



ALN

A LITTLE NUTRITION

Positively Nourish Your Body

7 Day Plant-based Meal Plan



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Carrot Cake Overnight Oats	Carrot Cake Overnight Oats	Caramelized Banana & Almond Oatmeal	Caramelized Banana & Almond Oatmeal	Caramelized Banana & Almond Oatmeal	Peanut Butter Banana Oatmeal Bake	Peanut Butter Banana Oatmeal Bake
Snack 1	Double Chocolate Mint Energy Balls	Sunbutter Oat Cookies	Double Chocolate Mint Energy Balls	Sunbutter Oat Cookies	Double Chocolate Mint Energy Balls	Sunbutter Oat Cookies	Double Chocolate Mint Energy Balls
Lunch	Slow Cooker Dill Vegetable Soup	Slow Cooker Dill Vegetable Soup	Roasted Veggie and Quinoa Bowl	Roasted Veggie and Quinoa Bowl	Roasted Veggie and Quinoa Bowl	Roasted Cranberry & Sweet Potato Quinoa Salad	Roasted Cranberry & Sweet Potato Quinoa Salad
Snack 2	Popcorn, Blackberries and Walnuts	Apples & Almonds	Popcorn, Blackberries and Walnuts	Apples & Almonds	Popcorn, Blackberries and Walnuts	Grapes & Cashews	Grapes & Cashews
Dinner	Sweet Potato Black Bean Quinoa Bake	Sweet Potato Black Bean Quinoa Bake	Lentil Salad with Maple Roasted Squash	Lentil Salad with Maple Roasted Squash	Mediterranean Buddha Bowl	One Pot Taco Pasta	One Pot Taco Pasta
			Quinoa	Quinoa			



Fruits

- 2 Apple
- 2 Avocado
- 5 1/2 Banana
- 1 1/2 cups Blackberries
- 2 cups Grapes
- 3/4 cup Lemon Juice
- 2 Lime

Breakfast

- 3/4 cup All Natural Peanut Butter
- 3 tbsps Almond Butter
- 1 1/8 cups Maple Syrup

Seeds, Nuts & Spices

- 3 cups Almonds
- 1/2 cup Cashews
- 1/2 cup Chia Seeds
- 2 2/3 tbsps Chili Powder
- 2 1/4 tpsps Cinnamon
- 2 2/3 tbsps Cumin
- 2 tpsps Garlic Powder
- 1/2 tsp Ground Ginger
- 3 tbsps Hemp Seeds
- 1 1/8 tbsps Italian Seasoning
- 1 1/8 cups Pumpkin Seeds
- 1 3/4 tbsps Sea Salt
- 1 cup Walnuts

Frozen

- 1 cup Frozen Corn
- 4 cups Frozen Cranberries

Vegetables

- 6 cups Broccoli
- 4 cups Butternut Squash
- 5 Carrot
- 8 stalks Celery
- 1 Cucumber
- 1/2 cup Fresh Dill
- 4 Garlic
- 22 stalks Green Onion
- 8 cups Kale Leaves
- 1/2 cup Parsley
- 5 Red Bell Pepper
- 1/2 cup Red Onion
- 1 head Romaine Hearts
- 20 Sweet Potato
- 2 Tomato

Boxed & Canned

- 5 cups Black Beans
- 4 cups Brown Rice Pasta Shells
- 4 cups Chickpeas
- 3 cups Dry Chickpeas
- 4 cups Lentils
- 5 cups Organic Chicken Broth
- 4 cups Organic Coconut Milk
- 3 cups Organic Popcorn
- 2 cups Organic Salsa
- 20 1/2 cups Organic Vegetable Broth
- 9 cups Quinoa

Baking

- 1/4 cup Cacao Nibs
- 1/2 cup Cacao Powder
- 3/4 cup Coconut Sugar
- 1/2 cup Dried Unsweetened Cranberries
- 1/4 cup Nutritional Yeast
- 9 3/4 cups Oats

Bread, Fish, Meat & Cheese

- 2 lbs Extra Lean Ground Beef
- 1/2 cup Hummus

Condiments & Oils

- 1 cup Apple Cider Vinegar
- 1/2 cup Avocado Oil
- 1 1/2 tpsps Coconut Oil
- 1 1/3 tbsps Dijon Mustard
- 1 cup Extra Virgin Olive Oil
- 1/2 cup Pitted Kalamata Olives
- 3 cups Sunflower Seed Butter
- 1/3 cup Tahini

