



Vegan Meal Plan



Table of Contents

BREAKFAST

MEXICAN TOFU BREAKFAST SCRAMBLE
OATMEAL WITH APPLES, PECANS, AND CINNAMON
CASHEW AND OAT WAFFLES
AVOCADO TOAST WITH PUMPKIN SEEDS

LUNCH

CURRIED QUINOA AND PEAS WITH CASHEWS AND FRESH MANGO
TOFU STIR FRY
CHIPOTLE VEGAN TACOS

DINNER

TOFU BURGERS
QUINOA WITH SUN-DRIED TOMATOES AND PESTO
TEMPEH WITH LEMON GARLIC BROCCOLINI
COCONUT AND LIME CAULIFLOWER "FRIED RICE"

SHAKEOLOGY/SNACKS

VEGAN STRAWBERRY MOJITO SHAKEOLOGY
VEGAN SNICKERDOODLE SHAKEOLOGY
VEGAN SUGAR COOKIES
VEGAN LIME CHEESECAKE CUPS
VEGAN CASHEW QUESO SAUCE

A glass jar filled with oatmeal, topped with sliced apples, a cinnamon stick, and star anise. The jar is on a white plate, surrounded by fresh ingredients like walnuts, apples, and more star anise. The text "Breakfast Recipes" is written in a cursive font over the jar.

Breakfast
Recipes

Mexican Tofu Breakfast Scramble

Ingredients

1 tsp. olive oil
½ onion, finely chopped
½ medium green bell pepper, finely chopped
½ medium red bell pepper, finely chopped
¼ tsp. ground coriander
¼ tsp. ground cumin
¼ tsp. sea salt
1 dash turmeric
1 cup cooked black beans
7 oz extra firm tofu, drained, mashed
2 Tbsp finely chopped fresh cilantro
¼ cup fresh tomato salsa
½ medium tomato, chopped
½ medium avocado, chopped

Instructions

Heat oil in nonstick skillet over medium-high heat.

Add onion and bell peppers; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent.

Add coriander, cumin, salt, turmeric, black beans, and tofu; cook, stirring frequently, for 3 to 4 minutes, or until heated through.

Divide tofu mixture between two serving plates. Top evenly with cilantro, salsa, tomato, and avocado. Serve immediately.

Container Equivalents: 1 Green, ½ Red, 1 Yellow, 1 Blue.
2B Mindset Plate It: A great breakfast option.

2 servings

Prep Time: 15 minutes

Cook Time: 10 minutes

Oatmeal with Apples, Pecans, and Cinnamon

Ingredients

2 cups water
¼ tsp. sea salt or Himalayan salt
2 small apples chopped
1 cup dry old-fashioned rolled oats
½ tsp. ground cinnamon
1 tsp. pure maple syrup (optional)
¼ cup chopped raw pecans

Instructions

Bring water and salt to a boil in medium saucepan over medium heat, stirring frequently.

Add apple, oats, and cinnamon; cook over medium-low heat, stirring frequently, for 3 to 5 minutes.

Let oatmeal stand for 1 minute before serving.

Divide evenly between four serving bowls; top each evenly with maple syrup (if desired) and pecans.

Container Equivalents: ½ Purple, 1 Yellow, ½ Blue.

2B Mindset Plate It: A great FFC as part of breakfast.

4 servings

Prep Time: 5 minutes

Cook Time: 5 minutes

Cashew and Oat Waffles

Ingredients

2 cups old-fashioned rolled oats
½ cup raw cashews
¼ tsp. sea salt (or Himalayan salt)
1 Tbsp. extra-virgin organic coconut oil, melted
1¼ cups water
1 tsp. pure vanilla extract
Nonstick cooking spray
3 cups fresh mixed berries
1 Tbsp. pure maple syrup (or raw honey)

Instructions

Preheat waffle iron.

Place oats, cashews, and salt in food processor or blender; pulse until coarsely ground.

Add oil, water, and extract; pulse until well blended.

Batter will be thick, but if it is as thick as paste add

2 to 3 additional Tbsp. of water.

Lightly coat waffle iron with spray. Pour ½ cup of batter into waffle iron; cook for about 2 to 3 minutes, or until waffle iron indicates waffle is cooked, or until waffle is cooked through. Repeat with remaining batter.

While waffles are cooking, combine berries and maple syrup in a medium bowl. Slightly mash berries to release some juice.

