



15 Ingredients Plant Based Meal Plan

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Plant Based 15 ingredients Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Peanut Butter & Banana Sweet Potato Toast	Peanut Butter & Banana Sweet Potato Toast	Peanut Butter & Banana Sweet Potato Toast	Peanut Butter Chickpea Smoothie	Peanut Butter Chickpea Smoothie	Breakfast Baked Sweet Potato	Breakfast Baked Sweet Potato
Snack 1	Banana Yogurt Bowl	Tortilla & Bell Pepper Snack Plate	Taco Spiced Chickpeas	Creamy Peanut Butter Banana Rollup	Taco Spiced Chickpeas	Banana with Creamy Peanut Butter Dip	Chickpea Wraps
Lunch	Tofu Spinach Stir Fry	Spiced Chickpeas with Spinach & Rice	Tofu Spinach Stir Fry	Creamy Sweet Potato & Chickpeas with Rice	Mexican-Style Fries Supreme	Fajita Spiced Tofu & Rice	Tofu, Bell Peppers & Sweet Potato
Snack 2	Tortilla & Bell Pepper Snack Plate	Banana Yogurt Bowl	Creamy Peanut Butter Banana Rollup	Taco Spiced Chickpeas	Creamy Peanut Butter Banana Rollup	Chickpea Wraps	Banana with Creamy Peanut Butter Dip
Dinner	Spiced Chickpeas with Spinach & Rice	Tofu Spinach Stir Fry	Creamy Sweet Potato & Chickpeas with Rice	Mexican-Style Fries Supreme	Fajita Spiced Tofu & Rice	Tofu, Bell Peppers & Sweet Potato	Fajita Spiced Tofu & Rice



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Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 2021	Calories 2021	Calories 2136	Calories 1978	Calories 1893	Calories 1822	Calories 1822
Fat 70g	Fat 70g	Fat 75g	Fat 72g	Fat 70g	Fat 90g	Fat 90g
Saturated 13g	Saturated 13g	Saturated 14g	Saturated 16g	Saturated 14g	Saturated 18g	Saturated 18g
Monounsaturated 34g	Monounsaturated 34g	Monounsaturated 37g	Monounsaturated 36g	Monounsaturated 34g	Monounsaturated 48g	Monounsaturated 48g
Carbs 303g	Carbs 303g	Carbs 323g	Carbs 299g	Carbs 278g	Carbs 214g	Carbs 214g
Fiber 42g	Fiber 42g	Fiber 43g	Fiber 53g	Fiber 47g	Fiber 35g	Fiber 35g
Sugar 46g	Sugar 46g	Sugar 53g	Sugar 71g	Sugar 66g	Sugar 49g	Sugar 49g
Protein 67g	Protein 67g	Protein 68g	Protein 56g	Protein 62g	Protein 63g	Protein 63g
Sodium 1722mg	Sodium 1722mg	Sodium 1258mg	Sodium 1203mg	Sodium 1733mg	Sodium 2496mg	Sodium 2496mg
Calcium 923mg	Calcium 923mg	Calcium 881mg	Calcium 936mg	Calcium 1102mg	Calcium 1360mg	Calcium 1360mg
Iron 16mg	Iron 16mg	Iron 16mg	Iron 17mg	Iron 17mg	Iron 17mg	Iron 17mg



Plant Based 15 ingredients Meal Plan

15 items

Fruits

9 1/2 Banana

Breakfast

1 1/2 cups All Natural Peanut Butter

Seeds, Nuts & Spices

0 Sea Salt & Black Pepper

1/3 cup Taco Seasoning

Vegetables

24 1/2 cups Baby Spinach

13 Red Bell Pepper

12 1/2 Sweet Potato

Boxed & Canned

9 cups Chickpeas

4 cups Jasmine Rice

Bread, Fish, Meat & Cheese

7 Corn Tortilla

1.1 kilograms Tofu

Condiments & Oils

1 1/4 cups Extra Virgin Olive Oil

1/2 cup Tamari

Cold

4 1/16 cups Unsweetened Coconut Yogurt

Other

1 cup Water



Peanut Butter & Banana Sweet Potato Toast

3 ingredients · 10 minutes · 3 servings



Directions

1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side.
3. Place toasted sweet potato on a plate and spread with peanut butter then top with sliced banana. Sprinkle with cinnamon for some extra flavour. Enjoy!

