

WELLNESSCAPTAIN PRESENTS:

1 DAY MEAL EXAMPLES

- DEVELOPED BY EXPERTS -

VEGAN.

DELICIOUS MEALS FOR EVERY DAY

SHOPPING LISTS AND KCAL COUNTER

EASY AND QUICK AMAZING RECIPES

THE
JOURNEY
STARTS
NOW

KCAL COUNTER FOR EVERY MEAL





THE VEGAN DIET

WellnessCaptain.com

Veganism is very popular nowadays, but for most of its followers, it is not simply a diet, it's a way of living based on ethical, environmental and ultimately, health reasons.

The vegan diet eliminates animal products completely, namely meat, eggs and dairy, and any animal byproducts or ingredients derived from animals. Instead, all these are replaced by plant-based substitutes such as fruits and vegetables, tofu, cereals, seeds and nuts.

Adopting a vegan diet has proven to be effective in lowering blood sugar levels and in losing weight due to the lower calories intake and the higher fiber intake which gives you a feeling of satiety for a longer period of time. The downside of the vegan diet is the fact that it may cause certain nutrient deficiencies.

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All in all, keep in mind that these are more like guidelines and can be adapted to your own needs and lifestyle. In the end, the best diet is the one that is easy for you to follow on the long term and makes you feel healthy and good about yourself.

01

This vibrant breakfast smoothie

is sure to get your blood flowing thanks to its nitrogen rich beets and greens.

Then for lunch you'll have pita pockets crammed with crisp veggies and sweet/salty hummus, headlined by nature's multivitamin — sprouts.

Finish the day off with good-for-you comfort food in this Mediterranean pasta dish.

DAY 1

DAILY TOTAL: 1,472 KCAL

1 BREAKFAST

- 225 KCAL

Berry and Beet Green Smoothie, 2 cups (450 mL)

- *recipe on the next page*

For extra protein, add 30g pea protein powder

2 SNACK

- 310 KCAL

6 whole wheat crackers with 2 Tbsp almond butter

3 LUNCH

- 397 KCAL

2 whole grain pita pockets with 2 Tbsp roasted red pepper hummus, 50g bean sprouts and 30g sliced cucumber, seasoned with 2 Tbsp vinaigrette dressing

4 SNACK

- 95 KCAL

1 Apple

5 DINNER

- 445 KCAL

100g linguine pasta with 60g diced tomatoes, 100g sauteed spinach and 4 cloves diced and sauteed garlic, tossed in olive oil and Italian seasoning

BERRY-AND-BEET GREEN SMOOTHIE

by *HANNAH KLINGER, via cookinglight.com*

INGREDIENTS

1 1/2 cups unsweetened almond milk
1/4 cup fresh orange juice (from 1 orange)
2 cups stemmed coarsely chopped beet greens (from 1 bunch)
1 1/2 cups frozen mixed berries
1 medium raw red beet, peeled and cut into wedges
(about 7 oz.)
1 medium frozen banana, broken into large pieces

DIRECTIONS

Place almond milk and juice in a blender; top with beet greens, berries, beet, and banana. Start blender at lowest setting and gradually increase to one-third power; process for 30 seconds.

Increase to half power; process 30 seconds or until very smooth.

Let mixture stand 1 minute before serving.

Photo credits and recipe details go to the author.

You can find the recipe here:

<https://www.cookinglight.com/recipes/berry-and-beet-green-smoothie>

02

Get the day rolling

with a warm, hearty bowl of oatmeal chock full of fiber and plant-based fat.

More savory selections await at lunch, where you'll certainly enjoy the healthy indulgence of chips and fresh guacamole.

Then finish the day right with a classic Mediterranean-style dish including whole-grain superstar quinoa and asparagus playing the role of lead vegetable.

DAY 2

DAILY TOTAL: 1,757 KCAL

1 BREAKFAST

- 425 KCAL

55g rolled oats and 30g raisins cooked in 180 mL almond milk, topped with 1 Tbsp natural peanut butter and cinnamon to taste

2 SNACK

- 240 KCAL

40g fresh pineapple chunks with 20g shredded coconut

3 LUNCH

- 474 KCAL

10 blue corn tortilla chips with 200g homemade guacamole
- recipe on the next page

4 SNACK

- 128 KCAL

60g celery (1 large stalk) dipped in 2 Tbsp French dressing

5 DINNER

- 490 KCAL

180g cooked quinoa topped with 12 roasted asparagus spears and 30g sliced, toasted almonds, drizzled with 1 Tbsp olive oil (seasoned with salt, pepper and herbs to taste)



HOMEMADE GUACAMOLE

by SUNSET, via myrecipes.com

INGREDIENTS

2 firm-ripe avocados (3/4 lb. total)
3 tablespoons lime juice
1/4 cup thinly sliced green onions
2 tablespoons minced fresh cilantro
1 tablespoon minced fresh jalapeño chili
salt to taste

DIRECTIONS

Peel, pit, and slice 2 firm-ripe avocados (3/4 lb. total) and mash with a fork. Stir in 3 tablespoons lime juice, 1/4 cup thinly sliced green onions, 2 tablespoons minced fresh cilantro, 1 tablespoon minced fresh jalapeño chili, and salt to taste.

Photo credits and recipe details go to the author.

