

VEGAN MEAL PREP





MEAL PLAN GUIDE

HOW TO USE THIS MEAL PLAN

This meal plan is a great starting point, but remember, it's a guide. Feel free to adapt it to your own needs, preferences, calorie targets, and lifestyle.

MEAL PREP & STORAGE

Store your batch-cooked meals in airtight containers in the refrigerator. This meal plan keeps well for up to four days.

Some of the recipes make fewer servings than you'll need for the full plan, so you'll need to make multiple batches. I'll let you know in the recipe notes whenever that's the case.

The Pasta Bake and Banana Chip Baked Oats both freeze really well, so these are great options to prep ahead of time if you want to make meal prep even easier.

A QUICK TIP FOR RICE

Whenever I make rice, I always recommend cooking more than you actually need.

Measure out the amount you need for this meal plan, then portion the rest and freeze it for future meals. It's one of the easiest ways to save yourself time later in the week.





NEED FEWER CALORIES?

You can easily scale this meal plan down.

Try reducing the amount of rice in your meals or swapping some of it for a lower-calorie, higher-volume option like potatoes or extra veggies. You can also divide the Pasta Bake into more servings. This will reduce the calories per serving while still giving you a satisfying meal.

NEED MORE CALORIES?

You can just as easily scale this meal plan up!

You can:

- Increase the amount of rice in your meals.
- Double up on certain portions.
- Add sourdough bread to the Edamame Spinach Hummus with Carrots and use the hummus as a spread.
- Add extra fruit and maple syrup to your breakfast.
- Add additional toppings, sides, or snacks that fit your goals.

There are so many simple ways to increase or decrease portions based on what your body needs.

MAKE IT YOUR OWN

Don't be afraid to swap ingredients you don't enjoy. Not an asparagus fan? Swap it for broccoli, kale, spinach, green beans, or another veggie you love. The key to a successful meal plan and meal prep routine is actually enjoying the food you're eating. Use this plan as your foundation, then customize it to fit your preferences, your goals, and your lifestyle. The best meal plan is one you'll actually look forward to eating and can consistently stick with.



MEAL PLAN

128 P * 267 C * 51 F * CAL 1,988



BREAKFAST

PREP AHEAD

Banana Chip Baked Oats

🔥 393 kcal 22P 56C 8F



LUNCH

PREP AHEAD

No mess pasta bake

🔥 484 kcal 28P 77C 10F



DINNER

PREP AHEAD

Lemon Dill Tofu Steak - (Meal)

🔥 504 kcal 40P 61C 11F



SNACK 1

PREP AHEAD

Edamame Hummus with Carrots

🔥 252 kcal 18P 27C 9F



SNACK 2

PREP AHEAD

Berry Kiwi Parfait

🔥 356 kcal 20P 45C 11F



GROCERY LIST



SHOPPING AMOUNTS ARE APPROXIMATE SINCE PRODUCE AND PACKAGE SIZES CAN VARY BY STORE AND BRAND. THE GRAMS LISTED IN PARENTHESES ARE THE AMOUNTS NEEDED FOR THE RECIPES.

PRODUCE

- ☐ 2 small bunches asparagus (400 g)
- ☐ 1 bag of carrots (320 g)
- ☐ 1 pint cherry tomatoes (100 g)
- ☐ 1 small bunch fresh dill (2 g)
- ☐ 4 kiwis (200 g)
- ☐ 4–5 lemons (140 g)
- ☐ 1 large bag fresh spinach or kale (200 g)
- ☐ 1 lb strawberries (304 g)
- ☐ 2–3 ripe bananas (200 g)

REFRIGERATED

- ☐ 4 plain oatmilk skyr or yogurt (680 g)
- ☐ 3 packages extra-firm tofu (800 g)
- ☐ 1 carton plant milk (340 g)
- ☐ 1 bag vegan mozzarella shreds (56 g)
- ☐ 1 container miso paste (11 g)

FROZEN

- ☐ 1 bag shelled edamame (400 g)
- ☐ 1 package frozen spinach or kale (200 g)
- ☐ 1 package Abbot's Butcher Plant-Based Ground Beef (255 g) or plant protein crumbles

GRAINS & PASTA

- ☐ 1 bag rolled oats (100 g)
- ☐ 1 bag oat flour (120 g)
- ☐ 1 box whole-wheat pasta (340 g)
- ☐ 1 bag granola (120 g)
- ☐ 1 bag rice (568 g)

PANTRY

- ☐ Agave or maple syrup (18 g)
- ☐ Nutritional yeast (8 g)
- ☐ Coconut aminos (7 g)
- ☐ Marinara sauce (255 g)
- ☐ Dark chocolate chips (15 g)
- ☐ Vanilla plant protein (70 g)
- ☐ Baking stevia or monk fruit
- ☐ Chia seeds (15 g)
- ☐ Tahini (32 g)