Serve waffles topped evenly with berry mixture.

Container Equivalents: ½ Purple 1½ Yellow ½ Blue ½ tsp.

2B Mindset Plate It: An FFC as part of breakfast.

6 servings

Prep Time: 10 minutes

Cook Time: 18 minutes

Avocado Toast with Pumpkin Seeds

Ingredients

1 medium ripe avocado, mashed
1 dash sea salt
1 dash fresh ground black pepper
½ tsp. crushed red pepper flakes (optional)
2 tsp. fresh lime or lemon juice
4 slices low-sodium sprouted whole-grain bread toasted
¼ cup raw pumpkin or sunflower seeds toasted

Instructions

Combine avocado, salt, pepper, pepper flakes (if desired), and lime juice in a medium bowl; mash until well mixed and slightly chunky. Evenly spread avocado onto each slice of toast. Top evenly with pumpkin seeds.

Container Equivalents: 1 Yellow, 1 Blue, ½ Orange.

2B Mindset Plate It: Makes a great FFC and accessory as part of breakfast or lunch.

4 servings

Prep Time: 10 minutes

Cook Time: 0 minutes

A close-up photograph of a white plate filled with a meal. The main focus is on several golden-brown, pan-fried cubes of tofu. These are mixed with vibrant green vegetables, including what appears to be green beans and sliced green onions. At the bottom of the plate, there is a portion of fluffy brown rice. The background is softly blurred, showing another similar dish and a wooden bowl filled with rice. The overall lighting is warm and natural, creating an appetizing and healthy look.

Lunch
Recipes

Curried Quinoa and Peas with Cashews and Fresh Mango

Ingredients

- ½ tsp. extra-virgin organic coconut oil (or olive oil)
- ¼ medium onion finely chopped
- 1 very thin slice fresh ginger, peeled and finely chopped
- ½ clove garlic finely chopped
- ¼ to ½ tsp. curry powder
- 1 dash Himalayan salt (or sea salt)
- ⅔ cup cooked quinoa
- ¼ cup frozen peas
- 2 Tbsp. coarsely chopped raw cashews
- 2 Tbsp. chopped fresh cilantro
- ¼ medium ripe mango chopped

Instructions

Heat oil in medium saucepan over medium-high heat.

Add onion; cook, stirring frequently, for 3 to 5 minutes, or until translucent.

Add ginger, garlic, curry powder and salt; cook, stirring frequently, for 2 minutes, or until fragrant.

Add quinoa and peas; cook, stirring frequently, for 2 minutes, or until well mixed and heated through.

Remove from heat; let stand for 5 minutes.

Stir in cashews and cilantro; serve warm topped with mango.

Container Equivalents: 1 Purple, 1½ Yellow, 1 Blue, ½ tsp.
2B Mindset Plate It: Makes a great FFC side as part of breakfast or lunch.

1 serving

Prep Time: 15 minutes

Cook Time: 7 minutes

Tofu Stir Fry

Ingredients

- 2 tsp. extra-virgin organic coconut oil
- 12 oz. firm tofu drained, patted dry, cut into ¾-inch cubes (about 1½ cups)
- 1 medium red bell pepper sliced
- 1 cup raw spinach
- sea salt or Himalayan salt
- hot pepper sauce to taste; optional

Instructions

Heat oil in medium saucepan over medium-high heat.

Add tofu; cook, stirring frequently, for 5 minutes.

Add bell pepper and spinach; cook, stirring frequently, for 3 to 5 minutes, or until bell pepper is softened and spinach is wilted. Add salt (if desired) and hot sauce; cook, stirring frequently, for 1 minute, or until heated through.

Container Equivalents: 1 Green, 1 Red, 1 tsp.
2B Mindset Plate It: Makes a great FFC side as part of breakfast or lunch.

15 servings

Prep Time: 11 minutes

Cook Time: 2 minutes

Chipotle Vegan Tacos

Ingredients

2 tsp olive oil, divided use
2 Tbsp fresh lime juice
½ tsp ground cumin
½ tsp chipotle powder (or 2 Tbsp.
chopped canned chipotle chiles)
2 cloves garlic, finely chopped
1 14 oz. package extra-firm tofu,
sliced into approximately
2 x 3-inch sticks
8 large cabbage
(or hearty lettuce) leaves
½ medium avocado,
mashed or sliced
½ cup fresh tomato salsa
(pico de gallo)

Instructions

Combine 1 tsp. oil, lime juice, cumin,
chipotle powder, and garlic in a
shallow glass baking pan; mix well.
Add tofu; toss gently to blend.
Marinate, covered, for 30 minutes.
Drain and reserve marinade. Set aside.
Heat remaining 1 tsp. oil in medium
skillet over medium-high heat.
Add tofu; cook, for 2 to 3 minutes on
each side, or until browned.
Top each cabbage leaf evenly with
tofu, avocado, and salsa.