*You can find the recipe here:
<https://www.myrecipes.com/recipe/guacamole>*

03

Keeping it simple today, starting off with a quick and easy smoothie boosted by magnesium and antioxidant-rich cacao powder. Fill up on high fiber pears mid-morning followed by a redux of that scrumptious dinner from last night as your lunch. Finally, you're sure to love the fantastic flavors and textures in this veggie medley, which boasts plenty of well-rounded nourishment.

DAY 3

DAILY TOTAL: 1,602 KCAL

1

BREAKFAST

- 370 KCAL

Chocolate peanut butter smoothie with 360 mL almond milk, 2 Tbsp natural peanut butter, 1 Tbsp raw cacao powder and 1 frozen banana

2

SNACK

- 120 KCAL

250g sliced pears in juice

3

LUNCH

- 490 KCAL

Leftover portion of quinoa/asparagus dinner from Day 2

4

SNACK

- 1945 KCAL

30g roasted/salted sunflower seeds

5

DINNER

- 428 KCAL

Avocado, Black Bean and Charred Tomato Bowl
- recipe on the next page



AVOCADO, BLACK BEAN, AND CHARRED TOMATO BOWL

by Greg DuPree, via [cookinglight.com](https://www.cookinglight.com)

INGREDIENTS

1/2 cup Savory Stewed Black Beans, warmed
1 teaspoon olive oil
1/2 cup grape tomatoes
1/4 cup fresh corn kernels (from 1 ear)
1/2 medium-sized ripe avocado, thinly sliced
1 medium radish, very thinly sliced
2 tablespoons fresh cilantro leaves
1/4 teaspoon kosher salt
1/8 teaspoon black pepper

DIRECTIONS

Place the black beans in a pile in the corner of a shallow bowl. Heat a small skillet over medium-high. Add the oil to the pan; swirl to coat. Add the tomatoes; cook until charred but not collapsing, about 3 minutes, shaking the pan once to turn the tomatoes. Place the tomatoes next to the beans in the bowl.

Add the corn to the pan; cook until heated through, 2 to 3 minutes. Place the corn next to the tomatoes. Add the avocado slices, radish slices, and cilantro to the bowl. Sprinkle with the salt and pepper.

Photo credits and recipe details go to the author.

You can find the recipe here:

<https://www.cookinglight.com/recipes/avocado-black-bean-and-charred-tomato-bowl>

04

More..

vitamins, minerals and healthy fats than you can shake a stick at today.

Whole grains, chia and flax pack a punch early in the day, along with a few servings of fiber-rich fruits.

Then dinner is all about vegetarian comfort food, as you're sure to savor every last bite of this incredible ratatouille.

DAY 4

DAILY TOTAL: 1,237 KCAL

1

BREAKFAST

- 415 KCAL

1 whole wheat English muffin spread with ½ mashed avocado, sprinkled with 1 Tbsp chia seeds

2

SNACK

- 70 KCAL

140g fresh red raspberries

3

LUNCH

- 398 KCAL

Smoothie with 240 mL lemonade, 30 mL tart cherry juice, 1 frozen banana, 1 Tbsp ground flax meal and 30g vanilla-flavored pea protein

4

SNACK

- 90 KCAL

30g raisins

5

DINNER

- 354 KCAL

Skillet Ratatouille
- recipe on the next page

SKILLET RATATOUILLE

by *MARK DRISKILL, via cookinglight.com*

INGREDIENTS

2 (15-oz.) cans unsalted diced tomatoes, divided
2 (15-oz.) cans unsalted chickpeas, rinsed and drained
1 1/2 tablespoons extra-virgin olive oil, divided
1 tablespoon minced garlic
1 teaspoon kosher salt, divided
1 cup chopped red onion
1 cup chopped red bell pepper
1 large zucchini, cut into 1-in. pieces (about 8 oz.)
1 large yellow squash, cut into 1-in. pieces (about 8 oz.)
1 small eggplant, peeled and cut into 1-in. pieces (about 5 oz.)
1 tablespoon red wine vinegar
1/2 teaspoon smoked paprika
1/2 teaspoon black pepper
2 tablespoons fresh basil leaves (optional)

DIRECTIONS

Drain 1 can tomatoes in a colander over a bowl, reserving 1/2 cup liquid. Drain remaining 1 can tomatoes; discard liquid. Combine tomatoes, reserved 1/2 cup liquid, and chickpeas in a bowl.

Heat 1 tablespoon oil in a large skillet over medium-high. Add garlic, 1/2 teaspoon salt, and next 5 ingredients (through eggplant); sauté 7 to 8 minutes or until slightly tender. Stir in tomato mixture and remaining 1/2 teaspoon salt; cover, and cook 5 minutes.

Uncover pan; stir in vinegar, paprika, and black pepper. Cook 5 minutes or until vegetable mixture is slightly thickened. Divide vegetable mixture among 4 shallow bowls; drizzle servings evenly with remaining 1 1/2 teaspoons oil. Sprinkle with basil leaves, if desired.

Photo credits and recipe details go to the author.

You can find the recipe here:

<https://www.cookinglight.com/recipes/skillet-ratatouille>

05

Front-loading calories

is the plan today, led off by a satisfying breakfast burrito without the typical fatty meats.

Instead the complete protein comes from lean-and-mean beans and rice.

If you get hungry later on, regardless of whether you're in the wilderness or the office, some sweet, salty trail mix should do the trick, full of fiber and protein.

