



— 30 - DAY —

# *Plant-Based* Meal Guide: Week 1

■ TRANSFORMATION PROGRAM ■

YOUR BEST LIFE NUTRITION & WELLNESS  
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# MEAL GUIDE

## Week 1

	BREAKFAST	SNACK 1	LUNCH	DINNER
MONDAY	Avocado Brain-Booster Smoothie	Apple	Vegan Detox Wraps	Lentil & Escarole Soup
TUESDAY	Berry Delicious Smoothie + Vegan Protein Powder	Apple	Vegan Detox Wraps	Lentil & Escarole Soup
WEDNESDAY	Avocado Brain-Booster Smoothie	Fresh Sliced Veggies	Lentil & Escarole Soup	1-Pan Italian Roasted Vegetable Dinner
THURSDAY	Avocado Power Toast	2 Tbsp Almonds	Lentil & Escarole Soup	1-Pan Italian Roasted Vegetable Dinner
FRIDAY	Berry Delicious Smoothie + Vegan Protein Powder	Apple + 2 Tbsp Almonds	1-Pan Italian Roasted Vegetable Dinner	Vegan Coconut Curry
SATURDAY	Simple Southwest Scramble	Water	Vegan Coconut Curry	Kitchen Sink Kale Salad
SUNDAY	Simple Southwest Scramble	Water	Kitchen Sink Kale Salad	Vegan Coconut Curry *See note below

\* leftovers are in orange

\*\*Make Blueberry Overnight Oats on Sunday night before bed

# GROCERY LIST

*Week 1*

## *Vegetables*

- ☐ 1 cup alfalfa sprouts
- ☐ 1 lb asparagus
- ☐ 1 cup broccoli
- ☐ 2 cups butternut squash
- ☐ 7 carrots (large)
- ☐ 2 heads cauliflower
- ☐ 1 cucumber
- ☐ 1 head garlic (7 cloves)
- ☐ 1" piece ginger
- ☐ 2 tomatoes
- ☐ 2 pints cherry tomatoes
- ☐ 1 orange pepper
- ☐ 1 yellow pepper
- ☐ 3 red peppers
- ☐ 1 red Thai chili pepper (optional)
- ☐ 2 sweet onions
- ☐ 2 yellow onions
- ☐ 1 zucchini
- ☐ enough extra veggies for 1 snack
- ☐ 1 cup FROZEN peas
- ☐ 1 cup FROZEN corn

## *Greens*

- ☐ 6 cups baby spinach
- ☐ 11 cups kale
- ☐ 1 head escarole
- ☐ 4-6 bibb lettuce leaves
- ☐ Fresh basil

## *Fruit*

- ☐ 4 apples (1 should be Granny Smith)
- ☐ 3 avocados
- ☐ 2 bananas
- ☐ 6 lemons
- ☐ 2 limes
- ☐ 1/2 cup FROZEN blueberries
- ☐ 2 cups FROZEN mixed berries

## *Other*

- ☐ 1 can white navy beans
- ☐ 1 can black beans
- ☐ 1 cup lentils
- ☐ 1 x 15 oz can chickpeas
- ☐ Package of gluten-free bread (frozen)
- ☐ 20 oz Tofu (extra firm)
- ☐ 28 oz can diced fire-roasted tomatoes
- ☐ siracha (optional)
- ☐ honey (local if possible) OR maple syrup
- ☐ 1 package of quinoa
- ☐ tahini
- ☐ balsamic vinegar
- ☐ extra virgin olive oil
- ☐ coconut oil
- ☐ Vegan protein powder
- ☐ 6 cups vegetable broth (low sodium)

## *Nuts, Seeds & Nut Milks*

- ☐ 4 cups unsweetened almond milk
- ☐ 1 can coconut milk (full fat)
- ☐ 2 tsp ground flax seed
- ☐ small package of chia seeds
- ☐ small package hemp hearts
- ☐ small package raw, unsalted almonds
- ☐ small package of pumpkin seeds

## *Spices*

- ☐ dried basil
- ☐ ground black pepper
- ☐ cumin
- ☐ curry powder
- ☐ garlic powder
- ☐ sea salt
- ☐ chili powder
- ☐ oregano
- ☐ paprika
- ☐ red pepper flakes
- ☐ thyme
- ☐ turmeric





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# *Plant-Based* Meal Guide: Week 2

