

SIMPLIFIED MEAL PLAN VEGETARIAN



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Simplified Vegetarian 3-Day At-A-Glance Menu

Tip: Post this menu on your fridge to refer to throughout the three days.

MONDAY (DAY 1)	TUESDAY (DAY 2)	WEDNESDAY (DAY 3)
BREAKFAST	BREAKFAST	BREAKFAST
Crustless <i>Spinach Feta Cheese</i> mini quiche “muffins” with cottage cheese and nut butter.	<i>Chia Seed Pudding</i>	<i>Shakshuka</i> (omit eggs) with edamame and hemp seeds. Side of Greek yogurt and nut butter.
Prep: Pack snacks for the day.	Prep: Pack snacks for the day.	Prep: Pack snacks for the day.
SNACK	SNACK	SNACK
<i>Trail Mix</i> or <i>Spicy Pumpkin Seeds</i>	<i>Basic Hummus</i> with vegetables.	A small apple with 1 ounce cheese or 2 tablespoons peanut butter.
LUNCH	LUNCH	LUNCH
<i>Basic Hummus</i> with tofu, feta cheese and hemp seeds. Served with vegetable cruditéés and a side of berries.	Leftover <i>Thai Peanut Tempeh</i> in lettuce wraps with sprouts and lime wedges.	Leftover <i>Spinach Feta Quiche</i> “muffins” (chopped into bite-sized pieces) served on a bed of leafy greens, non-starchy vegetables, ¼ avocado, 2 tablespoons feta cheese, 2 teaspoons olive oil and a squeeze of lemon juice.
SNACK	SNACK	SNACK
A small apple with 1 ounce cheese or 2 tablespoons peanut butter.	<i>Trail Mix</i> or <i>Spicy Pumpkin Seeds</i>	<i>Trail Mix</i> or <i>Spicy Pumpkin Seeds</i>
DINNER	DINNER	DINNER
<i>Thai Peanut Tempeh</i> . Spiced Chai with milk for dessert.	<i>Shakshuka</i> with cottage cheese, avocado, and cauliflower.	<i>Basic Hummus</i> and <i>Deep-Fried Tofu</i> lettuce wraps with feta cheese and vegetables. Side of a tangerine.
Prep: Pack leftover <i>Thai Peanut Tempeh</i> in lettuce wraps with sprouts and lime wedges.	Prep: Pack leftover <i>Spinach Feta Quiche</i> “muffins” chopped into bite-sized pieces. Serve on a bed of leafy greens, non-starchy vegetables, ¼ avocado, 2 tablespoons feta cheese, 2 teaspoons olive oil and a squeeze of lemon juice.	Prep: Pack tomorrow’s lunch.

Phase 1: Three-Day Simplified Meal Plan - Vegetarian (Designed to Serve 1 Person)

Sauces to Prep or Buy

- 1) **Thai Peanut Sauce** (*Always Hungry?* pg. 262)
- 2) **Basic Mayonnaise** (*Always Hungry?* pg. 259) - for quicker prep, replace with store-bought mayonnaise (no sugar added)
- 5) OPTIONAL: Additional salad dressing(s): CHOOSE 1 or 2 to make and use for salads and greens throughout the week:
See *Always Delicious* pp. 283 - 307 Or *Always Hungry?* pp. 259 - 273

Snacks / Desserts / Roasted Nuts & Seeds

- 1) **Spicy Pumpkin Seeds** (*Always Hungry?* pg. 292) OR **Trail Mix** (*Always Hungry?* pg. 291)
- 2) Prep snacks of your choice to use throughout the week, or write down a list of snacks to keep around.