DAY 5

DAILY TOTAL: 1, 499 KCAL

1

BREAKFAST

- 469 KCAL

Breakfast burrito with 50g black beans, 50g brown rice and 50g fresh salsa

2

SNACK

- 250 KCAL

60g dried fruit and nut trail mix

3

LUNCH

- 287 KCAL

Tossed salad with 85g mixed greens, 130g garbanzo beans and 50g shredded carrot topped with 2 Tbsp green goddess dressing

4

SNACK

- 220 KCAL

160g edamame tossed in 2 tsp low-sodium soy sauce

5

DINNER

- 273 KCAL

Tahini-Carrot soup with pistachios
- recipe on the next page

TAHINI-CARROT SOUP WITH PISTACHIOS

by HANNAH KLINGER, via [cookinglight.com](https://www.cookinglight.com)

INGREDIENTS

1 tablespoon olive oil
1 large yellow onion, chopped (about 2 cups)
1/2 teaspoon kosher salt
1/2 teaspoon smoked paprika
1/4 teaspoon ground turmeric
2 garlic cloves, chopped
1 pound carrots, peeled and chopped
3 cups unsalted chicken or vegetable stock (such as Swanson)
3 tablespoons tahini (sesame seed paste), well stirred
8 teaspoons Tahini Sauce
6 tablespoons unsalted pistachios, coarsely chopped
2 teaspoons fresh oregano leaves

DIRECTIONS

Heat oil in a large Dutch oven over medium-high. Add onion; sauté 5 minutes. Stir in salt, paprika, turmeric, and garlic; cook 1 minute. Add carrots; cook 1 minute. Stir in stock; bring to a boil. Reduce heat to medium-low; cover and simmer 20 minutes or until carrots are very tender.

Combine carrot mixture and 3 tablespoons tahini in a blender. Remove center piece from blender lid (to allow steam to escape); secure lid on blender. Place a clean kitchen towel over opening in lid (to avoid splatters). Process until smooth. Divide soup evenly among 4 bowls. Drizzle 2 teaspoons Tahini Sauce over each serving. Top each serving with 1 1/2 tablespoons pistachios and 1/2 teaspoon oregano leaves.

Photo credits and recipe details go to the author.

You can find the recipe here:

<https://www.cookinglight.com/recipes/tahini-carrot-soup-pistachios>



06

Today's menu is bookended

by two fabulously satisfying meals, not only in terms of calories but flavor and nutrition as well.

Breakfast requires a little planning and preparation, and you can bet we're going to have that amazing coconut buckwheat granola for a snack tomorrow!

Lunch and dinner on the other hand are about as easy as can be. Leftover soup for lunch, fortified with a hunk of multigrain bread (try an artisan variety from your local bakery).

Then a simple-yet-sumptuous dinner of garlicky potato gnocchi and veggies. So good.

DAY 6

DAILY TOTAL: 1, 731 KCAL

1

BREAKFAST

- 403 KCAL

Blackberry citrus granola bowl
- recipe on the next page

2

SNACK

- 199 KCAL

2 rice cakes spread with 1 Tbsp cashew butter and 1 Tbsp apricot jam

3

LUNCH

- 383 KCAL

Leftover tahini-Carrot soup from Day 5 dinner, served with 50g multigrain bread

4

SNACK

- 172 KCAL

100g baby carrots dipped in 4 Tbsp hummus

5

DINNER

- 440 KCAL

200g potato gnocchi (pre-packaged), boiled then sauteed in 2 Tbsp olive oil, 6 cloves minced garlic, 110g halved cherry tomatoes and 50g fresh spinach, seasoned with crushed red pepper, salt/pepper to taste

BLACKBERRY-CITRUS GRANOLA BOWL

by *HANNAH KLINGER, via cookinglight.com*

INGREDIENTS

2 cups 2% reduced-fat milk or plain, unsweetened almond or soy milk
1 cup uncooked steel-cut oats
1 tablespoon cocoa nibs
1 tablespoon pure maple syrup
1 cup Coconut-Buckwheat Granola
1 cup blackberries
1 cup red grapefruit and blood orange segments

DIRECTIONS

Combine milk and oats in an airtight container; seal. Refrigerate 8 hours or overnight.

Add cocoa nibs and maple syrup to oat mixture. Divide oat mixture evenly among 4 bowls; top evenly with granola, blackberries, and citrus segments.

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://www.cookinglight.com/recipes/blackberry-citrus-granola-bowl>

07

The menu today

is loaded with high-fiber whole foods including avocados, sprouts, pears, seeds and legumes.

Your morning snack of fruit salad will satisfy your sweet tooth while fulfilling your daily need of immune-boosting vitamin C.

This fare is not wanting of protein either, thanks to the aforementioned seeds and legumes, as well as the tofu salad topper at dinner.

DAY 7

DAILY TOTAL: 1, 938 KCAL

1 BREAKFAST

- 338 KCAL

Avocado Sprout Toast (2 slices)
- recipe on the next page

2 SNACK

- 330 KCAL

Fruit salad with 40g pineapple, 1 banana and 2 kiwis

3 LUNCH

-574 KCAL

Leftover gnocchi from Day 6 dinner

4 SNACK

- 286 KCAL

180g roasted chickpeas
- recipe on the next page

5 DINNER

- 410 KCAL

Tossed salad with 85g grilled tofu, 60g baby greens, 35g diced asian pear and 15g pumpkin seeds, dressed with 2 Tbsp olive oil and 1 Tbsp red wine vinegar



AVOCADO-SPROUT TOAST

by *HANNAH KLINGER*, via *cookinglight.com*

INGREDIENTS

1 (1-oz.) slice whole-grain bread, toasted
1/4 ripe avocado, sliced
Dash of kosher salt
Dash of black pepper
1/4 cup alfalfa sprouts
2 teaspoons sunflower seeds
1/2 teaspoon fresh lemon juice

DIRECTIONS

Top bread with avocado; lightly mash.