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# MEAL GUIDE

## Week 2

	BREAKFAST	SNACK 1	LUNCH	DINNER
MONDAY	Blueberry Overnight Oats	1/2 cup Edamame	Kitchen Sink Kale Salad	Vegan Coconut Curry
TUESDAY	Blueberry Overnight Oats	Fresh Sliced Veggies	Kitchen Sink Kale Salad	Out of This World South American Stew
WEDNESDAY	Pineapple Turmeric Smoothie + Vegan Protein Powder	Apple & 1/4 cup Almonds	Vegan Tuna Salad + Gluten-Free Bread + 1/4 Avocado	Out of This World South American Stew
THURSDAY	Strawberry Coconut Smoothie + Vegan Protein Powder	Celery + 1/4 cup Humus	Vegan Tuna Salad + Gluten-Free Bread + 1/4 Avocado	Out of This World South American Stew
FRIDAY	Pineapple Turmeric Smoothie + Vegan Protein Powder	Vegan Tuna Salad + Tomato Slices	Out of This World South American Stew	Vegan Stir Fry
SATURDAY	Vegan Breakfast Tacos!	1/2 cup Edamame	Mediterranean Buddha Bowl + Apple	Vegan Stir Fry
SUNDAY	Vegan Breakfast Tacos!	6 oz Non-Dairy Yogurt + 2 Tbsp Pumpkin Seeds	Vegan Stir Fry	Mediterranean Buddha Bowl

\* leftovers are in orange

# GROCERY LIST

## Week 2

### *Vegetables*

- ☐ 1 cup broccoli florets
- ☐ 2 carrots (large)
- ☐ 1 small head celery
- ☐ 1 cucumber
- ☐ 1 cup ready-to-eat edamame  
(or frozen if you can't find fresh)
- ☐ 1 head garlic (6 cloves)
- ☐ 1" piece ginger
- ☐ 1 cup mushrooms
- ☐ 1 cup snow peas
- ☐ 3 red peppers
- ☐ 2 lbs sweet potatoes
- ☐ 1 small red onion
- ☐ 1 yellow onion
- ☐ 1 yellow squash
- ☐ enough veggies for 1 snack
- ☐ 1 1/2 cups FROZEN corn

### *Greens*

- ☐ Fresh cilantro
- ☐ 2 cups kale
- ☐ 1 head red leaf lettuce

### *Fruit*

- ☐ 2 apples
- ☐ 2 avocados
- ☐ 1 banana
- ☐ 1/2 cup blueberries
- ☐ 2-3 lemons
- ☐ 1 lime
- ☐ 2 cups pineapple (fresh or frozen)
- ☐ 1 cup FROZEN strawberries

### *Spices*

- ☐ cayenne pepper
- ☐ ground cinnamon

### *Other*

- ☐ 6 oz non-dairy yogurt
- ☐ small package gluten-free oats
- ☐ 1 tsp vanilla extract
- ☐ 1 tsp nutritional yeast
- ☐ corn starch
- ☐ 36 oz Tofu (extra firm)
- ☐ 1 small hummus
- ☐ 8-12 corn tortillas
- ☐ 1 sheet nori
- ☐ 1/2 c jasmine rice
- ☐ tamari
- ☐ Dijon mustard
- ☐ apple cider vinegar
- ☐ vegan mayo
- ☐ 1 small can chipotle in adobo sauce
- ☐ 1 small can chopped green chilis
- ☐ 1 x 15 oz can whole tomatoes
- ☐ 1 x 8 oz can water chestnuts
- ☐ 1 x 14 oz can baby corn
- ☐ 2 x 15 oz cans chickpeas
- ☐ 15 oz can black beans (you should also have an extra 1/2 cup leftover from week 1)
- ☐ 1/2 cup Kalamata olives
- ☐ 5 1/4 cups vegetable broth (low sodium)

### *Nuts, Seeds & Nut Milks*

- ☐ 3/4 cup unsweetened almond milk
- ☐ 2 1/2 cups coconut milk (box, not can)
- ☐ 3 tbsp unsweetened shredded coconut
- ☐ 1/2 cup slivered almonds

### *Items You Should Already Have:*

- |   |                                   |  |  |
|---|-----------------------------------|--|--|
| <input type="checkbox"/> extra virgin olive oil | <input type="checkbox"/> oregano  | <input type="checkbox"/> raw almonds (1/4 cup) | <input type="checkbox"/> hemp hearts       |
| <input type="checkbox"/> sea salt               | <input type="checkbox"/> thyme    | <input type="checkbox"/> chia seeds            | <input type="checkbox"/> gluten-free bread |
| <input type="checkbox"/> fresh ground pepper    | <input type="checkbox"/> turmeric | <input type="checkbox"/> hemp hearts           | <input type="checkbox"/> quinoa            |
| <input type="checkbox"/> chili powder           |                                   | <input type="checkbox"/> vegan protein powder  |  |
| <input type="checkbox"/> cumin                  |                                   | <input type="checkbox"/> honey or maple syrup  |  |