SPICES & BAKING

- ☐ Baking powder (5 g)
- ☐ Cinnamon (3 g)
- ☐ Garlic powder (3 g)
- ☐ Onion powder (2 g)
- ☐ Salt (3 g)
- ☐ Black pepper (1 dash)
- ☐ Vanilla extract (4 g)

Banana Chip Baked Oats

Makes 4 servings

🔥 393 kcal

P: 22g C: 56g F: 8g

INGREDIENTS

Dry Ingredients

- 120g, Bob's Red Mill, Oat Flour
- 100g, Anthony's, Organic Rolled Oats
- 2 scoop (70g), Vedge, Plant Protein, Vanilla Ice Cream
- 1 tsp (1g), Kroger, Stevia
- 15g, Seeds, Chia Seeds, Dried
- 1 tsp (5g), Baking Powder
- 1 tsp (3g), Cinnamon, Ground
- 1 serving (15g), Hu Dark chocolate baking chips
- 1 dash (0.4g), Salt

Wet Ingredients

- 200g, Very ripe banana
- 12 oz (340g), Silk Creamy Cashew Milk Unsweet
- 1 tsp (4g), Vanilla Extract

DIRECTIONS

1. Preheat the oven to 350°F and line a 9x9-inch baking dish with parchment paper.
2. In a large mixing bowl, add the oat flour, rolled oats, protein powder, baking stevia, chia seeds, baking powder, cinnamon, and salt. Mix until well combined.
3. In a separate bowl, mash the ripe banana until mostly smooth. Add the milk and vanilla extract and mix until well combined.
4. Pour the wet ingredients into the dry ingredients and mix with a spatula until a thick, evenly combined batter forms.
5. Transfer the batter to the prepared baking dish and spread it into an even layer. Top with optional banana slices and chocolate chips.
6. Bake for about 40 minutes, or until the top is firm, lightly golden, and the center is set.
7. Let cool for at least 10 minutes before slicing.
8. Serve as is, or top with fresh fruit and a dollop of vegan yogurt. Enjoy!

DISCOUNT CODE
NATALIE





No mess pasta bake

Makes 4 servings

 484 kcal

P: 28g C: 77g F: 10g

INGREDIENTS

340g, Pasta, Whole-Wheat, Dry

9 oz (255g), Marinara Sauce, Store Bought

5 fl oz (148g), Water

1 ½ cup (255g), Abbot's Butcher, Premium Plant-Based Ground Beef

100g, Cherry tomatoes, sliced in half

200g, Spinach, frozen

½ cup (56g), Good Planet Foods, Olive Oil Cheese Shreds, Mozzarella Style

DIRECTIONS

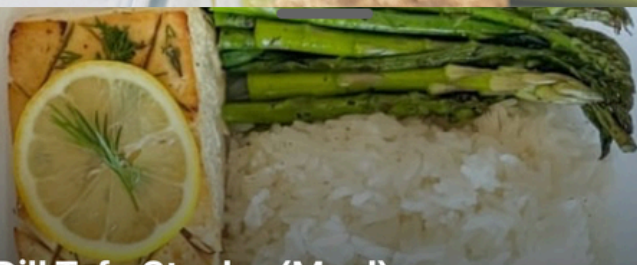
This is one of those recipes that's perfect for cleaning out your fridge or freezer. Simply toss everything into one casserole dish, bake, and let the oven do the work. Feel free to customize it with whatever veggies you have on hand, it's especially delicious with artichoke hearts, zucchini, mushrooms, kale, or spinach. Minimal prep, minimal dishes, and maximum comfort food.

1. Preheat the oven to 405°F (207°C).
2. Add the pasta, marinara sauce, water (enough to completely cover the pasta), frozen spinach, and vegan protein crumbles to a large casserole dish. Stir to combine. *Make sure the pasta is fully submerged in liquid, this is crucial for even cooking.*
3. Top with mozzarella-style cheese and halved cherry tomatoes.
4. Cover tightly with foil and bake for 50 minutes.
5. Remove the foil, stir gently, and bake uncovered for an additional 20 minutes, or until the pasta is tender and the top is golden and bubbly.
6. Let cool for 5–10 minutes before serving.

 **Optional Add-Ins:** Artichoke hearts, zucchini, mushrooms, kale, bell peppers, or any vegetables that need to be used up. This recipe is incredibly forgiving and works with almost any combination of veggies.