Top with remaining ingredients.

Photo credits and recipe details go to the author.

You can find the recipe here:

<https://www.cookinglight.com/recipes/avocado-sprout-toast>

08

Three words for you:
Carrot cake truffles!

And who would think they're actually much healthier than the average breakfast?

If you're still feeling guilty though, your green smoothie for lunch will give you health-conscious bragging rights.

And if that's not enough, you can gorge yourself on fresh veggies and plant-based protein for dinner, stir fry style.

DAY 8

DAILY TOTAL: 1, 524 KCAL

1

BREAKFAST

- 434 KCAL

Vegan carrot cake truffles (4 truffles)
- recipe on the next page

2

SNACK

- 76 KCAL

1 grapefruit

3

LUNCH

- 355 KCAL

Green smoothie with 240 mL water, 100g spinach, ½ mango, 40g pineapple and 1 banana

4

SNACK

- 194 KCAL

30g dried cranberries and 15g pumpkin seeds

5

DINNER

- 456 KCAL

Stir fry with 160g edamame and 160g combination of red onions, carrots, sugar peas, ginger and garlic (proportion as you like), served over 50g long-grain brown rice, seasoned with mixture of 1 Tbsp low-sodium soy sauce, 1 Tbsp sesame oil, 1 tsp brown sugar and pinch of crushed red pepper

VEGAN CARROT CAKE TRUFFLES

by *JAMIE VESPA*, via *cookinglight.com*

INGREDIENTS

1 cup raw unsalted walnut halves
1 cup pecans
1 cup pitted medjool dates
1/2 cup dried unsweetened pineapple
1 cup unsweetened shredded coconut, plus extra for coating (if desired)
1 teaspoon cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon nutmeg
1/4 teaspoon kosher salt
1 1/2 cups finely shredded carrots

DIRECTIONS

Place walnuts, pecans, dates, and pineapple in a high-power food processor. Process until almost paste-like. Add 1 cup coconut, cinnamon, ginger, nutmeg, and salt. Process until combined. Turn mixture out into a bowl.

Use a paper towel to blot excess water from carrots. Add carrots to date mixture and mix to combine. Form mixture into 24 round truffles; roll in shredded coconut flakes to coat, if desired. Chill until firm, about 30 minutes.

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://www.cookinglight.com/recipes/vegan-carrot-cake-truffles>

Another day of

voluptuous vegan eating today, including a phenomenal meatless burger for lunch that will be the envy of any fast-food goer.

Dinner is a delight as well, as you're sure to savor every bite of this cauliflower concoction that's spicy, smoky, nutty and just a little sweet to boot.

Best of all, it's so lean you can help yourself to three portions for less than 400 calories!

DAY 9

DAILY TOTAL: 1, 452 KCAL

1**BREAKFAST**

- 341 KCAL

45g oat cereal (such as Cheerios) with 240 mL unsweetened almond milk, topped with 140g sliced strawberries

2**SNACK**

- 197 KCAL

3 dried dates each stuffed with 1 tsp almond butter

3**LUNCH**

- 390 KCAL

Sweet potato black bean burger
- *recipe on the next page*
on a whole wheat bun, served with two dill pickle spears

4**SNACK**

- 165 KCAL

30g roasted peanuts

5**DINNER**

- 365 KCAL

Whole roasted cauliflower with pomegranate and pine nuts (3 servings)
- *recipe on the next page*

SWEET POTATO BLACK BEAN BURGER

by *Minimalist Baker*, via minimalistbaker.com

INGREDIENTS

2 cups mashed sweet potato (~2 large sweet potatoes // organic when possible)
1 cup cooked salted black beans (rinsed and well drained // if unsalted, add more salt to the burgers)
1 - 1 1/2 cups cooked brown rice* (or sub cooked quinoa* with varied results)
1/2 cup walnut or pecan meal (or very finely chopped)
1/2 cup finely diced green onion
2 1/2 tsp ground cumin
1 tsp smoked paprika
1/4 tsp each salt and pepper (to taste)
1/4 tsp chipotle powder (optional)
1 Tbsp brown sugar (optional // for added sweetness)

FOR SERVING (optional)

Sliced avocado
Sprouts, lettuce or parsley
Sliced onion
Whiskey BBQ Ketchup

DIRECTIONS

Preheat oven to 400 degrees F (204 C) and cut sweet potatoes in half. Rub with olive oil and place face down on a foil-lined baking sheet. Bake sweet potatoes until soft and tender to the touch - about 30 minutes - set aside. Reduce oven heat to 375 degrees F (190 C).

While potatoes are baking, cook rice or quinoa (see notes for instructions). Add black beans to a mixing bowl and mash half of them for texture. Then add sweet potato and lightly mash, then 1 cup rice (amount as original recipe is written // if altering batch size, start with lesser end of range), green onion, nut meal and spices. Mix to combine. Taste and adjust seasonings as needed. Add more rice or nut meal if the mixture feels too wet. It should be very moist but moldable.