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# *Plant-Based* Meal Guide: Week 3

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# MEAL GUIDE

## — Week 3 —

	BREAKFAST	SNACK 1	LUNCH	DINNER
MONDAY	Vegan Breakfast Tacos!	6 oz Yogurt + 1/2 Scoop Vegan Protein Powder	Mediterranean Buddha Bowl	Loaded Veggie Paella
TUESDAY	Vegan Breakfast Tacos!	6 oz Yogurt + 1/2 cup Strawberries	Mediterranean Buddha Bowl	Loaded Veggie Paella
WEDNESDAY	Blueberry Energy Smoothie + Vegan Protein Powder	3 Tbsp Almonds + Fresh Sliced Veggies	Loaded Veggie Paella	Cilantro Lime Southwest Salad
THURSDAY	Blueberry Energy Smoothie + Vegan Protein Powder	3 Tbsp Almonds + Fresh Sliced Veggies	Loaded Veggie Paella	Cilantro Lime Southwest Salad
FRIDAY	Strawberry Coconut Smoothie + Vegan Protein Powder	6 oz Yogurt + 1/2 cup Strawberries	Cilantro Lime Southwest Salad + Apple	Roasted Vegetable Buddha Bowl
SATURDAY	Banana Pecan Weekend Oatmeal	1/2 cup Edamame	Cilantro Lime Southwest Salad + Apple	Roasted Vegetable Buddha Bowl
SUNDAY	Banana Pecan Weekend Oatmeal	Apple & 1 Tbsp Almond Butter	Roasted Vegetable Buddha Bowl + Edamame	Easy Cauliflower Casserole + 1/2 Sweet Potato

\* leftovers are in orange



# GROCERY LIST

## Week 3

### *Vegetables*

- ☐ 1 1/2 cups asparagus
- ☐ 1 cup broccoli florets
- ☐ 1 lb brussels sprouts
- ☐ 2 carrots (large)
- ☐ 3 cups cauliflower florets
- ☐ 1/2 cup ready-to-eat edamame (or frozen if you can't find fresh)
- ☐ 1 head garlic (3 cloves)
- ☐ 1 jalapeno
- ☐ 2 red onions
- ☐ 1 yellow onion
- ☐ 1 red pepper
- ☐ 2 yellow peppers
- ☐ 2 large sweet potatoes
- ☐ 1 cup cherry tomatoes
- ☐ 1 zucchini
- ☐ enough veggies for 2 snacks
- ☐ 1 cup FROZEN peas

### *Greens*

- ☐ 3 cups baby spinach or kale
- ☐ 8 cups red leaf lettuce
- ☐ Fresh parsley
- ☐ Fresh cilantro

### *Fruit*

- ☐ 3 apples
- ☐ 1 avocado
- ☐ 3 bananas
- ☐ 2-3 lemons
- ☐ 2 limes
- ☐ 1 cup fresh strawberries
- ☐ 1 cup FROZEN blueberries
- ☐ 1 cup FROZEN strawberries

### *Spices*

- ☐ bay leaves

### *Other*

- ☐ 2 tbsp cacao powder
- ☐ 3 x 6 oz non-dairy yogurt
- ☐ 24 oz Tofu
- ☐ 2 cups Quinoa
- ☐ 1 1/2 cups Arborio rice
- ☐ 1 1/4 cups Jasmine rice
- ☐ 3/4 tsp spicy mustard
- ☐ 1/3 cups dried cranberries
- ☐ 1 x 14 oz jar artichoke hearts (in water)
- ☐ 1 x 14 oz can diced tomatoes
- ☐ 1 x 15 oz cans chickpeas
- ☐ 1 x 15 oz can black beans
- ☐ 1 small can sweet corn
- ☐ 3 1/2 cups vegetable broth (low sodium)

### *Nuts, Seeds & Nut Milks*

- ☐ 4 c unsweetened almond milk
- ☐ 1/2 cups coconut milk (box, not can)
- ☐ 1 tbsp unsweetened shredded coconut
- ☐ 8 tbsp raw almonds
- ☐ 1/4 cup pecans
- ☐ small container of raw walnuts
- ☐ 2 tbsp pine nuts

