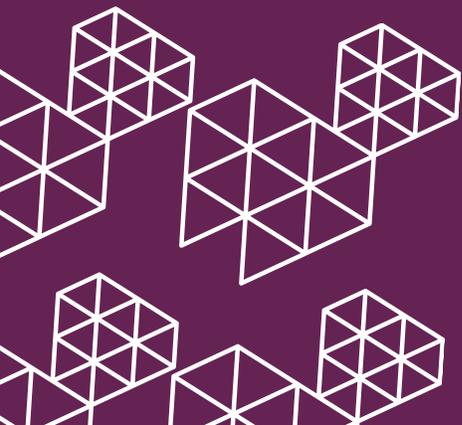


# 4 WEEK PLANT-BASED CHALLENGE



# 4 Week Plant-Based Challenge

The premise of this challenge is to introduce plant-based meals into your weekly routine to slowly incorporate more fruits and vegetables and slowly eliminate meat and animal products. This challenge is not intended to fully eliminate animal products but to gradually add plant-based meals and find foods and alternatives that work best for them. Along with this 4-week challenge, you will pick days out of the week to walk consistently on your treadmill.

## 4 Week Challenge Plan:

### Week 1:

- Pick 3 days out of the week to eat 1 meal that is completely plant-based
- Pick at least 2 days out of the week to walk for 15 mins (does not have to be on the same days as plant-based meals and can pick more than 2 if desired).

### Week 2:

- Pick 4 days out of the week to eat 1 meal that is completely plant-based
- Pick 2 days out of the week to walk on the treadmill for 30 mins

### Week 3:

- Pick 5 days out of the week to eat 1 meal that is completely plant-based
- Pick 3 days out of the week to walk on the treadmill for 30 mins

### Week 4:

- Pick 3 days out of the week to eat 2 meals (same day) that are plant-based, OR, pick 5 days to eat 1 meal that is plant-based
- Pick 3 days out of the week to walk on the treadmill for 30 mins

Provided with this packet is a list of animal products that can be swapped with plant-based ones. A calendar is provided to pre-plan days that will incorporate plant-based meals and exercise regimens. At the end of this packet is a section to fill out your goals and what barriers may prevent you from accomplishing this challenge. Think about what you can do to overcome those barriers to be successful with this challenge.

# MONDAY

## BREAKFAST

Steel-cut oatmeal with soy milk, any fruit, agave.

## LUNCH

Tofu scramble, roasted sweet potatoes, veggies and brown rice.

## DINNER

Gluten-free pasta, tomato sauce, and roasted veggies.

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# TUESDAY

## BREAKFAST

Breakfast skillet with potatoes and veggies

## LUNCH

Burrito with beans, potatoes, rice, lettuce, and tomato.

## DINNER

Tofu barbecue with garlic fried rice, and a side of roasted veg.

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# WEDNESDAY

## BREAKFAST

Toast with peanut butter and sliced bananas

## LUNCH

Bow-tie pasta with spinach, mushrooms and sundried tomatoes

## DINNER

Potato, Kale and Lentil soup

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# THURSDAY

## BREAKFAST

Peanut butter and jam smoothie bowl

## LUNCH

Cobb Salad

## DINNER

Plant based mac n cheese

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# FRIDAY

## BREAKFAST

Avocado toast with roasted pumpkin seeds and everything bagel seasoning.

## LUNCH

Tofu scramble, roasted sweet potatoes, brown rice.