Container Equivalents: 1 Green, ½ Red, ½ Blue.

2B Mindset Plate It: Add more veggies and an FFC to this vegan
protein as part of lunch or more veggies for dinner.

Serves 4

Prep Time: 15 minutes

Cook Time: 3 minutes



Dinner
Recipes

Tofu Burgers

Ingredients

2 tsp. olive oil
½ medium onion, coarsely chopped
1 medium carrot, shredded
1 clove garlic, crushed
1 thin slice fresh ginger, peeled, finely chopped
12 oz. firm tofu, well drained, mashed
½ cup chopped almonds, toasted
4 tsp. reduced-sodium soy sauce
1 tsp. sesame oil
1 Tbsp. toasted sesame seeds
Sea salt and ground black pepper (optional)
Nonstick cooking spray

Instructions

Heat olive oil in medium nonstick skillet on medium-high heat.

Add onion and carrot; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.

Add garlic and ginger; cook, stirring frequently, for 1 minute. Remove from heat. Cool.

Combine onion mixture, tofu, almonds, soy sauce, sesame oil, and sesame seeds; mix well.

Season with salt and pepper if desired.

Shape into four patties. Refrigerate, covered, for 1 to 2 hours.

Heat medium nonstick skillet, lightly coated with spray, over medium high heat.

Add patties; cook for 3 to 4 minutes on each side, or until golden brown.

Container Equivalents: ½ Red, 1 Orange.

2B Mindset Plate It: Add a side salad or veggies for lunch.

Replace noodles with more veggies for dinner.

4 servings

Prep Time: 10 minutes

Cook Time: 14 minutes

Quinoa with Sun-Dried Tomatoes and Pesto

Ingredients

½ cup sun-dried tomatoes
Hot water
1 cup packed fresh basil leaves
¼ cup hemp seeds
(or coarsely chopped walnuts)
2 cloves garlic, chopped
½ tsp. nutritional yeast
¼ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper
1 Tbsp. water
2 Tbsp. extra-virgin olive oil
4 cups cooked quinoa
2 cups fresh baby spinach

Instructions

Soak sun-dried tomatoes in water for 30 minutes. Drain well; slice thinly. Set aside.

To make pesto, place basil, hemp seeds, garlic, yeast, salt, pepper, and water in a food processor (or blender). Pulse until coarsely ground.

Slowly add oil. Blend until smooth (or until desired consistency is reached). Set aside.

Combine quinoa, sun-dried tomatoes, pesto, and spinach in a large serving bowl; toss gently to blend.

Container Equivalents: ½ Green, 1 Yellow, ½ Orange, 1 tsp.

2B Mindset Plate It: Makes a great FFC side as part of breakfast, lunch, or dinner.

8 servings

Prep Time: 20 minutes

Cook Time: 0 minutes

Tempeh With Lemon Garlic Broccolini

Ingredients

Hot water

2 bunches broccolini (approximately 12 oz.),
remove and discard bottom third of stems

1 tsp. extra-virgin organic coconut oil

6 oz. soy tempeh, cut into strips

1 dash sea salt (or Himalayan salt)

½ tsp. ground cumin

4 cloves garlic, coarsely chopped

2 Tbsp. fresh lemon juice

¼ tsp. no-salt Italian seasoning

Instructions

Boil water in steamer or large saucepan over high heat. Reduce heat to medium-high. Place broccolini in steamer basket; cook for 2 to 3 minutes, or until tender-crisp. Place in ice water bath to stop cooking process. Set aside.

Heat oil in medium skillet over medium heat.

Add tempeh. Season with salt and cumin; cook for 2 to 3 minutes on each side, or until golden brown.

Remove from skillet. Keep warm, and set aside.

Add garlic to skillet; cook, stirring frequently, for 1 minute.

Add broccolini; cook, stirring frequently, for 1 minute, or until heated through.

