



Plant Based Meal Plan

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Plant Based Meal Plan

FAITH AND HOPE WELLNESS ASSOCIATES

When trying to eat healthy for long term health, it is always wise to eat more plants!

You will find some easy recipes here that are free of animal based proteins, dairy, eggs, and gluten. For some, these foods can be inflammatory.

If you would like more help planning your plant based meals, reach out and I can help you! I offer a meal planning package that includes 5-15 meals a week customized to your likes and dislikes. I can even customize the meals based on the amount of time you have to prepare.

Blessings!

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MON



BREAKFAST
Vegan Blueberry Muffins



SNACK 1
Carrots, Celery & Olives Snack Box



LUNCH
Warm Lentil & Sweet Potato Salad



SNACK 2
Peanut Butter & Banana Shake



DINNER
Creamy Sun Dried Tomato Pasta



SNACK 3
Chocolate Avocado Pudding

MON

FAT 31%

CARBS 55%

PROTEIN 14%

Calories 1827

Cholesterol 0mg

Fat 68g

Sodium 1957mg

Carbs 267g

Vitamin A 32511IU

Fiber 73g

Vitamin C 134mg

Sugar 90g

Calcium 1460mg

Protein 68g

Iron 26mg

Vegan Blueberry Muffins

12 SERVINGS 30 MINUTES



INGREDIENTS

2 cups All Purpose Gluten-Free Flour
2 tsps Baking Powder
3/4 cup Coconut Sugar
1 cup Oat Milk (unsweetened)
1/3 cup Unsweetened Applesauce
1 tsp Vanilla Extract
1 1/2 cups Blueberries (fresh or frozen, divided)

NUTRITION

AMOUNT PER SERVING

Calories	148	Cholesterol	0mg
Fat	0g	Sodium	90mg
Carbs	35g	Vitamin A	12IU
Fiber	5g	Vitamin C	2mg
Sugar	12g	Calcium	76mg
Protein	2g	Iron	0mg

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C). Line a muffin pan with muffin liners.
- 02 In a large mixing bowl, combine the flour and baking powder.
- 03 In a separate bowl, whisk together the sugar, oat milk, applesauce, and vanilla extract. Add to the dry ingredients and mix well until combined. Gently fold in most of the blueberries, saving some for garnish.
- 04 Scoop the batter into the muffin liners, and top with the remaining blueberries.
- 05 Bake for 20 to 25 minutes, or until a toothpick comes out clean. Let cool before serving and enjoy!

NOTES

LEFTOVERS

Store at room temperature in an airtight container for up to three days. Refrigerate in an airtight container for up to one week, or freeze if longer.

SERVING SIZE

One serving is equal to one muffin.

MORE FLAVOR

Replace some of the milk with orange juice or lemon juice.

NO APPLESAUCE

Use dairy or vegan butter, coconut oil or olive oil instead.

NO BLUEBERRIES

Use nuts, dark chocolate chips, raisins, or any fresh or frozen fruit of your choice.

NO ALL PURPOSE GLUTEN-FREE FLOUR

Use spelt, whole wheat or all purpose white flour.

FLOUR

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. Please note that if using another brand of flour, results may vary.

Carrots, Celery & Olives Snack Box

1 SERVING 5 MINUTES



INGREDIENTS

- 2 stalks Celery (cut into sticks)
- 3/4 cup Baby Carrots
- 1/4 cup Hummus
- 2 tbsps Pitted Kalamata Olives

NUTRITION

AMOUNT PER SERVING

Calories	221	Cholesterol	0mg
Fat	13g	Sodium	546mg
Carbs	23g	Vitamin A	17678IU
Fiber	8g	Vitamin C	12mg
Sugar	7g	Calcium	136mg
Protein	5g	Iron	4mg

DIRECTIONS

- 01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

Warm Lentil & Sweet Potato Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1 Sweet Potato (medium, peeled and cut into small cubes)
- 2/3 cup Vegetable Broth (divided)
- 1/2 cup Red Onion (chopped)
- 3 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 2 cups Baby Spinach
- 2 cups Lentils (cooked, rinsed)
- 2 tbsps Balsamic Vinegar
- 1/4 cup Parsley (chopped, optional)

NUTRITION

AMOUNT PER SERVING

Calories	336	Cholesterol	0mg
Fat	1g	Sodium	587mg
Carbs	63g	Vitamin A	12867...
Fiber	19g	Vitamin C	28mg
Sugar	11g	Calcium	121mg
Protein	21g	Iron	9mg

DIRECTIONS

- 01 Place sweet potato in a steamer over boiling water, cover, and cook for 8 to 10 minutes or until tender.
- 02 Meanwhile, add half of the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have softened, about 3 to 5 minutes. Add the salt and stir to combine. Wilt in the spinach.
- 03 Add the lentils, balsamic vinegar, and the remaining broth. Continue to cook over medium heat for about 5 minutes more until most of the liquid has been absorbed.
- 04 Remove the pan from the heat and stir in the steamed sweet potato and parsley. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Reheat with extra vegetable broth if lentils become too dry.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups of salad.