## DINNER

Stuffed bell peppers

# PLANT-BASED MEAL PLAN

5-Day Example Menu

A 5-day meal plan, good for supporting optimal health

# AUGUST 2021

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

## NOTES

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# GROCERY LIST

STORE NAME:

DATE:

## PRODUCE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## CANNED GOODS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## OTHERS

- \_\_\_\_\_
- \_\_\_\_\_
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## CONDIMENTS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN FOODS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PANTRY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## NON-DAIRY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# VEGAN BREAKFAST SKILLET

by heatherchristo.com

## Ingredients

- 2 pounds russet potatoes, large diced
- ⅓ cup vegetable oil
- 1 yellow onion, diced
- 1 red bell pepper, diced
- 8 ounces mushrooms, quartered
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- kosher salt
- 2 cups baby spinach
- ¼ cup freshly chopped curly parsley
- 1 lemon

**PREPARATION: 10MIN**

**COOKING: 20MIN**

**READY IN: 30MIN**

**MAKES 4 SERVINGS**

## Directions

1. Add the potatoes to a pot of boiling salted water and boil them, par-cooking the potatoes for about 3 minutes.
2. Meanwhile, let the potatoes cool and cook the vegetables. In a heavy pan or skillet over medium heat add 2 tablespoons of oil and the onion and sprinkle with kosher salt. Cook for about 3 minutes and then add the mushrooms and cook for another 5 minutes until the onions are soft and the mushrooms are tender and browned. Add the red bell peppers and cook for 1-2 more minutes. Transfer the vegetables to a separate bowl.
3. Add the remaining oil to the pan and fry the potatoes until golden and tender in the skillet over medium-high heat. Season to taste with kosher salt and the paprika and garlic powder.
4. Add the vegetables back to the skillet along with the spinach, which should be folded in and will wilt right away. Squeeze a little lemon juice and season to taste with kosher salt and garnish with the parsley. Serve hot with ketchup or salsa on the side for dipping!

**PREPARATION: 10MIN**  
**COOKING: 40MIN**  
**READY IN: 50MIN**  
**MAKES 6 SERVINGS**

# POTATO, KALE & LENTIL SOUP

by [thissavoryvegan.com](http://thissavoryvegan.com)

## Ingredients

- 2 tbsp olive oil
- 1 yellow onion diced
- 4 cloves garlic diced
- 1 tsp oregano
- 1 tbsp smoked paprika
- salt & pepper to taste
- 6 oz soyrito
- 1 chipotle pepper in adobo diced
- 1.5 cups cooked lentils
- 2 cups yellow potatoes cut in bite-sized pieces
- 4 cups broth
- 2 cups water
- ½ lime juiced
- 2 cups kale torn into bite-sized pieces
- jalapeños, green onions, lime wedges for serving

## Directions

1. Heat the olive oil in a large pot over medium heat. Add the onion, garlic, oregano, smoked paprika and a pinch of salt & pepper. Stir to combine and cook down for 3 minutes.
2. Add the soyrito and chipotle pepper and stir to combine. Add the lentils, potatoes, broth and water and give it one more stir. Bring to a boil, then lower heat and simmer for 15-20 minutes, or until the potatoes are fork tender.
3. Add the lime juice and kale and cook for an additional 10 minutes. Taste and adjust seasonings as needed.
4. Serve hot topped with green onions, jalapeños and lime wedges.



# PEANUT BUTTER AND JAM SMOOTHIE BOWL

by coconutbowls.com

## Ingredients

- Bananas, 2 (frozen)
- Almond Milk, 1/4 cup
- Peanut Butter, 1 tbsp
- Homemade Berry Jelly, 2-3 tbsp (or store-bought)
- Cacao Nibs, 1/2 tbsp
- Raw Vegan Chocolate Chunks

## Directions

1. Blend the frozen bananas, almond milk and peanut butter in a blender until smooth.
2. Pour into your favourite Coconut Bowl and top with your berry jelly, cacao nibs and chocolate chunks. You can also add in a dollop of peanut butter to make it even more decadent!

