

Shop by Meal: Breakfast

SWEET BREAKFAST

- STARCH**
- Rolled Oats
- Quick Oats
- Steel Cut Oats
- Quinoa
- Millet
- Granola/Museli
- Bread
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- PLANT DAIRY**
- Plant-Based Milk
- Plant-Based Yogurt
- PLANT PROTEIN**
- Nut Butter
- Seed Butter
- Chia Seeds
- Ground Flaxseeds
- Nuts
- Seeds
- Protein Powder
- PRODUCE**
- Strawberries
- Blueberries
- Blackberries
- Raspberries
- Mango
- Peaches
- Pomegranate
- Kiwi
- Cherries
- Raisins
- Dried Cranberries
- Dates
- Apricots
- Pineapple
- Banana
- Pears
- Apples
- FLAVOR**
- Cinnamon
- Ginger
- Nutmeg
- Cardamom
- Pumpkin Pie Spice
- Vanilla Extract
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SAVORY BREAKFAST

- STARCH**
- Bread
- Bagels
- Potatoes
- Polenta
- Tortillas
- Wraps
- Quinoa
- Rice
- PLANT PROTEIN**
- Tofu
- Tempeh
- Beans
- Chickpea Flour
- PRODUCE**
- Spinach
- Mushrooms
- Bell Peppers
- Zucchini
- Summer Squash
- Tomatoes
- Onions
- Avocado
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- FLAVOR**
- Garlic
- Smoked Paprika
- Cumin
- Oregano
- Basil
- Thyme
- Turmeric
- Soy Sauce
- Nutritional Yeast
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- BEVERAGES**
- BASE**
- Coffee
- Tea
- Matcha
- FLAVORING**
- Cinnamon
- Mulling Spices
- Sweetener
- Vegan Creamer
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Breakfast Ideas

[Oatmeal Bowl](#)

[Overnight Oats](#)

[Baked Oatmeal](#)

[Breakfast Cookies](#)

[Pancakes](#)

[Tofu Scramble](#)

[Granola](#)

[Breakfast Wrap](#)

[Breakfast Bagel](#)

["Egg" Muffin Cups](#)

[French Toast](#)

[Crumble Bars](#)

[Chia Jam](#)

[Smoothie](#)

Fun with Beverages

[Strawberry Matcha Latte](#)

[Hot Chocolate](#)

Important Note:

Don't forget to take your vegan supplements and choose fortified foods when possible like fortified milks and cereals.



Shop by Meal: Mains

BURRITOS/WRAPS/TACOS

- WRAPS**
 - Tortillas
 - Wraps
 - Taco Shells
 - Rice
- PROTEIN**
 - Beans
 - Tofu
 - Tempeh
- FILLINGS**
 - Avocado
 - Bell Pepper
 - Corn
 - Jalapeno
 - Greens
 - Mushrooms
 - Limes
 - Tomatoes
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- FLAVORS**
 - Cilantro
 - Coriander
 - Guacamole
 - Hot Sauce
 - Salsa
 - Garlic
 - Cumin
 - Smoked Paprika
 - Chipotle Peppers
 - Green Chilies
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BUILD YOUR OWN SALAD

List at Least 3 of Your Favs

- PRODUCE**
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Pick at Least 1

- PROTEIN**
 - Beans
 - Tofu
 - Tempeh

Pick 1 to Energize Your Bowl

- STARCH**
 - Grains
 - Potato or Squash

Include Your Favorites

- TOPPINGS**
 - Dressing
 - Add Crunch
 - Something Herby

SHEET PAN DINNERS

- STARCH**
 - Potatoes
 - Sweet Potatoes
 - Butternut Squash
 - Gnocchi
- PROTEIN**
 - Beans
 - Tofu
 - Tempeh
- PRODUCE**
 - Tomatoes
 - Onions
 - Bell Peppers
 - Zucchini
 - Asparagus
 - Brussel Sprouts
 - Broccoli
 - Cauliflower
 - Green Beans
 - Carrots
 - Beets
 -
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- FLAVORS**
 - Garlic
 - Smoked Paprika
 - Coriander
 - Cumin
 - Fennel Seeds
 - Allspice
 - Ginger
 - Basil
 - Oregano
 - Curry Powder
 - Oils
 - Buffalo Sauce
 - Barbecue Sauce
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BUILD YOUR OWN SANDWICH

Pick at Least 1

- PROTEIN**
 - Beans
 - Tofu
 - Tempeh

List at Least 2 of Your Favs

- VEG**
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Don't forget these!