Macros shown per serving





Lemon Dill Tofu Steak - (Meal)

Makes 4 servings

 504 kcal

P: 40g C: 61g F: 11g

INGREDIENTS

For Lemon Dill Tofu:

800g, Hodo, Organic Extra Firm Tofu

1 each - juice from one lemon (48g), Lemon Juice, Fresh

½ tbsp, Bragg, Coconut Liquid Aminos

2 tsp (11g), Miso Paste

½ tsp (4g), Agave Syrup

1 dash (0.1g), Black Pepper, Ground

2g, Dill, minced

For Meal Prep:

3 ½ cup (568g), White Rice, Steamed

400g, Asparagus, Cooked from Fresh

DIRECTIONS

Easy meal prep for 4 days!

1. Cut each tofu block in half, so you have 4 pieces total.
2. Carefully score the front and back of the tofu with a sharp knife. Scoring gives the tofu a beautiful appearance and helps it soak up all the marinade. Set aside.
3. Prepare the marinade in a small mixing bowl by whisking together lemon juice, coconut aminos, miso, agave, salt, pepper, and dill until well combined.
4. Use a basting brush to cover the tofu blocks with lemon dill marinade. Ensure it's all up in the nooks and crannies. Save some marinade for later.
5. Line the air fryer basket with parchment paper.
6. Place the tofu in the air fryer and air fry at 400°F for 10 minutes.
7. After 10 minutes, flip the tofu, brush on more marinade, and air fry for an additional 10 minutes.
8. Repeat step 7 until you have the desired consistency.
9. Place a tofu block, 142g of cooked rice, and 100g of roasted asparagus into each of the 4 containers. You can also mix up your carb and veggie. Get creative and enjoy.

Edamame Spinach Hummus

Makes 2 servings

🔥 224 kcal

P: 18g C: 21g F: 9g

INGREDIENTS

200g, Edamame, Soybeans, Shelled
100g, Spinach, Raw
3 tbsp (46g), Lemon Juice, Fresh
16g, Tahini
½ tbsp (4g), Anthony's, Nutritional Yeast Flakes
1 tsp (7g), Agave Syrup
½ tsp (1g), Onion Powder
½ tsp (2g), Garlic, Powder
¼ tsp (2g), Salt

DIRECTIONS

I believe making good hummus is an essential life skill, and this Edamame Spinach Hummus is an easy win. It's packed with flavor, and since you're sneaking in greens with the edamame and spinach, you can feel good eating it by the spoonful.

1. In a food processor, add edamame, spinach, lemon juice, tahini, nutritional yeast, agave, onion powder, garlic powder, and salt, and blend thoroughly on high until smooth.
2. Eat this with raw vegetables, on a sandwich, or by the spoonful.

Macros shown are per serving.

MAKE TWO
BATCHES OF THIS
RECIPE FOR A
TOTAL OF FOUR
SERVINGS.

