



3-DAY VEGAN MENU

PERFECT PROTEIN PLAN

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Host of the Once a Week Vegan Cooking Club



DAY ONE

BREAKFAST

Blueberry Overnight Oats

LUNCH

Edamame Mango Salad

- 1 cup unsweetened soy milk

DINNER

Lentil Bolognese on a whole grain pasta or bean-based pasta

- Leafy greens salad with vinaigrette

SNACK OPTIONS

- Maple Tahini Energy Ball with 1 cup unsweetened soy milk
- Apple wedges with almond butter
- Banana slices with peanut butter



DAY TWO

BREAKFAST

Blueberry Overnight Oats

LUNCH

Edamame Mango Salad

- 1 cup soy milk

DINNER

Best Tofu Scramble

- Leafy greens salad with vinaigrette
- Whole grain toast

SNACK OPTIONS

- Maple Tahini Energy Ball with 1 cup unsweetened soy milk
- Apple wedges with almond butter
- Banana slices with peanut butter



DAY THREE

BREAKFAST

Leftover Tofu Scramble

- Whole grain toast
- Orange wedges or tomato slices

LUNCH

Leftover Lentil Bolognese on a whole grain pasta or bean-based pasta

- Leafy greens salad with vinaigrette

DINNER

Black Bean Burritos

- Leafy greens salad with vinaigrette

SNACK OPTIONS

- Maple Tahini Energy Ball with 1 cup unsweetened soy milk
- Apple wedges with almond butter
- Banana slices with peanut butter



Blueberry Overnight Oats

1 1/2 cups unsweetened soy milk

1 1/2 cups old-fashioned rolled oats

3 tbsp almond butter

3 tbsp ground flaxseeds

3 tbsp hempseeds

1 tsp pure vanilla extract

1 tbsp cinnamon

1 tbsp maple syrup

pinch salt

1 1/2 cup blueberries or other berries

- In a medium bowl, stir together: milk, oats, almond butter, ground flaxseed, hempseeds, vanilla, cinnamon, maple syrup, and salt.
- Store the bowl, covered, in fridge overnight. Alternatively, divide amongst 3 jars and top each with 1/2 cup berries, cover with lid.
- In the morning, check texture and taste. Add more milk, cinnamon, if desired.
- Top with berries, if not in individual jars.
- Can be served cold or heated up in microwave.

TIP: Serve with toppings such as extra maple syrup, sliced banana, chopped walnuts or pecans, sunflower seeds or pumpkin seeds.

Store in fridge up to 4 days.

Best Tofu Scramble

2 tsp olive oil
1 (454g) block of firm or extra-firm tofu

SAUCE:

1/2 tsp ground turmeric
1/2 tsp garlic powder
1/2 tsp onion powder
1/4 tsp paprika
1 tsp red pepper flakes
1/2 tsp kala namak (a black salt, optional)
Freshly cracked black pepper
1 tbsp tahini
2 tbsp nutritional yeast
1/2 cup unsweetened, unflavoured oat milk (or other plant-based milk)
Iodized salt, to taste

- Drain the tofu and pat dry with a clean dish towel.
- Add oil to a large nonstick fry pan over medium-high heat.
- Crumble the pressed tofu with your hands into bite-sized chunks into the pan.
- Lightly brown the tofu chunks, stirring occasionally, about 5 to 7 minutes.
- While tofu is cooking, whisk together the sauce ingredients.
- Add the sauce to the tofu scramble, gently stir to combine and cook for 1-2 minutes.

Tip: Add sliced mushrooms - saute before adding the crumbled tofu.
Add leafy greens at the end after adding the sauce - cook just until wilted.

BLACK BEAN BURRITOS

SERVES 6

1 tbsp extra virgin olive oil
1 large yellow onion, diced
4 cloves garlic, minced
1 jalapeño, seeded and finely minced or 1 tsp chili flakes
1 large red bell pepper, diced
1 cup frozen corn kernels
1 large tomato diced
1 cup cooked quinoa
3 cups black beans, cooked
1 tablespoon ground cumin
1 tsp smoked paprika
1 tsp chili powder
1 tsp salt
½ bunch fresh cilantro, chopped (optional)
1 cup shredded vegan cheese (optional)
6 large whole wheat tortillas

- Heat the oil in a large skillet over medium-high heat. Add onions and sauté for 3-4 min.
- Add the garlic and jalapeños and sauté for about 2 min.
- Add red pepper and sauté for 5-6 min.
- Add the corn, and tomato and sauté for 2-3 minutes, until the mixture is heated through.
- Add quinoa, black beans, cumin, smoked paprika, chili, and salt. Stir to combine well.
- Taste, and adjust seasonings if necessary.
- Remove from heat and stir in cilantro.
- Divide the filling between the six tortillas, sprinkle with vegan cheese and roll up.
- Serve with a crisp green salad.