Evenly divide broccolini between two serving plates.

Evenly drizzle with lemon juice and sprinkle with Italian seasoning.

Top with tempeh; serve immediately.

Container Equivalents: 1½ Green, 1 Red, ½ tsp.

2B Mindset Plate It: A great protein as part of lunch or dinner.

2 servings

Prep Time: 15 minutes

Cook Time: 8 minutes

Coconut and Lime Cauliflower "Fried Rice"

Rice"

Ingredients

2 medium heads cauliflower,
cut into bite-sized pieces

1 Tbsp. extra-virgin organic coconut oil,
divided use

1 (13.66-oz.) can unsweetened organic
light coconut milk

1 cup shredded unsweetened coconut

4 Tbsp. fresh lime juice, divided use

4 tsp. finely chopped lime zest

½ cup finely chopped cilantro;

reserve a small amount for garnish

¼ tsp. sea salt (or Himalayan salt)

Instructions

Place half of cauliflower in food processor; pulse until cauliflower is chopped into pieces about the size of rice. Repeat with the other half. Set aside.

Heat oil in large nonstick skillet over medium-high heat.

Add cauliflower; cook, stirring frequently, for 4 to 6 minutes.

Add coconut milk, coconut, and 3 Tbsp. lime juice. Bring to a boil. Reduce heat to medium-low; gently boil, stirring occasionally, for 8 to 12 minutes, or until tender and liquid evaporates.

Add remaining 1 Tbsp. lime juice, lime zest, cilantro, and salt; cook for 2 minutes, or until lime juice evaporates.

Divide evenly into eight serving bowls; garnish evenly with cilantro.

Container Equivalents: ½ Purple, 1 Red, 1 Yellow, 1 Blue.

2B Mindset Plate It: Add a side salad or more veggies for a great lunch or dinner option.

8 servings

Prep Time: 35 minutes

Cook Time: 20 minutes

A glass of pink smoothie with a mint leaf on top, surrounded by strawberries and a wooden background.

Shakology &
Snack Recipes

Vegan Strawberry Mojito Shakeology

Ingredients

1 cup sparkling water, divided use

1 cup ice

1 scoop Tropical Strawberry Plant-
Based Vegan Shakeology

3 Tbsp. fresh lime juice

1 tsp. finely grated lime peel

2 Tbsp. chopped fresh mint leaves

Fresh mint sprig for garnish; optional

Strawberry slice for garnish; optional

Instructions

Place ½ cup water, ice, Shakeology, lime
juice, lime peel, and mint in blender; cover.
Blend until smooth. Pour into serving glass.

Add remaining ½ cup water; mix well.

Garnish with mint and strawberry slice, if
desired.

Container Equivalents: 1 Red.

2B Mindset Plate It: Enjoy as part of
breakfast or as a snacktional.

1 serving

Prep Time: 10 minutes

Cook Time: 0 minutes

Vegan Snickerdoodle Shakeology

Ingredients

1 cup unsweetened almond milk

1 cup ice

1 scoop Vanilla Plant-Based Vegan
Shakeology

1 tsp. ground cinnamon

1 tsp. pure maple syrup

1 tsp. pure vanilla extract

Instructions

Place almond milk, ice,
Shakeology, cinnamon, maple
syrup, and extract in blender;
cover. Blend until smooth.

Container Equivalents: 1 Red, 1 tsp.
2B Mindset Plate It: An occasional
snacktional or enjoy as part of
breakfast.

Prep Time: 10 minutes

Cook Time: 0 minutes

Vegan Sugar Cookies

Ingredients

Nonstick cooking spray
1 cup almond flour, sift
after measuring
1 dash sea salt
(or Himalayan Salt)
1 dash baking soda
2 Tbsp. pure maple syrup
1 Tbsp. extra virgin organic
coconut oil, melted
1 tsp. pure vanilla extract
2 tsp. unsweetened almond milk
Parchment paper

Container Equivalents: ½ Yellow, ½ Blue.
2B Mindset Plate It: Enjoy as an
occasional treat. Be sure to track it.
12 servings
Prep Time: 15 minutes
Cook Time: 10 minutes

Instructions

Preheat oven to 325° F.
Lightly coat large baking sheet with
spray. Set aside.
Combine almond flour, salt, and
baking soda in a medium bowl; mix
well. Set aside.
Combine maple syrup, oil, and
extract in a small bowl; mix well.
Add maple syrup mixture to almond
flour mixture. Add milk slowly;
mixing to break up clumps of dough.
Form dough into a ball with clean
hands. Place on parchment paper.
Roll into a 7-inch long log. Freeze for
50 to 60 minutes, or until firm.
Cut log into twelve slices. Spread
slices out on prepared baking sheet.
Bake for 8 to 10 minutes, or until set.
Cool for 10 minutes on baking sheet.
Loosen with metal spatula, remove
from sheets and cool completely on
a wire rack (or on parchment paper).