Ingredients to Prep or Buy (Proteins, Grains, Soups, etc. to use throughout the week)

- 1) **Basic Hummus** (*Always Hungry?* pg. 290) - for quicker prep, replace with store-bought hummus (no sugar added)

Ingredients or Recipes to Prep (For less prep later in the week)

- 1) **Spinach Feta Quiche (Crustless Mini Muffin Variation)** - Mix together 4 eggs, $\frac{1}{8}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, 4 ounces frozen chopped spinach (thawed), 2 ounces feta cheese (crumbled), and 1 cup beans (white beans work great here). Distribute evenly among 4-6 oiled muffin cups. Bake at 425°F for 15 to 20 minutes, or until eggs are cooked through. Serve half of the egg muffins for breakfast, and store the remaining muffins for Day 3 Dinner.

Optional: Double the Quiche Muffin recipe. Use the additional portions as snacks throughout the week or freeze for later meals.

- 2) Prepare $\frac{1}{2}$ recipe of EITHER **Crumbled Tempeh** (*Always Hungry?* pg. 244 or *Always Delicious* pg. 192) OR **Pan-Fried Tempeh Strips** (*Always Hungry?* pg. 243 or *Always Delicious* pg. 193) to use for Day 1 Dinner and Day 2 Lunch

Optional: Prepare a full recipe of tempeh and refrigerate or freeze half to use for later meals.

Weekly “Big Why” Reminder or Inspiring Affirmation:

Phase 1: Three-Day Simplified Meal Plan - Vegetarian (Designed to Serve 1 Person)

Monday (Day 1)

Breakfast

Spinach Feta Quiche - Crustless Variation // *Always Hungry?* pg. 222 (variation below)

Mix together 4 eggs, $\frac{1}{8}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, 4 ounces frozen chopped spinach, 2 ounces feta cheese, and 1 cup beans. Distribute evenly among 4-6 oiled muffin cups. Bake at 425°F for 15 to 20 minutes, or until eggs are cooked through. Serve half of the egg muffins for breakfast, and store the remaining muffins for Day 3 Dinner.

For breakfast today: Serve half of the egg muffins (2-3) with a side of $\frac{1}{2}$ cup 4% cottage cheese and 1 tablespoon nut butter.

Protein: 28% Fat: 46% Carbohydrate: 26% Calories: 570

Prep: Pack today's snacks.

Snack

$\frac{1}{4}$ cup **Spicy Pumpkin Seeds** (*Always Hungry?* pg. 292) or **Trail Mix** (*Always Hungry?* pg. 291)

Lunch

Basic Hummus and Cheese Platter // *Recipe Below*

Serve $\frac{1}{2}$ to $\frac{2}{3}$ cups **Basic Hummus** (from Prep Day) blended with 4 ounces firm tofu, 1 ounce feta cheese, and 2 tablespoons hemp seeds. Serve with 1 cup of vegetable crudité (such as cucumber or carrots) for dipping, and a side of $\frac{1}{2}$ cup berries.

Protein: 22% Fat: 50% Carbohydrate: 28% Calories: 620

Snack

A small apple with 1 ounce cheese or 2 tablespoons peanut butter.

Dinner

Thai Peanut Tempeh // *Always Hungry?* pg. 258

Prepare $\frac{1}{2}$ recipe. Serve one portion tonight, and reserve the other for tomorrow's lunch.

Optional: Prepare a full recipe and freeze 2 portions for later meals.

For dinner tonight: Serve **Thai Peanut Tempeh** with a side of $\frac{1}{2}$ small cucumber, sliced, tossed with a dash of salt and a squeeze of lemon. For dessert, enjoy a cup of spiced chai with 1 to 2 tablespoons soy or whole milk.

Additional Prep: Prepare and assemble **Chia Seed Pudding** for tomorrow's breakfast. (Optional: Prepare multiple servings for use throughout the week).

Protein: 22% Fat: 53% Carbohydrate: 25% Calories: 680

Pack tomorrow's lunch -- **Thai Peanut Tempeh** Lettuce Wraps with sprouts and lime wedges (for squeezing). Store sprouts, lime wedges, and lettuce leaves in a separate container from the **Thai Peanut Tempeh**. Serve for tomorrow's lunch.