Notes

No Peanut Butter

Use any nut or seed butter.

No Banana

Use any type of fruit like strawberries or mango.

Next Level Deliciousness

Add our Strawberry Chia Jam.

Ingredients

- 1 1/2 Sweet Potato (large)
- 1/3 cup All Natural Peanut Butter
- 1 1/2 Banana (sliced)

Nutrition

Amount per serving

Calories	301	Sugar	13g
Fat	17g	Protein	9g
Saturated	3g	Sodium	42mg
Monounsaturated	8g	Calcium	38mg
Carbs	34g	Iron	1mg
Fiber	5g		



Peanut Butter Chickpea Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Serving Size

One serving equals approximately 1 1/2 cups.

Additional Toppings

Blueberries, strawberries, or spinach.

Ingredients

1/2 cup Water

1/2 cup Chickpeas (cooked)

1/4 cup Unsweetened Coconut Yogurt

1 Banana

1 tbsp All Natural Peanut Butter

Nutrition

Amount per serving

Calories	363	Sugar	20g
Fat	13g	Protein	12g
Saturated	4g	Sodium	24mg
Monounsaturated	5g	Calcium	191mg
Carbs	56g	Iron	3mg
Fiber	11g		



Breakfast Baked Sweet Potato

4 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Rub the sweet potato with oil and then place them cut side down on the baking sheet. Cook for 30 minutes, or until cooked through.
3. Place the sweet potato in a bowl and top with coconut yogurt and peanut butter. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add cinnamon to the sweet potato.

Additional Toppings

Granola, sliced almonds, sunflower seeds, hemp seeds, and/or pumpkin seeds.

Ingredients

- 2 Sweet Potato (medium, cut in half lengthwise)
- 1 tsp Extra Virgin Olive Oil
- 2/3 cup Unsweetened Coconut Yogurt
- 1/4 cup All Natural Peanut Butter

Nutrition

Amount per serving

Calories	361	Sugar	9g
Fat	21g	Protein	10g
Saturated	6g	Sodium	94mg
Monounsaturated	10g	Calcium	221mg
Carbs	37g	Iron	1mg
Fiber	6g		



Banana Yogurt Bowl

3 ingredients · 5 minutes · 2 servings



Directions

1. Add the coconut yogurt to a bowl and stir in the peanut butter. Top with the banana slices and enjoy!

Notes

Leftovers

Refrigerate the yogurt in an airtight container for up to three days. Slice the banana just before serving.

Nut-Free

Use sunflower seed butter instead.

More Flavor

Add vanilla extract, cinnamon, or sweetener of choice to taste.

Additional Toppings

Fresh berries or other chopped fruit, chopped nuts, chia seeds, hemp seeds, and/or granola.

Ingredients

1 cup Unsweetened Coconut Yogurt

1/4 cup All Natural Peanut Butter

1 Banana (sliced)

Nutrition

Amount per serving

Calories	300	Sugar	11g
Fat	20g	Protein	8g
Saturated	6g	Sodium	31mg
Monounsaturated	8g	Calcium	269mg
Carbs	27g	Iron	1mg
Fiber	5g		



Taco Spiced Chickpeas

4 ingredients · 30 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt, pepper, and taco seasoning. Mix until the chickpeas are evenly coated.
3. Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness.
4. Remove from the oven. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

Notes

Leftovers

Store in an airtight container for up to two days. If leftover chickpeas lose their crunch, reheat in the oven for five to eight minutes or until crispy again.

Serving Size

One serving is approximately 1/2 cup.

No Extra Virgin Olive Oil

Use avocado oil instead.