Lightly grease a baking sheet and line a 1/4 cup measuring cup with plastic wrap.

Fill the lined measuring cup with sweet potato mixture. Scrape down to pack, then lift out and transfer to the baking sheet and gently press down to mash. The thinner you press them, the faster they'll cook, but no need to go too far. Just a gentle press will do.

Bake burgers for a total 30-45 minutes, carefully flipping 20 minutes in to ensure even cooking. The longer you bake them the firmer and drier they will get - up to preference. I went for around the 35 minute mark.

Serve on slider buns (double stack for more bulk) or atop a salad with sliced avocado, red onion, greens, and ketchup or salsa.

Store leftovers covered in the fridge for up to a few days. Freeze for longer term storage.

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://minimalistbaker.com/sweet-potato-black-bean-burger/>



WHOLE ROASTED CAULIFLOWER WITH POMEGRANATE AND PINE NUTS

by *ROBIN BASHINSKY, via cookinglight.com*

INGREDIENTS

4 cups water
1 cup dry white wine
1/4 cup sugar
4 1/4 teaspoons kosher salt, divided
1 tablespoon crushed red pepper
2 bay leaves
1 large head cauliflower, leaves trimmed
Cooking spray
2 tablespoons fresh lemon juice
1 1/2 tablespoons chopped shallots
1 tablespoon chopped fresh thyme
1 teaspoon Dijon mustard
1/8 teaspoon black pepper
1/4 cup extra-virgin olive oil
1/2 cup pomegranate arils
2 tablespoons pine nuts, toasted
2 tablespoons fresh flat-leaf parsley leaves

DIRECTIONS

Preheat oven to 475°F.

Bring 4 cups water, wine, sugar, 4 teaspoons salt, red pepper, and bay leaves to a boil in a large Dutch oven. Add cauliflower head; cover, reduce heat, and simmer 20 minutes or until tender, turning occasionally. Place cauliflower on a paper towel-lined plate; discard cooking liquid.

Place cauliflower on a parchment paper-lined baking sheet; coat with cooking spray. Bake at 475°F for 30 minutes, turning and coating with cooking spray every 10 minutes. Place whole cauliflower head on a platter or cutting board.

Combine remaining 1/4 teaspoon salt, juice, shallots, thyme, mustard, and black pepper in a bowl. Let stand 10 minutes. Whisk in oil. Drizzle vinaigrette over cauliflower. Sprinkle with pomegranate arils, pine nuts, and parsley..

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://www.cookinglight.com/recipes/whole-roasted-cauliflower-pomegranate-pine-nuts>

10

The word of the day

s most assuredly "spicy."

Rise and shine with a virgin margarita infused with veggie protein, fiber and satiating monounsaturated fat.

Next up is a awe-inspiring Asian salad for lunch that will press all the right buttons on your taste buds.

Then for dinner, chow down on some meaty portobello mushrooms topped with veggies and spicy flavor, this time from crushed red pepper flakes.

DAY 10

DAILY TOTAL: 1, 689 KCAL

1

BREAKFAST

- 322 KCAL

Spicy morning margarita smoothie with 240 mL limeade, 1 avocado, juice of 1 lime, 30g vanilla-flavored pea protein and thin slices of jalapeno pepper to taste

2

SNACK

- 197 KCAL

180g honeydew melon drizzled with 2 Tbsp orange juice and 1 tsp honey

3

LUNCH

- 561 KCAL

Asian salad with 150g grilled tofu, 60g shredded cabbage, 30g diced radish, 30g shredded carrots and 30g crushed peanuts, dressed with 2 Tbsp asian salad dressing and 1 Tbsp sesame oil

4

SNACK

- 150 KCAL

130g spicy roasted chickpeas
- recipe on the next page

5

DINNER

- 459 KCAL

Broiled portobello mushrooms (2) topped with veggies sauteed in 2 Tbsp olive oil – 100g fresh spinach, 60g sun dried tomatoes and 2 cloves minced garlic – seasoned with 15g pine nuts and crushed red pepper flakes to taste

SPICY ROASTED CHICKPEAS

by Crystal Hatch, via tasty.co

INGREDIENTS

15 oz chickpeas, 1 can, drained and rinsed (425 g)
1 tablespoon olive oil
1 teaspoon ground cumin
1 teaspoon chili powder
½ teaspoon cayenne pepper
½ teaspoon salt

DIRECTIONS

Preheat oven to 400°F (200°C).

Carefully dry the chickpeas. Removing the skins is optional and they will come off easily. The drier you get them, the crunchier they'll be!

In a medium bowl, add dried chickpeas, olive oil, cumin, chili powder, cayenne pepper and salt. Toss well to coat evenly.

Spread chickpeas out on a parchment paper-lined baking sheet.

Roast for 15-20 minutes.

Mix around on baking sheet and roast for additional 15-20 minutes, or until browned.

Cool for 5-10 minutes.

Enjoy!

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://tasty.co/recipe/spicy-roasted-chickpeas>

A vertical collage of watermelon slices in various colors (red, pink, green) serves as a background for the page. The number '11' is prominently displayed in the top left corner.

11

You'll eat just about every

color of the rainbow today given the wide variety of fresh fruits and veggies on the menu.

The morning's highlight is a helping of creamy grits bursting with flavor.