**PREPARATION: 5MIN**

**COOKING: 5MIN**

**READY IN: 10MIN**

**MAKES 1 SERVINGS**



# FOOD SWAP LIST

## DAIRY

Cow's milk  
Yogurt  
Cheese  
Sour Cream  
Butter  
Ice Cream

## NON-DAIRY

Almond milk  
Coconut milk  
Cashew milk  
Oat milk  
Coconut Yogurt  
Cashew Yogurt  
Daiya Cheese  
Follow Your Heart sour cream  
Can't Believe It's Not Butter  
Frozen Banana



## MEAT

Pork  
Beef  
Chicken  
Fish  
Eggs

## PLANT-BASED PROTEIN

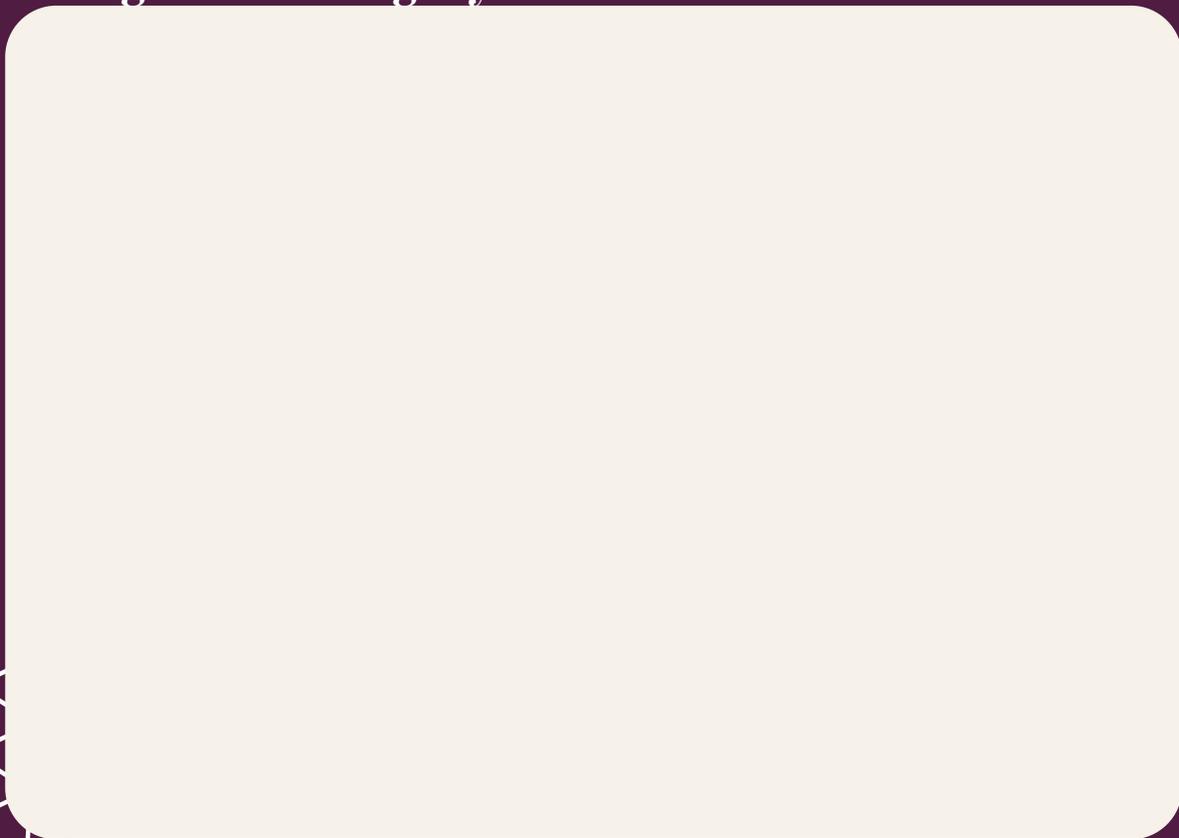
Tofu  
Tempeh  
Seitan  
Gardein Brand  
Beans  
Textured Vegetable Protein  
Flax seed meal (baking)



## Goals



**What are barriers that might prevent you from reaching your goal? How might you overcome these barriers?**



## **Progress Report (Any Changes?)**



## **What would you do differently?**