Ingredients

- 3 cups** Chickpeas (cooked)
- 1 tbsp** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste, optional)
- 1 tbsp** Taco Seasoning

Nutrition

Amount per serving

Calories	319	Sugar	8g
Fat	9g	Protein	15g
Saturated	1g	Sodium	267mg
Monounsaturated	4g	Calcium	90mg
Carbs	47g	Iron	5mg
Fiber	13g		



Banana with Creamy Peanut Butter Dip

3 ingredients · 5 minutes · 2 servings



Directions

1. In a small bowl mix the yogurt and peanut butter together. Serve with the banana slices for dipping. Enjoy!

Notes

Leftovers

Refrigerate the dip in an airtight container for up to three days. Slice banana just before serving.

Nut-Free

Use sunflower seed butter instead.

More Flavor

Add vanilla extract, cinnamon, or sweetener of choice to the dip.

Ingredients

1/3 cup Unsweetened Coconut Yogurt

2 tbsps All Natural Peanut Butter

2 Banana (ripe, cut into thick slices)

Nutrition

Amount per serving

Calories	222	Sugar	16g
Fat	10g	Protein	5g
Saturated	3g	Sodium	13mg
Monounsaturated	4g	Calcium	107mg
Carbs	33g	Iron	1mg
Fiber	4g		



Tofu Spinach Stir Fry

7 ingredients · 30 minutes · 3 servings



Directions

1. Cook the rice according to package directions and set aside.
2. Heat a large nonstick skillet over medium heat and add the oil. Once hot, add the tofu and cook for four minutes per side, until crispy and browned. Add in half the tamari and stir to combine.
3. Remove the tofu and set aside. Leave the leftover oil in the skillet.
4. Add the bell pepper to the skillet and cook until lightly browned, about five minutes. Lower the heat and add the spinach. Cook until wilted.
5. Add the tofu back to the skillet. Add the remaining tamari and stir to combine. Season with salt and pepper to taste.
6. Divide the rice onto plates and top with the tofu mixture. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about 3/4 cup cooked rice and about 3/4 cup tofu mixture.

More Flavor

Add minced garlic, sesame oil, or chili sauce.

Additional Toppings

Top with green onions.

Ingredients

- 2 cups Jasmine Rice
- 300 grams Tofu (10 oz. Extra-firm, pressed and cubed)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Tamari (divided)
- 2 Red Bell Pepper (Capsicum medium, chopped)
- 5 cups Baby Spinach
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	629	Sugar	4g
Fat	15g	Protein	21g
Saturated	2g	Sodium	717mg
Monounsaturated	8g	Calcium	340mg
Carbs	110g	Iron	4mg
Fiber	7g		



Tofu, Bell Peppers & Sweet Potato

7 ingredients · 25 minutes · 2 servings



Directions

1. Heat a skillet over medium heat and add half the oil. Once hot, add the sweet potato and cook for 10 minutes, stirring occasionally, until browned. Add the peppers and continue stirring until the peppers are softened and the sweet potato is fork-tender. Season with salt and pepper. Remove and set aside.
2. Add the remaining oil to the same skillet. Once hot, place the tofu in the skillet and cook on each side until browned and crispy, about four minutes per side. During the last minute, pour in the tamari and toss to combine. Remove the skillet from the heat.
3. Divide the ingredients evenly between plates or to-go containers. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add fresh garlic, red pepper flakes, or other seasonings to the sweet potato and peppers.

Ingredients

- 1/4 cup Extra Virgin Olive Oil (divided)
- 2 Sweet Potato (medium, cubed)
- 2 Red Bell Pepper (chopped)
- Sea Salt & Black Pepper (to taste)
- 200 grams Tofu (7oz. extra-firm, cut into thin strips)
- 2 tbsps Tamari
- 4 cups Baby Spinach

Nutrition

Amount per serving

Calories	489	Sugar	12g
Fat	33g	Protein	17g
Saturated	5g	Sodium	1134mg
Monounsaturated	21g	Calcium	393mg
Carbs	38g	Iron	6mg
Fiber	9g		



Tortilla & Bell Pepper Snack Plate

5 ingredients · 5 minutes · 2 servings



Directions

1. Using the back of a fork, mash the chickpeas, olive oil, salt and black pepper in a bowl.
2. Serve the mashed chickpeas alongside the tortilla and red bell pepper slices. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add your choice of herbs and spices to the chickpeas.