Then for lunch you'll load up on a plate of vegan nachos with a motherlode of fiber, vitamins, minerals and antioxidants.

Finish up with a light but very satisfying spaghetti squash toss, high in potassium and iron.

DAY 11

DAILY TOTAL: 1,320 KCAL

1 BREAKFAST

- 280 KCAL

Southern Vegan Grits, 2 servings (can be made ahead)

- *recipe on the next page*

2 SNACK

- 58 KCAL

200g cut watermelon

3 LUNCH

- 542 KCAL

Loaded vegan nachos with 15 corn tortilla chips, 100g guacamole, 60g black beans, 60g fresh salsa, sliced banana peppers and jalapeno peppers to taste

4 SNACK

- 190 KCAL

30g cashews and 30g raisins

5 DINNER

- 430 KCAL

Greek Spaghetti Squash Toss (omit cheese)

- *recipe on the next page*

SOUTHERN VEGAN GRITS

by DORA S., via dorastable.com

INGREDIENTS

1 cup Grits, white or yellow, coarse grind
4 + 1/4 cup Vegetable Broth
1 tbsp. Vegetable oil
1 lb. Okra, cut into 1/2 in. pieces
1 Onion, yellow, diced
1 Ear of corn, cut into kernels
3 Garlic, cloves, minced
1 Green bell pepper, seeded, diced
1 Tomato, large, diced
1/4 cup Green onion, thinly sliced
1 tsp. Red pepper flakes
To taste Salt kosher
To Taste Black pepper ground

DIRECTIONS

In a large heavy bottomed pot, bring 4 cups of broth to a boil. Add the grits in gradually while stirring constantly.

Lower heat to a simmer and cover. Stir constantly every five minutes to prevent grits from sticking.

Cook for 20 to 25 min. or until grits are tender. Remove from heat and season with salt and pepper.

While the grits are cooking, set a large sauté pan to high heat and add 1 tbsp. of oil.

When the pan is hot, add the okra and cook for 5 – 6 minutes. Shake the pan every two minutes to let the okra brown evenly. Remove the okra from the pan and set aside.

Using the same pan, turn heat down to low and add the onion and sweat for 2 -3 min. until translucent.

Add corn and 1/4 cup of vegetable broth. Cover and cook for 5 min. or until corn is tender and the liquid is close to evaporating.

Add garlic and green bell peppers. Cook for 2 min. then add tomatoes, green onion, and red pepper flakes.

Cook for 5 more minutes, until the tomatoes have begun to soften. Add okra back into the pan. Season with salt and pepper and serve over grits.

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://dorastable.com/charred-okra-and-tomato-saute-over-grits/>

GREEK SPAGHETTI SQUASH TOSS

by CAROLYN WILLIAMS, RD, PHD, via [cookinglight.com](https://www.cookinglight.com)

INGREDIENTS

1 teaspoon olive oil
1/4 cup thinly sliced red onion
1/2 teaspoon minced garlic
1/3 cup unsalted chickpeas, rinsed and drained
1/2 teaspoon chopped fresh thyme
6 cherry tomatoes, halved
1 1/2 cups Easy Baked Spaghetti Squash
1 cup baby spinach, torn
Dash of salt
2 tablespoons crumbled feta cheese

DIRECTIONS

Heat oil in a medium skillet over medium-high.

Add onion and garlic; sauté 4 minutes.

Add chickpeas, thyme, and tomatoes; cook 1 minute.

Add spaghetti squash, spinach, and salt; toss gently to combine.

Cook 2 minutes or until spinach is just wilted.

Sprinkle with cheese.

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://www.cookinglight.com/recipes/greek-spaghetti-squash-toss>





12

Start off today with

some cream of wheat cereal supercharged with antioxidant cranberries and protein-packed hemp hearts.

Lunch is a wholesome veggie wrap followed by a crunchy, sweet and salty snack in the afternoon.

Finally your taste buds will really come alive upon meeting up with this spicy jambalaya.

DAY 12

DAILY TOTAL: 1, 659 KCAL

1

BREAKFAST

- 389 KCAL

30g cream of wheat hot cereal (made with water) with 30g dried cranberries and 30g hemp hearts, sweetened with 1 tsp raw honey

2

SNACK

- 214 KCAL

Fruit salad with 1 grapefruit, 1 navel orange and 1 kiwi

3

LUNCH

- 404 KCAL

Whole grain wrap filled with 3 Tbsp hummus, 30g sprouts and 50g sliced pear, seasoned with 2 Tbsp vinaigrette dressing

4

SNACK

- 250 KCAL

30g dried banana chips dipped in 1 Tbsp cashew butter

5

DINNER

- 402 KCAL

Spicy Vegan Jambalaya (2 portions)
- recipe on the next page

SPICY VEGAN JAMBALAYA

by Jessie, via lifeasastrawberry.com

INGREDIENTS

- 3 Tbsp. extra virgin olive oil
- 1 large yellow onion, diced
- 3 cloves garlic, chopped
- 4 large stalks celery, diced
- 1 heaping Tablespoon diced jalapeño (use more or less depending on how spicy you like things - 1 Tbsp. gives it a nice kick)
- 4 cups diced fresh tomatoes (you could also use whole cherry tomatoes or one large can of crushed tomatoes)
- 2 cups uncooked brown rice
- 4.5 cups vegetable stock
- 2 teaspoons vegan worcestershire sauce (you can find some good vegan varieties online or, if you don't have any of the vegan stuff handy, just leave it out!)
- 3 bay leaves
- 1 teaspoon smoked paprika
- 2 teaspoons hot sauce (I use Sriracha)
- salt and pepper to taste
- 1.5 cups chopped cilantro, plus extra for garnish

DIRECTIONS

Heat oil in a large skillet or saucepan (use one that has a tight-fitting lid).