Vegan Lime Cheesecake Cups

Ingredients

½ cup raw cashews
1 cup water
14 oz. soft silken tofu
¼ cup fresh lime juice
½ cup pure maple syrup
1 tsp. pure vanilla extract
1 Tbsp. lime peel (lime zest), finely grated
⅓ cup extra-virgin organic coconut oil
12 4-oz. Mason jars (or custard cups)

Container Equivalents: ½ Yellow, ½ Blue, 1½ tsp.
2B Mindset Plate It: An occasional treat. Be sure to track it.

12 servings

Prep Time: 15 minutes

Cook Time: 0 minutes

Instructions

Place cashews and water in a small bowl; cover and refrigerate overnight. Drain.

Place drained cashews, tofu, lime juice, maple syrup, extract, and lime peel in blender; pulse until blended, scraping down the sides with a spatula as needed.

With blender running, add oil; blend until well mixed.

Divide tofu mixture evenly between Mason jars; chill for 2 to 3 hours. Serve cold.

Tip: If you don't have Mason jars, you can use any small glasses, or you can make this cheesecake in a casserole dish or pie pan.

Vegan Cashew Queso Sauce

Ingredients

1 cup raw cashews
3 cups water, divided use
2 Tbsp. tomato paste, no sugar-added
1 tsp. chili powder
½ tsp. ground smoked paprika
⅓ cup nutritional yeast
¾ tsp. sea salt (or Himalayan salt)
2 Tbsp. fresh lemon juice

Container Equivalents: ½ Yellow, 1 Blue.
2B Mindset Plate It: A great accessory with any meal.

8 servings

Prep Time: 20 minutes

Cook Time: 0 minutes

Instructions

Place cashews and 2 cups water in a medium bowl. Let soak for up to 3 hours.

Rinse and drain.

Place drained cashews, remaining 1 cup water, tomato paste, chili powder, paprika, yeast, salt, and lemon juice in a blender (or food processor); cover. Blend until smooth, scraping down sides of blender if needed. Add additional water if needed.

Keep refrigerated for up to five days.

Groceries

Produce

Onions
Green bell pepper
Red bell pepper
Cilantro
Avocado
Tomatoes
Fresh ginger
Garlic
Mango
Apples
Mixed berries
Spinach
Carrot
Broccolini
Cabbage (or hearty
lettuce) leaves
Cauliflower
Limes
Fresh mint
Strawberries
Basil

Pantry

Ground coriander
Ground cumin
Himalayan salt (or sea salt)
Turmeric
Olive oil
Ground black pepper
Crushed red pepper flakes
Lime or lemon juice
Extra-virgin organic coconut oil
Curry powder
Ground cinnamon
Old-fashioned rolled oats
Pure maple syrup
Pure vanilla extract
Non-stick cooking spray
Parchment paper
Almond flour
Baking soda
Reduced-sodium soy sauce
Sesame oil
Ground cumin
Chipotle powder (or chopped
canned chipotle chiles)
No-salt Italian seasoning
Tropical Strawberry Plant-Based
Vegan Shakeology
Vanilla Plant-Based Vegan
Shakeology
Chili powder
Ground smoked paprika

Other

Tomato salsa (pico de gallo)
Black beans
Low-sodium sprouted whole-
grain bread
Raw pumpkin or sunflower
seeds
Quinoa
Frozen peas
Cashews
Pecans
Hot pepper sauce
Almonds
Sesame seeds
Unsweetened organic
light coconut milk
Shredded unsweetened coconut
Sparkling water
Unsweetened almond milk
Sun-dried tomatoes
Mason jars (or custard cups)
Hemp seeds (or walnuts)
Nutritional yeast
Tomato paste

Protein

Extra firm tofu
Firm tofu
Soft silken tofu
Soy tempeh