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# Whole Food & Plant Based **Meal Plans**

Get ready to start your journey into a  
clean, unprocessed lifestyle!



## Breakfast

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# Oatmeal

### Ingredients:

- 1/2 cup steel cut oats
- 1 cup water
- 1 banana
- 1/4 cup raisins
- 1/2 teaspoon cinnamon
- 1 teaspoon chia seeds
- 1 teaspoon flax seeds
- 1 small handful walnuts
- 1 teaspoon sweetener (optional: monk fruit extract, stevia, or date sugar)

### Method:

1. Combine oats + water into saucepan. Cook on medium heat for 30 minutes
2. Place oats into a bowl. Combine banana, raisins, cinnamon, walnuts, seeds & sweetener.
3. Enjoy with any other toppings you would like, such as other fruit or a nut butter.



## Breakfast

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# Simple GF Pancakes

### Ingredients:

1 cup oats

1 banana

3/4 cup plant based milk

### Method:

1. Place oats into a blender to grind into a flour
2. Mix all 3 ingredients into a bowl
3. Cook on skillet until golden brown on both sides.
4. Top with pumpkin seeds, flax seeds, chia seeds & nut butter



## Lunch

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# Potato Tacos

### Ingredients:

1 medium potato of choice  
1 cup fresh corn  
2 tablespoons nutritional yeast  
Leafy greens  
Corn tortillas

### Method:

1. Bake the potato
2. Slice to potato into 2 inch slices. Place a few slices into each corn tortilla
3. Top corn, nutty yeast & leafy greens



## Lunch

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# Buddha Bowl

### Ingredients:

1/2 beans of choice  
1/2 cup rice of choice  
1/4 block of tofu  
2 tablespoons balsamic vinegar  
2 tablespoons nutritional yeast  
1/2 head of broccoli  
2 cups steamed kale

### Method:

1. My favorite way to cook tofu is to cut into 1/2 inch squares, place into the air fryer at 400F for 14 minutes
2. Place all ingredients into a bowl, top with balsamic vinegar (or dressing of choice) and serve!
3. If you'd like, you can also top with 1/4 avocado



## Dinner

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# Portabello Burger

### Ingredients:

2 Portabello mushrooms

Burger buns

Handful of Sprouts

1 Tomato

1/2 Avocado

1/2 Cucumber

3 tablespoons balsamic vinegar

### Method:

1. In a skillet over medium heat, place portobello mushroom with 3 tablespoons of balsamic vinegar
2. Cook evenly on both sides until it becomes soft
3. Place onto burger buns with various toppings



## Dinner

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# Curry

### Ingredients:

- 1 small white onion
- 1 tablespoon finely grated ginger
- 2 garlic cloves minced
- 1 red bell pepper, sliced into thin 2 inch strips
- 3 carrots, peeled and sliced on the diagonal
- 2 tablespoons Thai red curry paste
- 1 can light coconut milk
- 1/2 cup water
- 1 1/2 cups thinly sliced kale
- 2 teaspoons rice vinegar
- Optional: 2 tablespoons liquid aminos

### Method:

1. Using a large pot, place 2 tablespoons of water and place on medium heat. Slice the onion and place in pot. After 5 minutes, place in the ginger and garlic
2. After about 1 minute, add bell pepper & carrot. After about 5 minutes, add curry paste, coconut milk, water, kale. Cook for about 5-10 minutes
3. Add the vinegar. Place curry over rice and serve!



## Treat

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# Avocado Fudge Brownies

### Ingredients:

- 1 1/2 cup rolled oats
- 1/2 cup cacao powder
- 16 pitted medjool dates
- 3/4 cup filtered water
- 1/2 cup avocado
- 1/2 cup all natural peanut butter
- 1/2 cup 100% dark chocolate, chopped into chunks

### Method:

1. Preheat oven to 350F
2. Place rolled oats into blender and pulse until it becomes a fine flour, then place into a large bowl with cacao powder
3. Blend dates, peanut butter, water, and avocado until creamy. Place this mixture into flour bowl mix, and combine
4. Stir in dark chocolate chunks, bake for 25 minutes



## Treat

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# Banana Cherry Nice Cream

### Ingredients:

3 frozen bananas

1/2 cup frozen cherries

Splash of plant milk

### Method:

1. Place all ingredients into a food processor. You will have to blend a few times, stop, scrape the sides down and let it blend again.
2. Top with some walnuts for some extra Omega 3's