Add onion, garlic, celery, and jalapeño to oil and sauté until onions are translucent, about 3 minutes.

Add tomatoes and cook an additional minute or two to soften them up.

Add rice, vegetable stock, worcestershire sauce, bay leaves, paprika, hot sauce, salt, and pepper to pan and stir to combine. Cover and bring mixture to a simmer. Let it cook for 20-40 minutes, until the rice has absorbed all the liquid and cooked through.

Stir in fresh cilantro and serve immediately. Garnish with extra cilantro.

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://www.lifeasastrawberry.com/spicy-vegan-jambalaya/>

13

This wholesome breakfast

banana bread is super-easy to make, but consider baking the night before if you plan to be rushed in the morning.

No doubt that, once made, a slice can just as easily be taken on the go.

Your mid-morning snack requires just a little prep also, but less than 5 minutes worth, and is ultra-portable in its mason jar vessel.

The chia seeds will satisfy your omega-3 fat needs for the day.

This evening, get your chef's knife sharpened up to cut these hearty fall veggies, then toss them all on one sheet pan.

Another tip, use a layer of parchment paper on the pan to make cleanup a snap.

DAY 13

DAILY TOTAL: 1, 684 KCAL

1 BREAKFAST

- 390 KCAL

Wholesome Vegan Banana Bread (2 slices)
- *recipe on the next page*

2 SNACK

- 250 KCAL

Mason jar chia seed pudding (half of recipe), topped with 50g fresh strawberries
- *recipe on the next page*

3 LUNCH

- 428 KCAL

Vegan Cucumber Tea Sandwiches (8 triangles = 4 slices bread) with sliced pear
- *recipe on the next page*

4 SNACK

- 220 KCAL

160g edamame tossed in 2 tsp low-sodium soy sauce

5 DINNER

- 396 KCAL

Balsamic Roasted Fall Vegetables with Sumac (2 servings)
- *recipe on the next page*

WHOLESOME VEGAN BANANA BREAD

by the Team, via sugarandcinnamon.com

INGREDIENTS

2 medium bananas (2/3 cup) mashed well
80mls (1/3 cup) brewed black coffee (NOT GRANULES - LIQUID)
3 tablespoons chia seeds mixed with 6 tablespoons water and stirred well (OR 3 chicken eggs for non-vegan)
110ml olive oil or 1/2 cup vegan butter, very soft
100ml (1/2 cup) maple syrup or 1/2 cup brown sugar
125g (1 cup) white flour + 120g (1 cup) wholemeal flour
2 tsp baking powder
1/2 tsp salt
1 tsp each cinnamon and allspice

DIRECTIONS

Preheat the oven to 180C (350F) and line a loaf pan.

Beat together the soft butter and sugar until fluffy, then add in the eggs, one at a time.

If using oil and honey, just mix all these ingredients together.

Stir in the mashed bananas and coffee well.

Sift the flours, salt and raising agents, then gently fold into the wet mixture.

Bake in the oven for 30-40 minutes, until brown on top and a skewer comes out clean.

Enjoy!

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://mariamindbodyhealth.com/breakfast-asparagus/>

CHIA SEED PUDDING

by Brittany Mullins, via eatingbirdfood.com

INGREDIENTS

6 Tablespoons chia seeds
2 cups unsweetened coconut, almond or cashew milk
1/2 teaspoon vanilla extract
1 Tablespoon maple syrup, honey or sweetener of choice (optional)
blueberries and strawberries, for topping

DIRECTIONS

In a bowl or mason jar, mix together chia seeds, milk, maple syrup and vanilla. If you're using a mason jar, you can put the lid on and shake the mixture to combine everything.

Once the chia pudding mixture is well combined, let it sit for 5 minutes, give it another stir/shake to break up any clumps of chia seeds, cover and put the mixture in the fridge to "set-up" for 1-2 hours or overnight. The chia pudding should be nice and thick, not liquidy. If it's not thick, just add more chia seeds, stir and refrigerate for another 30 minutes or so.

You can also prep your pudding the night before and let it sit in the fridge overnight if that's easier. When ready to serve, divide the mixture between two bowls, top the pudding with berries and enjoy.

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://www.eatingbirdfood.com/basic-chia-seed-pudding/>

VEGAN CUCUMBER TEA SANDWICHES

by Martha Stewart, via marthastewart.com

INGREDIENTS

- 1 (8-ounce) container vegan cream cheese, such as Kite Hill
- 2 tablespoons finely chopped fresh chives, plus more for serving
- 2 tablespoons finely chopped fresh flat-leaf parsley
- 1 tablespoon finely chopped fresh tarragon
- Kosher salt and freshly ground pepper
- 8 slices vegan white or pumpernickel sandwich bread, or a combination
- 2 mini cucumbers, thinly sliced into rounds

DIRECTIONS

Stir together cream cheese and herbs. Season lightly with salt.

Spread 1 tablespoon herbed cream cheese on each bread slice. Shingle cucumber rounds on top of four bread slices. Season with salt and pepper. Sandwich with remaining bread slices, cream cheese-side down.

