana

1 serving

1 minute

Ingredients

1 Banana

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 105 |
| Fat | 0g |
| Carbs | 27g |
| Fiber | 3g |
| Sugar | 14g |
| Protein | 1g |
| Cholesterol | 0mg |
| Sodium | 1mg |
| Vitamin C | 10mg |
| Calcium | 6mg |
| Iron | 0mg |
| Folate | 24µg |
| Magnesium | 32mg |
| Zinc | 0mg |

Directions

1 Peel and enjoy!

Notes

More protein, Dip in almond butter.



Dark Chocolate

1 serving

1 minute

Ingredients

30 grams Dark Organic Chocolate (at least 70% cacao)

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 171 |
| Fat | 12g |
| Carbs | 14g |
| Fiber | 3g |
| Sugar | 8g |
| Protein | 2g |
| Cholesterol | 0mg |
| Sodium | 14mg |
| Vitamin C | 0mg |
| Calcium | 0mg |
| Iron | 1mg |
| Folate | 0µg |
| Magnesium | 0mg |
| Zinc | 0mg |

Directions

- 1 Break apart chocolate into pieces and divide into bowls. Enjoy!

Notes

Next Level Chocolate, Sprinkle with a bit of coarse sea salt or cayenne pepper for a kick.



Zoodles with vegan pesto

1 serving

30 minutes

Ingredients

1/3 cup White Navy Beans (Or Butter Beans)
1/4 Avocado
1 1/2 Zucchini
1/4 Garlic
1/4 cup Basil Leaves
1 tbsp Lemon Juice
1/4 tsp Dried Chilli Flakes (flakes)
1/4 tsp Black Pepper (pinch)
1 1/2 tsps Extra Virgin Olive Oil
1 tbsp Slivered Almonds

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 333 |
| Fat | 19g |
| Carbs | 35g |
| Fiber | 15g |
| Sugar | 9g |
| Protein | 12g |
| Cholesterol | 0mg |
| Sodium | 30mg |
| Vitamin C | 66mg |
| Calcium | 130mg |
| Iron | 4mg |
| Folate | 214µg |
| Magnesium | 109mg |
| Zinc | 2mg |

Directions

1

For the pesto, blend the pesto ingredients (basil, 1 tbsp oil, garlic, lemon juice, beans, chili) and water to form a rough paste in a food processor. Add extra water to loosen the mixture if necessary. Season with salt and pepper. Set aside.

2

For the zucchini spaghetti, peel spaghetti-like strands from the zucchini using a julienne peeler, collecting them in a large mixing bowl (or use a spiriliser).

3

Dollop the pesto on top of the zucchini strands and carefully stir until it is evenly coated.

4

To serve, pile the zucchini spaghetti and pesto onto serving plates and top with the chopped avocado, reserved basil leaves, almonds, chopped chili and a drizzle of extra virgin olive oil.



Lentil and Roasted Vegetable Salad

2 servings

30 minutes

Ingredients

2 cups Butternut Squash (cubed)
2 cups Brussels Sprouts (quartered)
1 cup Red Onion (cut into wedges)
1 tbsp Extra Virgin Olive Oil
1 tsp Sea Salt (to taste)
1 tsp Black Pepper (to taste)
1 cup Green Lentils (rinsed)
3 cups Water (or vegetable broth)
3 tbsps Balsamic Vinegar

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 332 |
| Fat | 8g |
| Carbs | 56g |
| Fiber | 16g |
| Sugar | 14g |
| Protein | 14g |
| Cholesterol | 0mg |
| Sodium | 1227mg |
| Vitamin C | 112mg |
| Calcium | 189mg |
| Iron | 6mg |
| Folate | 286µg |
| Magnesium | 124mg |
| Zinc | 2mg |

Directions

- 1 Preheat oven to 200°C.
- 2 Add butternut squash, Brussels sprouts, and red onion to a parchment paper-lined baking sheet. Season with olive oil, salt, and pepper, and use hands to mix until seasoning is fully distributed.
- 3 Bake for 20 minutes, flipping halfway through.
- 4 In a medium saucepan, add lentils and water, and bring to a boil.
- 5 Reduce heat to a simmer and cover for 20-25 minutes or until lentils are tender. Drain excess water if necessary.
- 6 When vegetables are finished roasting, transfer to a mixing bowl and add lentils.
- 7 For the dressing, combine balsamic vinegar, salt, and pepper in liquid measuring cup and whisk until combined.
- 8 Pour dressing over lentils and vegetables and toss until fully coated.
- 9 Transfer lentil salad to two containers and refrigerate for up to 5 days.
- 10 Enjoy!



Mediterranean Buddha Bowl

2 servings

10 minutes

Ingredients

1/2 cup Quinoa (dry, uncooked)
1/2 head Romaine Hearts (chopped)
1 cup Chickpeas (cooked, from the can)
1 Cucumber (chopped)
1/2 Red Bell Pepper (chopped)
1/4 cup Red Onion (finely chopped)
1/4 cup Hummus
1/4 cup Pitted Kalamata Olives
1 1/2 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Apple Cider Vinegar
1/4 tsp Italian Seasoning
1/16 tsp Sea Salt

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 517 |
| Fat | 22g |
| Carbs | 65g |
| Fiber | 13g |
| Sugar | 10g |
| Protein | 17g |
| Cholesterol | 0mg |
| Sodium | 342mg |
| Vitamin C | 45mg |
| Calcium | 121mg |
| Iron | 7mg |
| Folate | 272µg |
| Magnesium | 172mg |
| Zinc | 3mg |

Directions

- 1 Cook the quinoa according to the directions on the package, and set aside.
- 2 Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
- 3 Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
- 4 Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

Notes

No Hummus, Use tzatziki or smashed avocado instead.

