

Plant-Based Diet: Meal Planning and Recipes



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Getting Started: Meal Planning 101

Ready, set, meal prep! This meal plan does require time for cooking and meal prepping. Make time for meal prep: grocery shop, buy storage containers and set aside time for cooking.

My professional expertise is in plant-based foods and the evidence is solid on the fact that whole grains, beans and legumes, fruits and veggies, nuts and seeds lower inflammation. There are many ways to create a healthy diet, and so this is meant to be flexible based on your unique needs and preferences.

This meal plan is designed to serve as a general nutrition guideline. It does not provide specific calorie recommendations or take food preferences/dietary restrictions into consideration. For personalized recommendations, I'd love to work with you 1:1.

Happy eating,

Ginger



Week of Plant-Based Meals

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Breakfast	Whole grain toast, avocado tomato scrambled tofu	Fresh lemon curd overnight oats	Hardboiled eggs, apple, nut butter	Banana Ginger whole grain oats , walnuts, cinnamon	RX Bar, Pear	Siggis Yogurt, apple, nut butter	Homemade muffins
Lunch	One pot cauliflower curry , mixed green salad – if you don't have an InstaPot, you can	Spicy Green Butternut Squash Enchiladas	Veggie Lasagna Roll Freezer Meal	Veggie sandwich, (avocado, tomato, mushrooms, edamame hummus), apple	Minestrone Soup , whole grain roll	Minestrone Soup , side salad	Mixed greens, butternut squash, herbed quinoa, walnuts, olive oil +vinegar dressing (scroll for recipe)
Dinner	Spicy Green Butternut Squash Enchiladas	Veggie Lasagna Roll Freezer Meal	Tofu Sheet Pan Meal	Spicy Green Butternut Squash Enchiladas	Veggie Lasagna Roll Freezer Meal	Veggie pizza (red sauce, lite cheese) side salad	Crispy Eggplant BLT – recipe by Grateful Grazer
Snack	Corn chips and salsa	Rice cakes and nut butter	Edamame hummus, carrots (scroll for recipe)	Homemade muffins	Edamame hummus, carrots (scroll for recipe)	Homemede muffins	Celery with peanut butter

***Click the links in the schedule for detailed recipes and instructions.**

Grocery Checklist



Feel free to make this meal plan your own. Mix and match recipes, double up on your favorites or skip some completely based on your preferences. Whatever you choose – just make a commitment to eat more plants!

The recipes in this weekly meal plan feed two people. You may need more items on this list if you are cooking for a larger family. Please visit champagnenutrition.com or **purchase *Anti-Inflammatory Diet Meal Prep*** for more meal planning idea and recipes your whole family will enjoy.

Produce

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| <ul style="list-style-type: none">✓ 3 yellow onions✓ 5 medium carrots✓ 1 bag baby carrots✓ 1 small eggplant✓ 3 tomatoes✓ 1 head cauliflower✓ 1 bag of spinach✓ 3 medium zucchinis✓ 1 yellow squash✓ 1 cup mushrooms✓ 2 cups broccoli florets✓ 1 medium sweet potato✓ 3 cups peeled, diced butternut squash (frozen variety for simplicity) | <ul style="list-style-type: none">✓ 1 1/2-pound green beans✓ Celery✓ 2 avocados✓ Spring mix✓ 1 clove garlic✓ 2 scallions✓ 1 large bunch of cilantro✓ 1 bunch fresh parsley✓ 1 bunch fresh basil✓ Fresh ginger✓ Fruit of choice (pears, apples, oranges)✓ 1 small/medium ripe banana✓ 1 1/2 cups frozen corn✓ 1 package frozen edamame shells |
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Grocery Checklist



Dairy/Eggs

- Eggs (half dozen, dozen)
- Almond or soy milk
- 1 15-oz ricotta cheese (part-skim)
- Parmesan cheese
- 1 cup grated mozzarella cheese
- Shredded Colby or Monterey jack cheese
- Shredded mozzarella cheese
- Siggis Yogurt

Snacks

- Corn chips
- Salsa
- Rice cakes
- RX Bars

Pasta/Bread/Rice

- 2 cups brown lentils
- 2 cups brown or white rice
- 1 loaf whole wheat bread
- 1 cup whole wheat or bean pasta spirals
- 1 package whole wheat lasagna noodles
- 8 6-inch whole wheat or soft corn flour tortillas
- 1 package quinoa
- 1 whole grain or cauliflower pizza crust
- Whole rolled oats

Canned goods

- 2 25-ounce cans of tomato sauce
- 1 15-ounce cans kidney beans
- 1 15-ounce can chickpeas
- 1 8-ounce can diced green chilies
- 1 14-ounce can full-fat coconut milk
- 1 can pizza sauce

Grocery Checklist



Condiments/Spices/Oils/ Staples

These staples serve as a base for many plant-based dishes. Keep them on hand to make meal prep even easier.

- | | |
|---|---|
| <ul style="list-style-type: none">• Olive oil• Vegetable oil (grapeseed, canola or avocados)• Rice vinegar• Sea salt• Tahini• Ground black pepper• Corn starch• Dried basil• Dried oregano• Dried thyme• Cumin• Chili powder• Crushed red pepper flakes• Onion powder• Curry powder | <ul style="list-style-type: none">• Baking powder• Baking soda• Maple syrup• Honey• Vegetable broth• Light or vegan mayonnaise• Low sodium tamari or soy suce• Sriracha• Nut butter (almond or peanut butter)• Salsa verde• Cinnamon• Pure vanilla extract• Lemon juice• Whole wheat flour• All-purpose flour• Panko breadcrumbs• Walnuts |
|---|---|

Edamame Hummus

DAIRY-FREE • GLUTEN-FREE • NIGHTSHADE-FREE • NUT-FREE • VEGAN

Makes 5 servings

Prep time: 10 minutes • **Cook time:** 5 minutes

Edamame hummus is the perfect way to boost protein and antioxidants in dip form. This hummus tastes great on whole-grain crackers, chips, and fresh veggies, like carrots, bell peppers, cucumber, tomatoes, broccoli, cauliflower, or celery. This recipe uses frozen edamame, so you can make it even if you don't have fresh edamame on hand.