Using a sharp knife, cut off crusts, then cut sandwiches into triangles or fingers. Lightly dip one edge of each sandwich in chives; serve.

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://www.marthastewart.com/1526080/vegan-cucumber-tea-sandwiches>

BALSAMIC ROASTED FALL VEGETABLES WITH SUMAC

by *TONI DASH, via boulderlocavore.com*

INGREDIENTS

Balsamic Roasted Fall Vegetables with Sumac
6 medium-large Carrots , peeled and halved vertically
1 cup small Brussels Sprouts , stems trimmed and halved vertically
2 cups Butternut Squash , peeled and cut into bite size cubes
1 ½ cups Red Onion , peeled and sliced into wedges or bite-size pieces
2 medium Golden Beets (about 1 cup), peeled and cut into ½ inch slices vertically
2 tablespoons extra virgin olive oil
2 tablespoons Balsamic Vinegar
2 teaspoons Sumac
2 teaspoons Kosher Salt

DIRECTIONS

Preheat the oven to 400 degrees F.

In a large bowl combine the olive oil, balsamic vinegar and sumac. Add the prepared vegetables and toss to fully coat with the liquid. Rub any remaining liquid into the vegetables by hand (be careful of the beets as they can stain clothing) especially the carrots which are more difficult to coat when in longer form.

Place vegetables on a large baking sheet or roasting pan and sprinkle the salt over them. Flip the vegetables halfway through cooking. Cook until done but still firm (not mushy), about 30 minutes. Serve immediately.

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://boulderlocavore.com/balsamic-roasted-fall-vegetables-with-sumac/>

14

There will be no hunger

pains to worry about this morning after you enjoy this creamy and ultra-nourishing bowl of berry chia overnight oats.

High in fiber, high in folate and omega-3 fats, low in any guilt whatsoever.

Later on, dinner promises to be just as satisfying -- except in a warm, smoky and spicy kind of way.

Again, there's fiber to spare here and a whopping dose of vitamins and minerals from the beans and veggies.

DAY 14

DAILY TOTAL: 1, 765 KCAL

1 BREAKFAST

- 559 KCAL

Berry Chia Overnight Oats
(use almond milk, no yogurt topping)
- recipe on the next page

2 SNACK

- 130 KCAL

30g pumpkin seeds

3 LUNCH

- 396 KCAL

Leftover sumac veggies from Day 13 dinner (2 servings)

4 SNACK

- 280 KCAL

40g dried apricots and 30g walnuts

5 DINNER

- 400 KCAL

Easy Vegan Chili (2 servings)
- recipe on the next page

BERRY CHIA OVERNIGHT OATS

by LINDSAY, via pinchofyum.com

INGREDIENTS

1/2 cup Quaker Oats rolled oats
1/4 cup chia seeds
1 cup milk or water
pinch of salt and cinnamon
maple syrup or other sweetener to taste
1 cup frozen berries of choice (or yesterday's smoothie leftovers)
yogurt for topping
berries for topping

DIRECTIONS

Place the oats, seeds, milk, salt, and cinnamon in a jar with a lid. Refrigerate overnight.

Puree the berries. (I usually incorporate this into my smoothie routine, so I either use leftover smoothie or just blend up a huge smoothie batch so I have a little extra for the oats. You don't HAVE to do this, but it's a nice way to add some fruit and color.)

Stir oats with your frozen berry puree and top with yogurt and more berries, nuts, honey, whatever you like.

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://pinchofyum.com/chia-overnight-oats>

EASY VEGAN CHILI RECIPE

by Caitlin Shoemaker, via frommybowl.com

INGREDIENTS

3 cloves Garlic
1 Small Yellow Onion, diced
2 Green Bell Peppers, diced
3 ribs Celery, diced
3 small Carrots, sliced
¼ cup Ancho Chili Powder*
1 tbsp Cumin
1 tsp Dried Oregano
½ tsp Cayenne Pepper (Optional)
2 15 oz cans Red Kidney Beans, drained
2 15 oz cans Pinto Beans, drained
2 28 oz cans Crushed Tomatoes
1 cup Filtered Water
Salt and Black Pepper, to taste
Optional Toppings: Green Onions, Nutritional Yeast, Vegan Sour Cream

DIRECTIONS

First add the Onion, Celery, and Green Pepper to a large nonstick pot over Medium-High heat with ½ cup of Water. Cook until all the water evaporates, stirring occasionally. Once the pot is "dry" and the vegetables start to turn golden brown, deglaze the pot with an additional ¼ cup of Water. This process should take around 10 minutes total.

Add the Garlic, Spices, and Carrots to the pot, then sauté for a few minutes, adding a small splash of water if things start to stick.

Finally, add the drained Beans, Crushed Tomatoes, and 1 cup of Filtered Water to the Pot. Bring everything to a boil over high heat, then reduce the heat to a simmer, cover, and cook for 10 minutes. Remove the lid from the pot and cook uncovered for 5-7 additional minutes, until the Carrots are tender and the Chili reaches your desired thickness. Stir this mixture occasionally, to make sure nothing sticks to the bottom of the pot.

Serve warm, and top as desired. Leftovers can be store in the fridge for up to 7 days, or in the freezer for up to one month.

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://frommybowl.com/easy-vegan-chili/>

THANK YOU



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