Cold

- 3 Egg
- 9 1/2 cups Unsweetened Almond Milk
- 1/4 cup Unsweetened Coconut Yogurt

Other

- 7 2/3 cups Water





Carrot Cake Overnight Oats

9 ingredients · 8 hours · 2 servings



Directions

1. Add the oats, grated carrot, chia seeds, cinnamon, ground ginger, almond milk and maple syrup to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge and divide them into jars. Top with yogurt and walnuts. Enjoy!

Ingredients

- 1 cup** Oats (rolled)
- 1/2** Carrot (medium, grated)
- 2 tbsps** Chia Seeds
- 1/2 tsp** Cinnamon
- 1/4 tsp** Ground Ginger
- 1 1/4 cups** Unsweetened Almond Milk
- 2 tbsps** Maple Syrup
- 2 tbsps** Unsweetened Coconut Yogurt
- 2 tbsps** Walnuts (roughly chopped)

Caramelized Banana & Almond Oatmeal

8 ingredients · 10 minutes · 1 serving



Directions

1. Add oats, almond milk and half of the cinnamon to a small saucepan. Bring to a low boil then reduce to a steady simmer. Cook, stirring occasionally, for about 5 minutes or until the oats are tender and most of the liquid is absorbed.
2. Meanwhile, in a small pan, heat the coconut oil over medium-high heat. Add the remaining cinnamon and the banana cut side down. Cook for 1 to 2 minutes until slightly browned and caramelized.
3. Transfer the cooked oats to a bowl and top with caramelized banana, almonds, hemp hearts, and almond butter. Enjoy!

Ingredients

- 1/2 cup** Oats (rolled or old-fashioned)
- 1 cup** Unsweetened Almond Milk
- 1/4 tsp** Cinnamon (divided)
- 1/2 tsp** Coconut Oil
- 1/2** Banana (sliced lengthwise down the middle)
- 2 tbsps** Almonds (chopped)
- 1 tbsp** Hemp Seeds
- 1 tbsp** Almond Butter

Peanut Butter Banana Oatmeal Bake

6 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C). Line a square or loaf pan with parchment paper, or grease it with your choice of oil.
2. Cut half of your bananas into slices, and mash the remaining half with the back of a fork.
3. In a mixing bowl, combine the oats, milk, maple syrup, chia, mashed bananas, and 2/3 of the peanut butter.
4. Transfer the mixture to your pan. Top with banana slices and drizzle the remaining peanut butter over top. Bake for 35 minutes and let cool slightly before serving. Enjoy!

Ingredients

- 2 Banana (divided)
- 2 cups Oats (quick or traditional)
- 2 cups Unsweetened Almond Milk
- 2 tbsps Maple Syrup
- 2 tbsps Chia Seeds
- 1/3 cup All Natural Peanut Butter (divided)

Double Chocolate Mint Energy Balls

7 ingredients · 15 minutes · 6 servings



Directions

1. Add the dates, almonds, cacao powder, cacao nibs, sea salt and peppermint extract to the bowl of a food processor. While the food processor is running stream in the water. Run the food processor until the date mixture forms a ball.
2. Form the mixture into small balls with your hands and enjoy!

Ingredients

- 1/2 cup Pitted Dates
- 1/2 cup Almonds (raw)
- 2 tbsps Cacao Powder
- 1 tbsp Cacao Nibs
- 1/8 tsp Sea Salt
- 1/2 tsp Peppermint Extract
- 1 tbsp Water

Sunbutter Oat Cookies

4 ingredients · 15 minutes · 8 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a bowl, mix the sunflower seed butter and egg together. Then add sugar and oats until thoroughly combined.
3. For each cookie, scoop one tablespoonful of the dough onto the baking sheet and flatten gently with a fork. Bake for 10 minutes. Let cool slightly before serving.