- ASSEMBLE**
 - Bread
 - Condiment

STIR-FRY

- STARCH**
 - Rice
 - Quinoa
 - Millet
 - Noodles
- PROTEIN**
 - Chickpeas/Edamame
 - Tofu
 - Tempeh
 - Seitan
- PRODUCE**
 - Carrots
 - Broccoli
 - Bok Choy
 - Bell Peppers
 - Green Beans
 - Mushrooms
 - Onions
 - Sprouts
 - Cabbage
 - Beets
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- FLAVORS**
 - Garlic
 - Ginger
 - Chinese 5 Spice
 - Pepper
 - Soy Sauce
 - Garlic Chili Sauce
 - Hoisin Sauce
 - Sesame Oil
 - Gauchujang
 - Sriracha
 - Maple Syrup/Agave
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Dinner Ideas

- [Cauliflower Fried Rice](#)
- [Cilantro Lime Chickpeas](#)
- [Sweet Chili Chickpeas](#)
- [Sesame Ginger Soy Curls](#)
- [Peach Avocado Salad](#)
- [Garlic Roasted Lentils](#)
- [Walnut Taco Meat](#)
- [Sweet Potato Chickpeas](#)
- [Cashew Tofu](#)
- [Garlic Chili Chickpeas](#)
- [Tahini Ranch Tofu](#)
- [Teriyaki Tofu](#)
- [Maple Ginger Stir Fry](#)
- [Dump and Bake Tofu](#)
- [Peanut Curry Wrap](#)
- [Balsamic Tofu](#)
- [Chickpea Salad](#)
- [Garlic Chili Lentils](#)
- [Edamame Crunch Salad](#)
- [Buffalo Chickpea Wraps](#)
- [Lemon Quinoa Salad](#)
- [Black Pepper Tempeh](#)
- [Chili Lime Kale Salad](#)

Shop by Meal: Mains

BURGERS/PATTIES/FALAFEL

- WRAPS**
- Burger Buns
- Pita
- Rice
- Quinoa
- Bread Crumbs

- PROTEIN**
- Beans
- Tofu
- Plant Based Burger Patty
- Frozen Falafel
- Nuts
- Seeds

- PRODUCE**
- Mushroom
- Potatoes or Sweet Potato
- Onion
- Tomatoes
- Leafy Greens

- FLAVORS**
- Herbs
- Cumin
- Smoked Paprika
- Soy Sauce
- Nutritional Yeast
- Chipotle Peppers
- Garlic
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- SAUCES**
- Ketchup
- Mustard
- Hot Sauce
- Barbecue Sauce
- Hummus
- Pickles
- Pesto
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NOURISH BOWLS

- STARCH**
- Potatoes
- Sweet Potatoes
- Squash
- Quinoa
- Rice
- Millet

- PROTEIN**
- Beans
- Tofu
- Tempeh
- Seitan
- Falafel
-
-

- PRODUCE**
- Tomatoes
- Onions
- Bell Peppers
- Zucchini
- Summer Squash
- Kale
- Spinach
- Mushrooms
- Asparagus
- Brussel Sprouts
- Broccoli
- Cauliflower
- Green Beans
- Carrots
- Beets
- Bell Peppers
- Olives
- Avocado
- Lemon
- Lime
-
-

- TOPPING**
- Herbs
- Garlic
- Oils
- Hot Sauce
- Soy Sauce
- Kimchi
- Sauerkraut
- Nutritional Yeast
- Tahini
- Hummus
- Pesto
- Miso

SOUPS/STEW/PASTA

- STARCH**
- Quinoa
- Noodles
- Pasta
- Barley
-
-

- PROTEIN**
- Beans
- Lentils
- Tofu
- Peas

- PRODUCE**
- Carrots
- Bell Peppers
- Green Beans
- Mushrooms
- Onions
- Corn
- Tomatoes
- Potatoes
- Sweet Potatoes
- Squash
- Zucchini
- Leeks
- Cauliflower
- Broccoli
-
-

- FLAVORS**
- Bay Leaves
- Oregano
- Cumin
- Thyme
- Vegetable Broth
- Curry Powder
- Chili Powder
- Turmeric
- Garlic
- Ginger
- Coriander
- Herbs
- Coconut Milk
- Tahini
- Miso
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Dinner Ideas