Ingredients

- 1 cup Chickpeas (cooked)
- 2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 Corn Tortilla (sliced)
- 2 Red Bell Pepper (capsicum medium, sliced)

Nutrition

Amount per serving

Calories	275	Sugar	9g
Fat	7g	Protein	9g
Saturated	1g	Sodium	11mg
Monounsaturated	4g	Calcium	149mg
Carbs	44g	Iron	3mg
Fiber	10g		



Creamy Peanut Butter Banana Rollup

4 ingredients · 10 minutes · 3 servings



Directions

1. In a small bowl, whisk together the peanut butter and coconut yogurt. Spread an even layer over the tortilla.
2. Place the banana on one end of the tortilla. Roll it up and slice into bite-size pieces. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Maple syrup, hemp seeds, chia seeds, or raisins.

Ingredients

- 1/3 cup All Natural Peanut Butter
- 1/3 cup Unsweetened Coconut Yogurt
- 3 Corn Tortilla
- 3 Banana

Nutrition

Amount per serving

Calories	359	Sugar	18g
Fat	16g	Protein	9g
Saturated	4g	Sodium	12mg
Monounsaturated	7g	Calcium	175mg
Carbs	49g	Iron	1mg
Fiber	6g		



Chickpea Wraps

8 ingredients · 15 minutes · 2 servings



Directions

1. Heat a skillet over medium heat. Once hot, pour in the oil and then add the chickpeas along with the pepper. Add the taco seasoning and toss to combine. Pour in the tamari and stir. Cook for about 10 minutes, until the chickpeas are crispy and the peppers are lightly browned.
2. Add in the spinach to the chickpea mixture and stir until just wilted and then remove from heat.
3. Divide the chickpea mixture into tortillas and dollop on coconut yogurt. Enjoy!

Notes

Leftovers

Store leftover mixture in an airtight container in the fridge for up to three days.

Serving Size

One serving is one large wrap.

No Coconut Yogurt

Omit, or use other plant based yogurt of your choice.

Ingredients

- 1 **tblsp** Extra Virgin Olive Oil
- 1 **cup** Chickpeas (cooked, rinsed and pat dry)
- 1 Red Bell Pepper (medium, chopped)
- 1 **tsp** Taco Seasoning
- 2 **tsps** Tamari
- 2 **1/2 cups** Baby Spinach
- 2 Corn Tortilla (large)
- 3 **tblsps** Unsweetened Coconut Yogurt

Nutrition

Amount per serving

Calories	307	Sugar	7g
Fat	10g	Protein	11g
Saturated	2g	Sodium	505mg
Monounsaturated	5g	Calcium	235mg
Carbs	44g	Iron	4mg
Fiber	10g		



Spiced Chickpeas with Spinach & Rice

7 ingredients · 20 minutes · 2 servings



Directions

1. Cook the rice according to the package directions.
2. Heat the oil in a pan over medium heat. Add the chickpeas and cook for three to five minutes or until warmed through.
3. Add the taco seasoning and tamari and stir to combine. Add the spinach and stir until wilted. Season with salt and pepper to taste if needed.
4. Divide the cooked rice between plates and top with the spiced chickpeas. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/4 cups of the spiced chickpeas and rice.

Additional Toppings

Avocado, cilantro, green onions, red pepper flakes, or hot sauce.

No Spinach

Use kale instead.

No Tamari

Use soy sauce or coconut aminos instead.

Ingredients

- 1/2 cup Jasmine Rice
- 1 tbsp Extra Virgin Olive Oil
- 2 cups Chickpeas (cooked, rinsed and patted dry)
- 1 tbsp Taco Seasoning
- 1 tbsp Tamari
- 2 cups Baby Spinach (chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	516	Sugar	9g
Fat	11g	Protein	20g
Saturated	1g	Sodium	921mg
Monounsaturated	6g	Calcium	127mg
Carbs	88g	Iron	7mg
Fiber	15g		



