

Meal Planning Ideas

Breakfast:

-Oatmeal or other cooked grains such as bulgar, farro, brown rice, or barley.

Add dried fruit, a handful of nuts, a tablespoon of flax meal (ground flax seeds), cinnamon, cocoa powder, and add fresh fruit such as blueberries, strawberries, banana, etc. Add an unsweetened nut milk to moisten. There are many varieties of non-dairy milks, such as soy, almond, cashew, oat, and rice.

-Almond Zen Granola (Plant Powered Families Cookbook) Moistened with an unsweetened nut milk

-Frozen Fruit and Green Smoothies:

Add frozen berries, mango, banana or any other fruit you like. Add kale, spinach, other leafy greens you like, nuts, flax seeds, dates to sweeten and some water and/or unsweetened nut milk. Drink slowly over 30+ minutes to slow the rise in blood sugar.

Lunch:

-Dinner leftovers is my favorite lunch

Sandwiches:

-Hummus, lettuce, tomato, cucumber, avocado

-Chickpea Salad Sandwich (Plant Powered Families Cookbook)

-Potato Meets "Egg" Salad Sandwich (Plant Powered Families Cookbook)

-Cut up vegetables for a side, and fruit for dessert

-Hummus 101 (Plant Powered Families Cookbook), most store bought hummus' contains oil, this recipe does not

-Lunch can also be any of your normal dinner ideas

Lunch or Dinner:

Traditional Meals:

-Veggie Skillet Lasagna (Monkey and Me Kitchen Adventures)
-Fruit for dessert

-Easy Grillable Veggie Burgers (minus the oil) (Minimalist Baker website)
-Home Fries (Plant Powered Families)
-Fruit for dessert

-The Best Vegan Meatballs (Minimalist Baker website)
-Healthy Chili Sauce (Monkey and Me Kitchen Adventures)
-Mashed potato's (Many recipes in the cookbooks and websites on the resources list)
-Steamed vegetables or a side salad
-Fruit for dessert

-Crispy Baked Tofu Nuggets (Monkey and Me Kitchen Adventures)
-Mashed potato's and steamed vegetables
-Fruit for dessert

-Vegan Skillet "Chicken" and Dumplings (Monkey and Me Kitchen Adventures)
-Fruit for dessert

Soups:

-Vegetable and bean soups (many recipes from cookbooks and websites)

Soups are great for weight loss, because most of the weight is water, and we tend to eat them slowly because they are hot and we sip them. We feel full more quickly, and they are low in calorie density

- Fruit for dessert

- Your favorite chili recipe (just add more beans and leave out the meat)

- Fruit for dessert

Pasta:

- Whole wheat spaghetti, or other whole grain pasta (such as quinoa pasta), red lentil pasta

- Your favorite tomato based marinara sauce, then add stir fried vegetables like onions, mushrooms, peppers, zucchini, garlic, spinach (sauté vegetables with vegetable broth, vegetable stalk or water)

- Thick and Hearty Tomato Sauce recipe (Plant Powered Families)

- Serve with a side salad or steamed vegetables

- Creamy Fettuccine (Plant Powered Families)

- Serve with a side salad or steamed vegetables

- Mac & "Cheese" (Forks Over Knives Cookbook)

- Serve with a side salad or steamed vegetables

- Fruit for dessert

Salad as a meal:

- Make a very big salad in a mixing bowl with all of your favorite vegetables

- Add cooked grains, beans, nuts, seeds, baby red potato's, avocado

- It is important to add the starches (grains, beans, nuts, seeds, potato's) to help you feel full and satisfied. The non starchy vegetables like greens, broccoli, cauliflower etc. are too low in calories to sustain you, but the starchy vegetables (grains, beans, nuts, seeds, potato's) are high enough in calories to satisfy you, but still low enough to help you lose weight.

- Use an oil free salad dressing (see no oil salad dressing recipe list from Scott) and also in the cookbooks and website resources.

-Fruit for dessert

Potato as a meal:

-Bake, microwave or instant pot Yukon gold, Red Potato, Sweet Potato or Yam

-Add beans, cooked grains, leftover soup, stir fried vegetables over top of the potato

-Tofu Sour Cream recipe (Forks Over Knives Cookbook)

-Fruit for dessert

-Creamy Lentil Curry (Monkey and Me Kitchen Adventures)

-Fruit for dessert

Stir Fries:

-Orange Veggie Stir Fry (Monkey and Me Kitchen Adventures)

-Fruit for dessert

-Cooked grains and vegetables

-Noodles and vegetables

-Many different oil free sauces (Thai, Indian Curries, etc. in the cookbooks and websites)

-Fruit for dessert

Mexican Food Ideas:

-Quinoa Tacos (Minimalist Baker website)

-The Quinoa is taking the place of hamburger

-Serve as a burrito bowl over rice with added beans, tomatoes, onions, olives, avocado, salsa, hot sauce, tofu sour cream (tofu sour cream recipe in the Forks Over Knives Cookbook)

-Can also serve inside corn tortillas

-Fruit for dessert

- Layered Bean Casserole (The China Study All Star Collection Cookbook)
- Fruit for dessert

A **meal serving idea**, especially for families where some are not eating plant based:

- Serve food “Buffet” style

Do a Potato Bar, Pasta Bar, Salad Bar, Burrito Bowl Bar
Spread out all of the ingredients to build your own plate or bowl
Those that want to add hamburger, chicken, cheese, other non plant based additions to their meal can, but there will still be plenty of delicious toppings for you

To Health:

Scott Wagnon PA-C

Plant Powered Families by Dreena Burton

Forks Over Knives, The Cookbook by Del Sroufe

The China Study All-Star Collection by Leanne Campbell, PhD

monkeyandmekitchenadventures.com

minimalistbaker.com/recipes/vegan/

See resources list for additional websites and cookbooks