- [Curried Red Bean Skillet](#)
- [Cherry Tomato Pasta](#)
- [Coconut Green Curry](#)
- [Chickpea Tomato Stew](#)
- [Stewed Beans](#)
- [Quinoa Veggie Bowl](#)
- [Chipotle Lime Burger](#)
- [Garlic Ginger Tofu Stew](#)
- [Latin Nourish Bowl](#)
- [Chickpea Coconut Curry](#)
- [Black Bean Bowl](#)
- [Orzo Salad](#)
- [Lentil Mushroom Stew](#)
- [Baked Hummus Pasta](#)
- [Coconut Lentil Soup](#)
- [Cauliflower Quinoa Soup](#)
- [Lentil and Tomato Soup](#)
- [Lemon Orzo Soup](#)
- [Pumpkin Chili](#)
- [Chipotle Orange Stew](#)
- [Almond Miso Chickpeas](#)
- [Chickpea Noodle Soup](#)
- [Mango Coconut Curry](#)
- [Stewed Tempeh](#)
- [Lentil Tahini Pasta](#)
- [Chickpea Burger](#)

Visualize your plate



Shop by Meal: Snacks

Tip:

Snacks are there to help keep you going when you feel you are running low on energy. If you need ideas for building a more filling snack, consider choosing at least 2 things to pair together and make it fun by adding some flavor elements to it if you want.

SWEET SNACKS

- STARCH**
- Bread
 - Rice Cake
 - Granola
 - Wraps
 -
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- PLANT PROTEIN**
- Nut Butter
 - Seed Butter
 - Plant-Based Yogurt
 - Dessert Hummus
 - Nuts/Seeds

- PRODUCE**
- Banana
 - Apples
 - Strawberries
 - Blueberries
 - Dates
 - Cherries
 - Grapes
 - Raisins
 -
 -

- FLAVOR**
- Cinnamon
 - Ginger
 - Pumpkin Pie Spice
 - Fruit Jam
 - Cocoa Powder
 - Chocolate Chips, Dairy-Free
 - Maple Syrup/Agave
 -
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SAVORY SNACKS

- STARCH**
- Bread
 - Rice Cake
 - Tortillas
 - Wraps
 -
 -

- PLANT PROTEIN**
- Edamame
 - Chickpeas
 - Refried Beans
 - Hummus

- PRODUCE**
- Avocado
 - Bell Peppers
 - Carrots
 - Celery
 - Cucumber
 - Tomatoes
 - Olives
 -
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- FLAVOR**
- Sriracha
 - Nutritional Yeast
 - Plant Based Cream Cheese
 - Dairy Free Pesto
 - Everything Bagel Seasoning
 - Hot Sauce
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Sweet Combinations

- Fruit + Nut Butter
- Dates + Walnut + Chocolate
- Toast + Nut Butter + Chia Jam
- Wrap + Nut Butter + Fruit + Chocolate
- Plant Based Yogurt + Fruit
- Rice Cake + Peanut Butter + Fruit
- Energy Bites
- Banana Roll Up
- Chickpea Cookie Dough Bites
- Peach Crisp
- Mango Avocado Salsa

Savory Combinations

- Avocado + Mashed Edamame on Toast
- Roasted Chickpeas
- Pesto Pinwheels
- Wrap + Hummus + Veggies
- Corn Tortilla + Refried Beans + Avocado
- Rice Cake + Pesto + Veggies
- Rice Paper + Veggies + Peanut Sauce
- Edamame + Everything Bagel Seasoning
- Bean Salad + Crackers

Important Note:

Don't stress to make your meals ultra perfect or to fit in every single nutrient. There are going to be times where you just want a bowl of pasta and no extra veggies with it and times where you want just a banana without having to worry about what to pair it with. The point of this guide is to help you visualize where you can always add nutrition. Add the things that will serve to help you feel energized, feel satisfied with your meals and to help fill in the gaps for where you feel you need it.

Hydrate



Go To Meal Ideas

BREAKFAST

1

Recipe

Protein

Starch

Produce

Extras

2

Recipe

Protein

Starch

Produce

Extras

3

Recipe

Protein

Starch

Produce

Extras

LUNCH

1

Recipe

Protein

Starch

Produce

Extras

2

Recipe

Protein

Starch

Produce

Extras

3

Recipe

Protein

Starch

Produce

Extras

DINNER

1

Recipe

Protein

Starch

Produce

Extras

2

Recipe

Protein

Starch

Produce

Extras

3

Recipe

Protein

Starch

Produce

Extras

SNACKS

1

Idea

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+

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2

Idea

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3

Idea

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