Ingredients

- 1 cup** Sunflower Seed Butter
- 1** Egg
- 1/4 cup** Coconut Sugar
- 3/4 cup** Oats (large flake)

Slow Cooker Dill Vegetable Soup

10 ingredients · 4 hours · 8 servings



Directions

1. Pour the vegetable broth into the slow cooker and set to high while you prepare the remaining ingredients.
2. Add the chickpeas, carrot, celery and salt. Continue to cook on high for 4 hours, or set to low for 8 hours.
3. Stir in the kale, dill, coconut milk, apple cider vinegar and nutritional yeast. Adjust the salt as needed and cook for another 10 minutes.
4. Divide into bowls and enjoy!

Ingredients

- 6 cups** Organic Vegetable Broth
- 1 1/2 cups** Dry Chickpeas (uncooked, rinsed)
- 2** Carrot (medium, peeled and diced)
- 4 stalks** Celery (diced)
- 1 tsp** Sea Salt
- 4 cups** Kale Leaves (chopped)
- 1/4 cup** Fresh Dill (stems removed, chopped)
- 2 cups** Organic Coconut Milk (canned)
- 2 tbsps** Apple Cider Vinegar
- 2 tbsps** Nutritional Yeast

Roasted Veggie and Quinoa Bowl

12 ingredients · 40 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Transfer the chopped broccoli, sweet potatoes and chickpeas to the the prepared baking sheet. Season the vegetables with half of the lemon juice, Italian seasoning and sea salt. Bake for 30 to 35 minutes until vegetables are very tender and chickpeas are crispy.
3. While the vegetables are roasting, add the quinoa and broth to a medium pot with a tight-fitting lid. Bring to a boil, cover with lid and reduce heat to low. Cook until the liquid is absorbed and quinoa is tender. Remove from heat and set aside.
4. While the quinoa is cooking, combine the tahini, warm water, maple syrup and remaining lemon juice in a small bowl. Whisk until smooth. Season with additional salt if needed.
5. To assemble, divide the quinoa and roasted vegetables between bowls. Drizzle with tahini sauce and top with pumpkin seeds (optional). Enjoy!

Ingredients

- 2 cups** Broccoli (chopped into florets)
- 2** Sweet Potato (medium, cut into 1/2-inch cubes)
- 1 cup** Chickpeas (cooked)
- 1/4 cup** Lemon Juice (divided)
- 1 tsp** Italian Seasoning
- 1/4 tsp** Sea Salt
- 2/3 cup** Quinoa (uncooked)
- 1 1/2 cups** Organic Vegetable Broth
- 2 tbsps** Tahini
- 2 tbsps** Water (warm)
- 1 1/2 tbsps** Maple Syrup
- 1 tbsp** Pumpkin Seeds (optional)

Roasted Cranberry & Sweet Potato Quinoa Salad

10 ingredients · 45 minutes · 6 servings



Directions

1. Preheat oven to 400°F (204°C).
2. In a glass or foil-lined baking dish, toss the sweet potato with 1/3 of the avocado oil, and salt. Roast for 30 minutes, adding the cranberries midway.
3. Combine the quinoa and water in a saucepan over high heat. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid, turn off the heat and fluff with a fork.
4. In a large mixing bowl, whisk together the remaining avocado oil, apple cider vinegar, mustard and maple syrup. Add the roasted sweet potato, cranberries, quinoa and pumpkin seeds. Gently toss until well combined. Enjoy!

Ingredients

- 4 Sweet Potato (medium, peeled and cubed)
- 3 tbsps Avocado Oil (divided)
- 1/4 tsp Sea Salt
- 2 cups Frozen Cranberries (or fresh)
- 1 cup Quinoa (dry, uncooked)
- 2 cups Water
- 1 1/2 tbsps Apple Cider Vinegar
- 2 tsps Dijon Mustard
- 1 tbsp Maple Syrup
- 1/2 cup Pumpkin Seeds