TIP: Freeze on a tray then put in a freezer bag for up to 3 months
Let thaw in fridge and microwave or heat up in oven at 300 until warmed through.

Edamame Mango Salad

Quinoa Salad:

- 1 cup quinoa, uncooked
- 2 ripe mangoes, chopped
- 1 small red onion, finely diced
- 1 red bell pepper, diced
- 4-6 cups crispy leafy greens, such as romaine, washed and spun dry
- 1/2 cup almonds, chopped
- 1 cup shelled edamame, thaw by covering with boiling water

Dressing:

- 1 lime, juiced
- 1 Tbsp white wine vinegar or another lightly coloured vinegar
- 1 tsp maple syrup
- 2 Tbsp olive oil
- Salt and pepper to taste

- Cook the quinoa according to package instructions. Set aside to cool.
- Meanwhile, add all dressing ingredients to a small bowl and whisk to combine. Season to taste. Set aside.
- Prepare all of the vegetables and mangoes for the salad.
- Put the leafy greens in a large bowl and, with your hands, coat the leaves with **1-2 tbsp of the dressing.**
- Portion out the dressed leafy greens on the center of each plate and make a well in the middle. Or add all greens to a medium platter.
- Use the same large bowl to combine the quinoa, mangoes, red onion, red pepper, almonds and edamame. Stir gently to combine.
- Add the rest of the dressing and gently stir to combine.
- Put 1-2 large scoops of the quinoa mixture in the middle of leafy greens on each plate or on the large platter.

Tip: Top with some chopped, fresh parsley.

LENTIL BOLOGNESE

4 -6 Servings

1 tbsp olive oil

1 onion, finely chopped

1 tsp salt

2 cloves garlic, minced

2 medium carrots, grated

1 tbsp dried oregano, or more

Freshly ground black pepper

1 tsp red chili flakes, or more

1 zucchini, grated (optional)

2 cups mushrooms, sliced

2 tbsp tomato paste

2 cups crushed tomatoes or tomato sauce (passata)

1 cup red lentils, rinsed well

2 cups water or broth, plus more if needed

1-2 tbsp Balsamic vinegar

Cooked pasta to serve

- Put a large pot over medium heat, add oil, onions and salt, saute for 2-3 minutes.
- Add garlic, carrots, oregano, pepper and red chili flakes. Reduce the heat to medium and cook for 3 minutes. Stir regularly. (Add water or broth if it starts to stick).
- Add mushrooms and zucchini and cook for 3 minutes, stir often.
- Add tomato paste and crushed tomatoes, cook for 2-3 minutes.
- Add the lentils and broth and simmer for 10-15 minutes, stir occasionally.
- Stir in balsamic vinegar, taste and adjust seasonings.
- Stir well and serve over cooked pasta.

Tip: You can make this 2-3 days ahead and store in the fridge. Heat in pot on stove, and add a little boiling water if necessary.

MAPLE TAHINI ENERGY BALLS

1/4 cup almond butter or peanut butter

1/4 cup tahini (sesame seed butter)

6 tbsp maple syrup

2 tsp vanilla extract

Pinch salt

1 1/4 cup old fashioned or large flake oats

1/4 cup hempseeds

Handful of chocolate chips (or dried cranberries, raisins), optional

- Mix the nut butter, tahini, maple syrup, vanilla extract and salt in a medium bowl.
- Add the oats, hemp seeds and chocolate chips
- Combine well using hands or spoon. Hands are easier!
- Using approximately 2 Tbsp of mixture each time, form into balls.

TIP: If too dry, add a little extra tahini. If too moist, add more oats
Store in the fridge for 1 week or the freezer for up to 3 months.

GROCERY LIST

FRUITS

VEGETABLES

GRAINS

PROTEIN

STAPLES

CANNED GOODS

FROZEN FOODS

MISCELLANEOUS