NO SWEET POTATO

Use cubed butternut squash instead.

Peanut Butter & Banana Shake

1 SERVING 5 MINUTES



INGREDIENTS

- 1 1/2 cups Unsweetened Almond Milk
- 1 cup Frozen Cauliflower
- 1 Banana
- 4 Ice Cubes
- 1/4 cup Chickpeas (cooked, rinsed)
- 2 tbsps All Natural Peanut Butter
- 1 tbsp Ground Flax Seed
- 1 tsp Maple Syrup (optional)

NUTRITION

AMOUNT PER SERVING

Calories	495	Cholesterol	0mg
Fat	24g	Sodium	284mg
Carbs	60g	Vitamin A	853IU
Fiber	16g	Vitamin C	67mg
Sugar	26g	Calcium	766mg
Protein	18g	Iron	4mg

DIRECTIONS

- 01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

MORE FLAVOR

Add a pinch of cinnamon or sea salt.

MAKE IT GREEN

Add spinach or kale.

NO ALMOND MILK

Use oat milk instead.

CONSISTENCY

Adjust consistency to your liking by adding more or less liquid to the blender.

Creamy Sun Dried Tomato Pasta

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1 tbsp Avocado Oil
- 2 Garlic (clove, minced)
- 1 tbsp Arrowroot Powder
- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Sun Dried Tomatoes (drained)
- 1 tbsp Nutritional Yeast
- 1/2 tsp Sea Salt
- 1 tbsp Lemon Juice
- 8 ozs Chickpea Pasta
- 1 cup Asparagus (trimmed, cut into bite-sized pieces)
- 1/4 cup Parsley (chopped)
- 1/2 tsp Chili Flakes (optional)

NUTRITION

AMOUNT PER SERVING

Calories	274	Cholesterol	0mg
Fat	8g	Sodium	431mg
Carbs	41g	Vitamin A	820IU
Fiber	11g	Vitamin C	12mg
Sugar	8g	Calcium	234mg
Protein	17g	Iron	7mg

DIRECTIONS

- 01 Heat avocado oil in a pan over medium-low heat and add garlic. Cook for 1 minute. Add the arrowroot powder and cook for another minute. Then add the almond milk and stir to combine. Stir until the milk has thickened.
- 02 Pour the almond milk mixture into a blender along with the sun dried tomatoes, nutritional yeast, sea salt and lemon juice. Blend until smooth and creamy. Add more water to thin if needed. Set aside.
- 03 Meanwhile, cook the pasta according to package directions. Drain and add the pasta back to the pot.
- 04 In a pan over medium heat, add the asparagus and sauté until cooked through, about 5 to 7 minutes. Once cooked through, add the asparagus in with the pasta. Mix in the sun dried tomato sauce. Divide onto plates and top with parsley and chili flakes, if using. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat on the stovetop until heated through.

NUT-FREE

Use coconut milk, hemp seed milk or oat milk instead of almond milk.

MORE FLAVOR

Use reserved water from cooking the pasta to thin the sauce instead.

Chocolate Avocado Pudding

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 1/3 Avocado
- 1/3 cup Pitted Dates (chopped, soaked and drained)
- 1 1/3 tbsps Maple Syrup
- 1/3 cup Plain Coconut Milk (from the carton)
- 3 1/2 tbsps Cocoa Powder

NUTRITION

AMOUNT PER SERVING

Calories	353	Cholesterol	0mg
Fat	22g	Sodium	19mg
Carbs	45g	Vitamin A	281IU
Fiber	14g	Vitamin C	13mg
Sugar	26g	Calcium	127mg
Protein	5g	Iron	2mg

DIRECTIONS

- 01 Add the avocado, soaked dates and maple syrup to the food processor and pulse to combine. Add the coconut milk and blend until the avocado mixture is smooth, scraping down the sides of the bowl as needed.
- 02 Add the cocoa powder and blend again until combined.
- 03 Serve chilled. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is approximately 1/2 cup of pudding.

MORE FLAVOR

Add vanilla extract. Adjust maple syrup to taste for a sweeter pudding.

ADDITIONAL TOPPING

Fresh berries or toasted coconut.

DATES

Medjool dates were used to create this recipe.

NO COCONUT MILK

Use another non-dairy or dairy milk instead.

NO FOOD PROCESSOR

Use a blender instead.