8 ounces frozen
shelled edamame
¼ cup tahini
Juice of 1 large lemon
1 garlic clove, halved
¾ teaspoon salt
½ teaspoon
ground cumin
2 to 4 tablespoons water
3 tablespoons olive oil

1. Microwave the frozen edamame for 2 to 3 minutes, or per package instructions.
2. In a food processor or blender, combine the edamame, tahini, lemon juice, garlic, salt, cumin, and 2 tablespoons of water. Puree the mixture until it's smooth. If it needs more liquid, add up to 2 more tablespoons of water, 1 tablespoon at a time. With the food processor running, slowly drizzle in the olive oil 1 tablespoon at a time, blending well to incorporate after each addition.
3. Portion the hummus into 5 small storage containers.

* **Storage:** Store in the refrigerator for up to 7 days, or freeze for up to 3 months. If frozen, thaw a container of the hummus in the refrigerator overnight before serving.

* **Cooking tip:** A food processor is best for this recipe, so you can drizzle the olive oil in slowly while the motor is running. If you're using a blender, add 1 tablespoon of oil at a time and pulse 5 to 10 times to incorporate.

Per Serving: *Calories: 202; Total Fat: 17g; Saturated Fat: 2g; Protein: 7g; Total Carbohydrates: 8g; Fiber: 4g; Sugar: 1g; Cholesterol: 0mg*

Savory Herbed Quinoa

DAIRY-FREE • GLUTEN-FREE • NIGHTSHADE-FREE • NUT-FREE • SOY-FREE • VEGAN

Makes 3½ cups

Prep time: 10 minutes • **Cook time:** 20 minutes

Quinoa on its own has a very mild flavor, but prepared with savory herbs and seasoning, it becomes a delicious and versatile side dish. Fresh parsley, basil, and scallions add depth of flavor to this recipe, in addition to anti-inflammatory benefits.

1 cup quinoa, rinsed
2 cups vegetable broth
1½ tablespoons olive oil
Juice of ½ lemon
½ teaspoon salt
½ teaspoon freshly
ground black pepper
½ cup chopped
fresh parsley
½ cup chopped
fresh basil
2 scallions, chopped

1. In a saucepan, combine the quinoa and broth and bring to a boil over high heat. Reduce the heat to medium-low, cover, and simmer for 15 to 20 minutes, or until the liquid is absorbed and the quinoa looks fluffy.
2. Remove from the heat and let rest, covered, for 10 minutes more.
3. Transfer the cooked quinoa to a large bowl and add the olive oil, lemon juice, salt, pepper, parsley, basil, and scallions. Stir to incorporate.

* **Storage:** Store the quinoa in a storage container in the refrigerator for up to 5 days. Freeze quinoa for up to 2 months and thaw it in the refrigerator overnight before reheating in the microwave.

* **Reuse tip:** Cook double the amount of quinoa and divide the cooked quinoa in half. Add the herbs in this recipe to one portion and keep the remaining quinoa plain to use in other recipes!

Per serving (scant ¾ cup): Calories: 175; Total Fat: 6g;
Saturated Fat: 1g; Protein: 5g; Total Carbohydrates: 25g;
Fiber: 3g; Sugar: 2g; Cholesterol: 0mg

Easy Chickpea and Black Bean Burgers



Ingredients

- ✓ 1 15oz can black beans, rinsed and drained
- ✓ 1 15oz can chickpeas, rinsed and drained
- ✓ 1/2 yellow onion, chopped
- ✓ 3 cloves garlic, minced
- ✓ 2 eggs, beaten
- ✓ 1 teaspoon ground cumin
- ✓ 3/4 teaspoon salt
- ✓ 3/4 teaspoon freshly ground black pepper
- ✓ 1 cup whole wheat breadcrumbs gluten-free is ok, too!
- ✓ 1/2 cup rolled oats
- ✓ 6 whole wheat burger buns
- ✓ 1 ripe avocado, cut into slices
- ✓ 6 large romaine lettuce leaves
- ✓ 1 medium, ripe tomato, sliced thinly

Directions

Preheat the oven to 375 degrees. Line a sheet pan with parchment paper or a silicone liner.

1. In the bowl of a food processor, add the beans and pulse them for 30 seconds until they are combined and start to form a batter.
2. Add the onion and garlic and pulse for another 15 seconds.
3. Add the eggs, cumin, salt, and pepper and pulse for a final 15-20 seconds until all ingredients are incorporated.
4. Pour in the breadcrumbs and oats and pulse just until they incorporate into the batter.
5. Divide the mixture into 6 portions with your hands, form them into round patties, then place them on the prepared pan, pressing them down gently with your palm so they're burger shaped.
6. Bake the burgers for 30 minutes, flipping halfway through until they're lightly crisp on the edges and lightly browned.
7. Serve the burgers hot on buns with the avocado slices, lettuce and tomato. Use ketchup and mustard or any other toppings if desired.



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