Prep Ahead, All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

More Flavour, Serve with a lemon wedge and black pepper.



Almonds

1 serving

5 minutes

Ingredients

1/4 cup Almonds

Directions

1

Eat and enjoy.

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 207 |
| Fat | 18g |
| Carbs | 8g |
| Fiber | 4g |
| Sugar | 2g |
| Protein | 8g |
| Cholesterol | 0mg |
| Sodium | 0mg |
| Vitamin C | 0mg |
| Calcium | 96mg |
| Iron | 1mg |
| Folate | 16µg |
| Magnesium | 97mg |
| Zinc | 1mg |



Blueberries

1 serving

2 minutes

Ingredients

1 cup Blueberries

Directions

- 1 Wash the berries and enjoy!

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 84 |
| Fat | 0g |
| Carbs | 21g |
| Fiber | 4g |
| Sugar | 15g |
| Protein | 1g |
| Cholesterol | 0mg |
| Sodium | 1mg |
| Vitamin C | 14mg |
| Calcium | 9mg |
| Iron | 0mg |
| Folate | 9µg |
| Magnesium | 9mg |
| Zinc | 0mg |



Spinach Lentil Curry

2 servings

25 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
1/2 Yellow Onion (large, chopped)
1 1/2 Garlic (clove, minced)
1 1/2 tsps Ginger (peeled and grated)
1 tbsp Curry Powder
1/2 tsp Cumin
1/4 tsp Sea Salt
1/8 tsp Red Pepper Flakes
1/2 Lime (juiced)
1/4 cup Organic Vegetable Broth
1/2 cup Organic Coconut Milk (from the can)
1 1/2 cups Lentils (cooked)
1/4 cup Cilantro (optional, roughly chopped)
3 cups Baby Spinach
1/2 cup Basmati Rice (dry)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 532 |
| Fat | 15g |
| Carbs | 80g |
| Fiber | 16g |
| Sugar | 6g |
| Protein | 21g |
| Cholesterol | 0mg |
| Sodium | 436mg |
| Vitamin C | 23mg |
| Calcium | 115mg |

Directions

- 1 In a large skillet, heat oil over medium heat. Add the onions, garlic and ginger to the pot, stirring and sautéing for 3 to 5 minutes until the onions begin to soften.
- 2 Stir in all of the curry powder, cumin, salt and red pepper flakes and continue to cook for a minute until the spices become fragrant.
- 3 Add the lime juice and vegetable stock. Scrape any browned bits off the bottom of the pan. Then add the coconut milk, lentils and cilantro and stir to combine. Wilt in the spinach 2 cups at a time.
- 4 Bring the curry to a gentle boil then reduce heat and simmer for 15 minutes. Meanwhile, cook your rice according to the instructions on the package.
- 5 Divide the cooked rice onto plates and top it with the curry. Enjoy!

Notes

No Rice, Serve alone or with quinoa, couscous or potatoes instead.

Leftovers, Keep covered in the fridge for up to 4 days or in the freezer for up to 2 to 3 months.

Too Thick, If the curry gets too thick, add extra vegetable broth to thin it.

More Flavour, Add extra cilantro and lime.



| | |
|-----------|-------|
| Iron | 8mg |
| Folate | 360µg |
| Magnesium | 103mg |
| Zinc | 2mg |



Balsamic Roasted Tempeh Bowls

2 servings

1 hour

Ingredients

2 tbsps Extra Virgin Olive Oil
2 tbsps Balsamic Vinegar
1 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 1/2 tps Italian Seasoning
200 grams Tempeh (chopped in cubes)
1/2 cup Red Onion (medium, sliced)
3 Carrot (medium, peeled and chopped)
1 cup Mushrooms (quartered)
1 1/2 Zucchini (sliced)
3/4 cup Quinoa (dry)
1 1/4 cups Water

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 648 |
| Fat | 29g |
| Carbs | 70g |
| Fiber | 10g |
| Sugar | 13g |
| Protein | 34g |
| Cholesterol | 0mg |
| Sodium | 98mg |
| Vitamin C | 36mg |
| Calcium | 226mg |
| Iron | 7mg |
| Folate | 208µg |
| Magnesium | 256mg |
| Zinc | 4mg |

Directions

- 1 Preheat oven to 180 degrees C.
- 2 Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
- 3 Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
- 4 While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
- 5 To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

Notes

Leftovers, Keeps well in the fridge up to 4 days.



Roasted Butternut Squash Harvest Bowl

2 servings

40 minutes

Ingredients

2 cups Butternut Squash (diced into cubes)
1 tbsp Extra Virgin Olive Oil (divided)
1/2 cup Quinoa (uncooked)
2/3 cup Water
4 cups Kale Leaves (finely chopped)
1 1/2 tsps Balsamic Vinegar
Sea Salt & Black Pepper (to taste)
1/4 cup Pumpkin Seeds
1/4 cup Dried Unsweetened Cranberries

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 473 |
| Fat | 16g |
| Carbs | 70g |
| Fiber | 13g |
| Sugar | 14g |
| Protein | 15g |
| Cholesterol | 0mg |
| Sodium | 123mg |
| Vitamin C | 47mg |
| Calcium | 266mg |
| Iron | 8mg |
| Folate | 116µg |
| Magnesium | 134mg |
| Zinc | 2mg |

Directions

- 1 Preheat oven to 180 degrees C and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
- 2 Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
- 3 Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 - 5 minutes). Turn off the heat.
- 4 Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
- 5 Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

Notes

No Butternut Squash, Use sweet potato, carrots or beets instead.

Save Time, Use frozen bagged butternut squash.

Leftovers, Keeps well in the fridge up to 3 - 4 days.

Extra Flavour, Toss the butternut squash in cinnamon before roasting.