Edamame Hummus with Carrots

Makes 1 serving

🔥 252 kcal

P: 18g C: 27g F: 9g

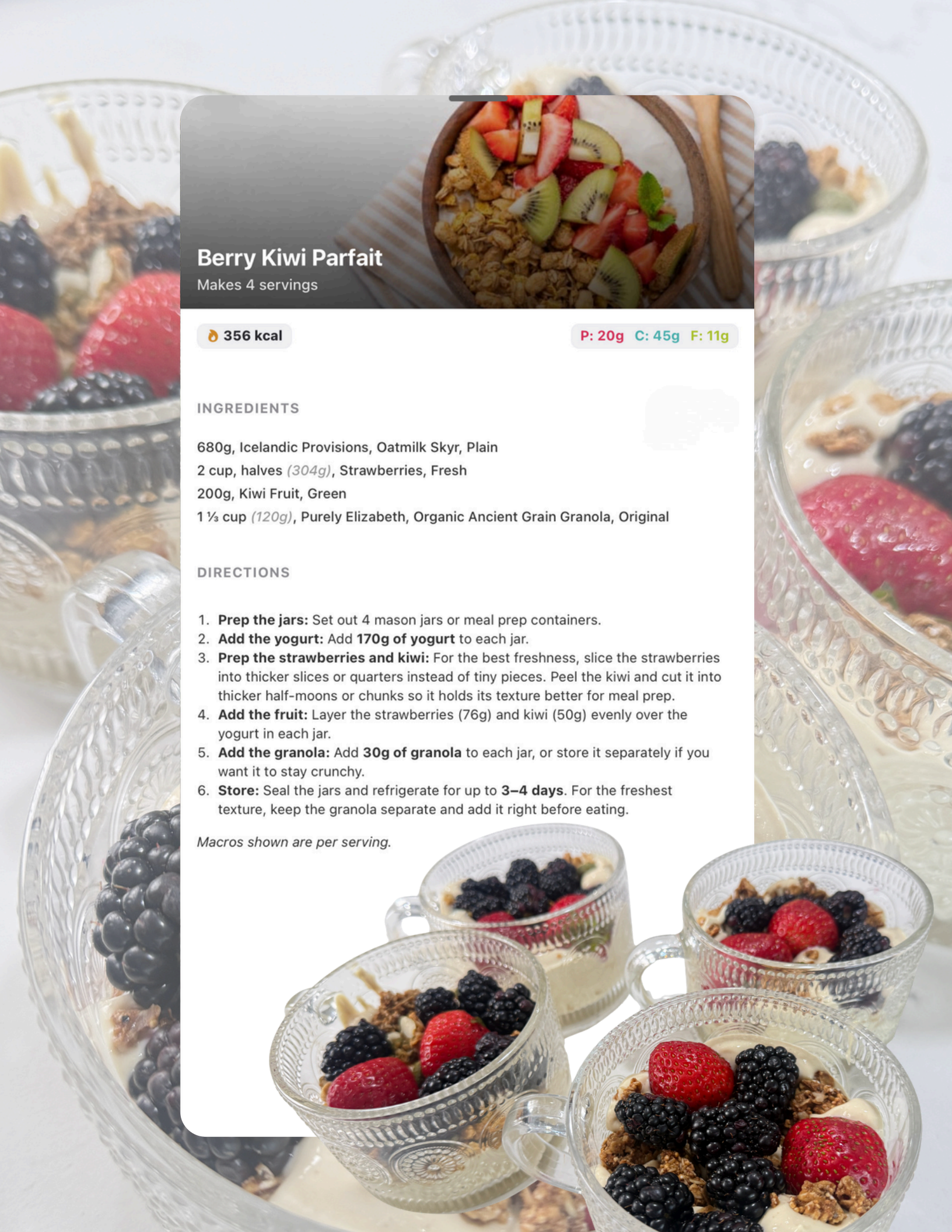
INGREDIENTS

1 serving (189g), [Edamame Spinach Hummus](#)
80g, Carrots, Baby, Raw

DIRECTIONS

1. **Portion the hummus:** Scoop 1 serving of edamame spinach hummus into a bowl or jar.
2. **Prep the carrots:** Use pre-cut baby carrots or slice fresh carrots into sticks.
3. **Serve:** Dip the carrot sticks into the hummus and enjoy as a nutrient-rich, high-protein snack!

MULTIPLY THE
RECIPE BY FOUR
TO MAKE FOUR
SERVINGS FOR
THE WEEK.

The image is a recipe card for 'Berry Kiwi Parfait' set against a background of several glass jars filled with the dessert. The jars contain layers of white yogurt, granola, and fresh fruit including strawberries, kiwi, and blackberries. A wooden spoon is visible in one of the jars. The recipe card is a white rectangular overlay on the left side of the image.

Berry Kiwi Parfait

Makes 4 servings

 **356 kcal**

P: 20g C: 45g F: 11g

INGREDIENTS

680g, Icelandic Provisions, Oatmilk Skyr, Plain

2 cup, halves (304g), Strawberries, Fresh

200g, Kiwi Fruit, Green

1 ½ cup (120g), Purely Elizabeth, Organic Ancient Grain Granola, Original

DIRECTIONS

1. **Prep the jars:** Set out 4 mason jars or meal prep containers.
2. **Add the yogurt:** Add **170g of yogurt** to each jar.
3. **Prep the strawberries and kiwi:** For the best freshness, slice the strawberries into thicker slices or quarters instead of tiny pieces. Peel the kiwi and cut it into thicker half-moons or chunks so it holds its texture better for meal prep.
4. **Add the fruit:** Layer the strawberries (76g) and kiwi (50g) evenly over the yogurt in each jar.
5. **Add the granola:** Add **30g of granola** to each jar, or store it separately if you want it to stay crunchy.
6. **Store:** Seal the jars and refrigerate for up to **3–4 days**. For the freshest texture, keep the granola separate and add it right before eating.

Macros shown are per serving.





YOU'RE READY TO GET STARTED

I hope this guide makes meal prep feel a little easier, less overwhelming, and a lot more enjoyable.

Remember, you don't have to follow everything perfectly.

Use this plan as a starting point, make adjustments based on your goals and preferences, and create meals that you genuinely look forward to eating.

Consistency will always matter more than perfection.

The more you practice, the easier it becomes to build balanced meals, stay prepared, and make choices that support your goals.

Most importantly, have fun with it!

If you make any of the recipes from this guide, I would love to see them. Tag me so I can cheer you on and see what you create. Thank you so much for letting me be a small part of your journey.

**With love,
Natalie**