Creamy Sweet Potato & Chickpeas with Rice

9 ingredients · 30 minutes · 2 servings



Directions

1. Heat a skillet over medium heat. Once hot, pour in half the oil and then add the sweet potato. Add half of the taco seasoning and toss to combine. Cook for about six to eight minutes, until lightly browned.
2. Cook the rice according to the directions on the package.
3. Add the remaining oil to the skillet with the sweet potato and then add in the chickpeas. Pour in the remaining taco seasoning and toss to combine. Cook for eight to ten minutes, until the chickpeas are crispy and the sweet potato is cooked through. Add the bell pepper and continue cooking, while stirring for two more minutes, until softened.
4. Add the spinach to the skillet and cook until wilted, about one minute. Stir to combine and season with salt and pepper to taste.
5. Divide the rice onto plates and top with the sweet potato mixture. Add a dollop of coconut yogurt and enjoy!

Notes

Leftovers

Store leftover mixture in an airtight container in the fridge for up to three days.

Serving Size

One serving is about 1 1/2 cups of rice and chickpea mixture.

No Coconut Yogurt

Omit, or use another plant based yogurt of your choice.

Ingredients

- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Sweet Potato (small, chopped)
- 1 tsp Taco Seasoning (divided)
- 1/2 cup Jasmine Rice
- 1 cup Chickpeas (cooked, rinsed and pat dry)
- 1 Red Bell Pepper (Capsicum medium, chopped)
- 3 cups Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Unsweetened Coconut Yogurt (divided)

Nutrition

Amount per serving

Calories	528	Sugar	10g
Fat	18g	Protein	14g
Saturated	4g	Sodium	220mg
Monounsaturated	10g	Calcium	238mg
Carbs	83g	Iron	5mg
Fiber	12g		



Mexican-Style Fries Supreme

7 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Toss the sweet potato with the oil, taco seasoning, salt and black pepper on the baking sheet and space out the pieces evenly being sure not to crowd the pan. Bake for 25 to 30 minutes, flipping halfway through.
3. Transfer the sweet potato fries onto a plate and top with the baby spinach, red bell pepper, and coconut yogurt (optional). Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. Reheat in the oven for best results.

Additional Toppings

Tomatoes, shredded cheese, or green onions.

Ingredients

- 4 Sweet Potato (medium, sliced into 1/4-inch strips)
- 2 tbsps Extra Virgin Olive Oil
- 1 1/3 tbsps Taco Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 cup Baby Spinach (thinly sliced)
- 1 Red Bell Pepper (Capsicum medium, diced)
- 1/2 cup Unsweetened Coconut Yogurt (optional)

Nutrition

Amount per serving

Calories	409	Sugar	15g
Fat	16g	Protein	6g
Saturated	3g	Sodium	680mg
Monounsaturated	10g	Calcium	242mg
Carbs	64g	Iron	3mg
Fiber	11g		



Fajita Spiced Tofu & Rice

7 ingredients · 20 minutes · 3 servings



Directions

1. Cook the rice according to the package directions.
2. Heat 2/3 of the oil in a non-stick pan over medium heat. Add the crumbled tofu and cook for eight to 10 minutes or until the tofu is browned. Transfer to a plate and set aside.
3. Add the remaining oil to the pan and cook the red bell pepper for three to five minutes or until just tender. Add the spinach and stir until wilted, then add the browned tofu back to the pan.
4. Add the taco seasoning and tamari to the pan and stir well.
5. To serve, divide the rice between plates and top with the tofu mixture. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately one cup of the tofu and veggies.

More Flavor

Add lime juice, salsa, or hot sauce.

Additional Toppings

Avocado, cilantro, or green onion.

No Tamari

Use soy sauce or coconut aminos instead.

No Red Bell Pepper

Use a yellow or orange bell pepper instead.

Ingredients

1 cup Jasmine Rice

375 grams Tofu (13 oz extra-firm, pressed and crumbled into large pieces)

2 tbsps Extra Virgin Olive Oil (divided)

2 Red Bell Pepper (diced)

3 cups Baby Spinach (chopped)

1 1/2 tbsps Taco Seasoning

1 tbsp Tamari

Nutrition

Amount per serving

Calories	443	Sugar	5g
Fat	16g	Protein	20g
Saturated	2g	Sodium	750mg
Monounsaturated	8g	Calcium	404mg
Carbs	62g	Iron	5mg
Fiber	6g		