Popcorn, Blackberries and Walnuts

3 ingredients · 5 minutes · 1 serving



Directions

1. Serve all ingredients in a bowl or store them in a portable container if on-the-go. Enjoy!

Ingredients

- 1 cup Organic Popcorn
- 1/2 cup Blackberries
- 1/4 cup Walnuts

Apples & Almonds

2 ingredients · 5 minutes · 1 serving



Directions

1. Core apple and cut it into slices. Serve with almonds.

Ingredients

- 1 Apple (sliced)
- 1/4 cup Almonds

Grapes & Cashews

2 ingredients · 2 minutes · 1 serving



Directions

1. Place grapes and cashews together in a bowl.
2. Happy munching!

Ingredients

- 1 cup** Grapes
- 1/4 cup** Cashews

Sweet Potato Black Bean Quinoa Bake

12 ingredients · 55 minutes · 6 servings



Directions

1. Preheat oven to 375°F (190°C).
2. In a large baking dish, add the sweet potatoes, black beans, quinoa, pepper, onion, chili powder, cumin, garlic and sea salt. Stir well to combine and then add the broth.
3. Cover the baking dish with foil and bake for 40 minutes or until the broth has absorbed completely, the quinoa is fluffy and the sweet potatoes are tender. Remove from the oven.
4. Let the quinoa bake sit for 5 minutes before dividing between plates. Top each plate with lime juice and avocado. Enjoy!

Ingredients

- 3 Sweet Potato (small, peeled and chopped)
- 2 cups Black Beans (cooked, from the can)
- 1 cup Quinoa (dry, uncooked)
- 1 Red Bell Pepper (chopped)
- 3 stalks Green Onion (chopped)
- 1 tbsp Chili Powder
- 1 tbsp Cumin (ground)
- 1 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 2 cups Organic Vegetable Broth
- 1 Lime (juiced)
- 1 Avocado (diced)

Lentil Salad with Maple Roasted Squash

11 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Arrange butternut squash cubes on the baking sheet and season with avocado oil and half of the salt. Roast in the oven for 20 minutes then remove from oven and drizzle with maple syrup. Return to the oven for an addition 5 to 10 minutes, or until the butternut squash is tender and maple syrup has started to caramelize. Remove from the oven and let cool slightly.
3. In a large mixing bowl whisk together the extra virgin olive oil, apple cider vinegar, cinnamon and remaining salt. Fold in lentils, green onion, cranberries, parsley and butternut squash. Season with additional salt if needed. Enjoy!

Ingredients

- 2 cups** Butternut Squash (chopped into 1 cm cubes)
- 1 1/2 tsps** Avocado Oil
- 1/4 tsp** Sea Salt (divided)
- 2 tsps** Maple Syrup
- 1/4 cup** Extra Virgin Olive Oil
- 2 tsps** Apple Cider Vinegar
- 1/4 tsp** Cinnamon
- 2 cups** Lentils (cooked, from the can)
- 4 stalks** Green Onion (chopped)
- 1/4 cup** Dried Unsweetened Cranberries
- 1/4 cup** Parsley (chopped)

Quinoa

2 ingredients · 15 minutes · 4 servings



Directions

1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 - 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Ingredients

- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water

Mediterranean Buddha Bowl

12 ingredients · 10 minutes · 4 servings



Directions

1. Cook the quinoa according to the directions on the package, and set aside.
2. Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
3. Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
4. Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

Ingredients

- 1 cup** Quinoa (dry, uncooked)
- 1 head** Romaine Hearts (chopped)
- 1 cup** Chickpeas (cooked, from the can)
- 1** Cucumber (chopped)
- 1** Red Bell Pepper (chopped)
- 1/2 cup** Red Onion (finely chopped)
- 1/2 cup** Hummus
- 1/2 cup** Pitted Kalamata Olives
- 1/4 cup** Extra Virgin Olive Oil
- 3 tbsps** Apple Cider Vinegar
- 1/2 tsp** Italian Seasoning
- 1/8 tsp** Sea Salt

One Pot Taco Pasta

14 ingredients · 40 minutes · 6 servings



Directions

1. Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
2. Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
3. Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
4. Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
5. Remove from heat, divide into bowls and serve immediately. Enjoy!

Ingredients

- 1 tbsp** Extra Virgin Olive Oil
- 1 lb** Extra Lean Ground Beef
- 4 stalks** Green Onion (finely chopped)
- 2** Garlic (cloves, minced)
- 1 tsp** Cumin (ground)
- 1 tsp** Chili Powder
- 1/4 tsp** Sea Salt
- 1** Tomato (large, diced)
- 1/2 cup** Frozen Corn (thawed)
- 1/2 cup** Black Beans (cooked, from the can)
- 1** Red Bell Pepper (diced)
- 2 1/2 cups** Organic Chicken Broth
- 1 cup** Organic Salsa
- 2 cups** Brown Rice Pasta Shells (dry, uncooked)