Plant-Based Diet: Meal Planning and Recipes

Recipes by Ginger Hultin, MS, RD, CSO, owner of Champagne Nutrition®, spokesperson, Academy of Nutrition and Dietetics
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

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

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

- 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)
- 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
# 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.

<table>
<thead>
<tr>
<th>Left Column</th>
<th>Right Column</th>
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<tbody>
<tr>
<td>Olive oil</td>
<td>Baking powder</td>
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<tr>
<td>Vegetable oil (grapeseed, canola or avocados)</td>
<td>Baking soda</td>
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<td>Rice vinegar</td>
<td>Maple syrup</td>
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<tr>
<td>Sea salt</td>
<td>Honey</td>
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<tr>
<td>Tahini</td>
<td>Vegetable broth</td>
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<td>Ground black pepper</td>
<td>Light or vegan mayonnaise</td>
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<tr>
<td>Corn starch</td>
<td>Low sodium tamari or soy sauce</td>
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<tr>
<td>Dried basil</td>
<td>Sriracha</td>
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<tr>
<td>Dried oregano</td>
<td>Nut butter (almond or peanut butter)</td>
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<tr>
<td>Dried thyme</td>
<td>Salsa verde</td>
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<tr>
<td>Cumin</td>
<td>Cinnamon</td>
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<tr>
<td>Chili powder</td>
<td>Pure vanilla extract</td>
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<tr>
<td>Crushed red pepper flakes</td>
<td>Lemon juice</td>
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<tr>
<td>Onion powder</td>
<td>Whole wheat flour</td>
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<tr>
<td>Curry powder</td>
<td>All-purpose flour</td>
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<td></td>
<td>Panko breadcrumbs</td>
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<td></td>
<td>Walnuts</td>
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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
½ 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 | 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 cups vegetable broth | 2. Remove from the heat and let rest, covered, for 10 minutes more. |
| 1½ tablespoons olive oil | 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. |
| Juice of ½ lemon | *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. |
| ½ teaspoon salt | *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! |
| ½ teaspoon freshly ground black pepper | *Per serving (scant ¾ cup):* Calories: 175; Total Fat: 6g; Saturated Fat: 1g; Protein: 5g; Total Carbohydrates: 25g; Fiber: 3g; Sugar: 2g; Cholesterol: 0mg |
| ½ cup chopped fresh parsley | | |
| ½ cup chopped fresh basil | | |
Learn more about healthy eating, pain relief strategies, treatments, complementary therapies and more at arthritis.org/webinars.