Phase 1: Three-Day Simplified Meal Plan - Vegetarian (Designed to Serve 1 Person)

Tuesday (Day 2)

Breakfast

Chia Seed Pudding // *Always Delicious* pg. 108

Protein: 21% Fat: 53% Carbohydrate: 26% Calories: 447

Prep: Pack today's snacks.

Snack

About 1/3 cup **Basic Hummus** (*Always Hungry?* pg. 290) with vegetables for dipping.

Lunch

Thai Peanut Tempeh Lettuce Wraps // *Leftovers*

Thai Peanut Tempeh Lettuce Wraps with sprouts, lime wedges (for squeezing), and lettuce.

Protein: 24% Fat: 48% Carbohydrate: 28% Calories: 562

Snack

1/4 cup **Spicy Pumpkin Seeds** (*Always Hungry?* pg. 292) or **Trail Mix** (*Always Hungry?* pg. 291)

Dinner

Shakshuka // *Always Delicious* pg. 85

Prepare 1/2 recipe. Separate out half of the sauce (one portion) before adding the eggs - then add 2 eggs for today's dinner. Store the remaining portion of sauce for tomorrow's breakfast.

Optional: Prepare the whole recipe (minus the eggs) and freeze half of the sauce in individual portions for later use. Add eggs when you reheat the sauce.

For dinner tonight: Top **Shakshuka** (as prepared above - sauce with 2 eggs) with 1/2 cup cottage cheese, 1/2 avocado and 1 cup steamed cauliflower (or **Cauliflower Rice**)

Protein: 21% Fat: 51% Carbohydrate: 28% Calories: 620

Pack tomorrow's lunch -- Leftover *Spinach Feta Quiche* "muffins" chopped into bite-sized pieces and served on a bed of leafy greens, non-starchy vegetables, 1/4 avocado, 2 tablespoons feta cheese, 2 teaspoons olive oil and a squeeze of lemon juice.

Phase 1: Three-Day Simplified Meal Plan - Vegetarian (Designed to Serve 1 Person)

Wednesday (Day 3)

Breakfast

Shakshuka (omit eggs)// *Leftovers*

Serve leftover portion of **Shakshuka** sauce (from yesterday's dinner) with ½ cup edamame and 2 tablespoons hemp seeds. Serve with a side of ½ cup plain whole-milk Greek yogurt and 1 teaspoon nut butter.

Protein: 25% Fat: 46% Carbohydrate: 29% Calories: 560

Prep: Pack today's snacks.

Snack

A small apple with 1 ounce cheese or 2 tablespoons peanut butter.

Lunch

Spinach Feta Quiche Salad // *Leftovers*

Chop leftover **Spinach Feta Quiche** "Muffins" into small pieces. Serve over a bed of leafy greens, non-starchy vegetables, ¼ avocado, 2 tablespoons feta cheese. Top with an AH/AD dressing/sauce of choice OR 2 teaspoons olive oil and a squeeze of lemon juice.

Protein: 21% Fat: 55% Carbohydrate: 24% Calories: 540

Snack

¼ cup **Spicy Pumpkin Seeds** (*Always Hungry?* pg. 292) or **Trail Mix** (*Always Hungry?* pg. 291)

Dinner

Basic Hummus and **Deep-Fried Tofu** Or **Pan-Fried Tofu** Lettuce Wraps // *Always Hungry?* pp. 290 and 243, *Always Delicious* pp. 170 or 193

Serve ⅓ to ½ cup **Basic Hummus** and **Deep-Fried or Pan-Fried Tofu** in lettuce wraps with 2 tablespoons feta cheese and non-starchy vegetables of choice. Serve with a tangerine.

Protein: 24% Fat: 50% Carbohydrate: 26% Calories: 610

Pack tomorrow's lunch.