### *Items You Should Already Have:*

- ☐ sea salt
- ☐ pepper
- ☐ turmeric
- ☐ cumin
- ☐ paprika
- ☐ curry
- ☐ garlic powder
- ☐ red pepper flakes
- ☐ cinnamon
- ☐ vanilla extract
- ☐ apple cider vinegar
- ☐ balsamic vinegar
- ☐ Dijon mustard
- ☐ 1 cup oats (gluten free)
- ☐ pumpkin seeds
- ☐ olive oil
- ☐ coconut oil
- ☐ maple syrup
- ☐ nutritional yeast
- ☐ vegan protein powder
- ☐ hemp hearts



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# *Plant-Based* Meal Guide: Week 4

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# MEAL GUIDE

## — Week 4 —

	BREAKFAST	SNACK 1	LUNCH	DINNER
MONDAY	Blueberry Almond Smoothie + Vegan Protein Powder	3/4 cup Baby Carrots + 1/4 cup Hummus	Easy Cauliflower Casserole + 1/2 cup Fresh Strawberries	Veggie Burger + 1/2 Sweet Potato, 1/4 Avocado, + Fresh Sliced Veggies
TUESDAY	Blueberry Almond Smoothie + Vegan Protein Powder	3/4 cup Baby Carrots + 1/4 cup Hummus	Easy Cauliflower Casserole + 1/2 cup Fresh Strawberries	Veggie Burger + 1/2 Sweet Potato, 1/4 Avocado, + Fresh Sliced Veggies
WEDNESDAY	Mom's Favorite Zucchini Overnight Oats	3/4 cup Baby Carrots + 1/4 cup Hummus	Easy Cauliflower Casserole + Apple + Edamame	Veggie Burger + 1/2 Sweet Potato
THURSDAY	Mom's Favorite Zucchini Overnight Oats	6 oz. Yogurt + 1/2 cup Strawberries	Veggie Burger + 1/2 Sweet Potato + Apple	Carrot Ginger Kale Salad
FRIDAY	Pineapple Turmeric Smoothie + Vegan Protein Powder	Apple + 1/2 cup Edamame	Carrot Ginger Kale Salad + 1/2 Sweet Potato + Extra Sliced Veggies	1-Pan Italian Roasted Vegetable Dinner
SATURDAY	Vegan Breakfast Tacos!	3/4 cup Baby Carrots + 1/2 cup Edamame	Carrot Ginger Kale Salad + Extra Sliced Veggies + Apple	1-Pan Italian Roasted Vegetable Dinner
SUNDAY	Vegan Breakfast Tacos!	3/4 cup Baby Carrots + 1/2 cup Edamame	1-Pan Italian Roasted Vegetable Dinner + Apple	Vegan Tuna Sandwich on GF Bread + Fresh Sliced Vegetables

\* leftovers are in orange

# GROCERY LIST

## Week 4

### *Vegetables*

- ☐ 1/2 head cauliflower
- ☐ 1 lb asparagus
- ☐ 1 pint cherry tomatoes
- ☐ 2 cups ready-to-eat edamame  
(or frozen if you can't find fresh)
- ☐ 1 cup mushrooms
- ☐ 2 large sweet potatoes
- ☐ 3 carrots (large)
- ☐ 4 cups baby carrots
- ☐ 1 head garlic (2 cloves)
- ☐ 1" piece ginger
- ☐ 1 red pepper
- ☐ 3 yellow peppers
- ☐ 1 red onion
- ☐ 1 small head celery
- ☐ veggies for 5 snacks / sides
- ☐ edamame for 3 snacks & 1 side
- ☐ 2 zucchini

### *Nuts, Seeds & Nut Milks*

- ☐ 2 3/4 cup unsweetened almond milk
- ☐ 1 cup coconut milk (box, not can)
- ☐ 4 tbsp almonds
- ☐ 1 tsp sesame seeds

### *Greens*

- ☐ 2 cups kale
- ☐ 1 bunch curly kale
- ☐ Fresh cilantro

### *Fruit*

- ☐ 3 bananas
- ☐ 2 avocados
- ☐ 1 limes
- ☐ 2-3 lemons
- ☐ 5 apples
- ☐ 1 cup pineapple (fresh or frozen)
- ☐ 1 pint fresh strawberries
- ☐ 1 cup FROZEN blueberries

### *Other*

- ☐ 3/4 cup oats (gluten free)
- ☐ 1 cup quick oats
- ☐ hummus
- ☐ 4 x 15 oz cans chickpeas
- ☐ 1 can black beans
- ☐ 24 oz Tofu
- ☐ 8-12 corn tortillas
- ☐ 6 oz non-dairy yogurt
- ☐ Red Wine Vinegar
- ☐ Rice Vinegar
- ☐ 4 servings of Vegan Protein Powder

### *Items You Should Already Have:*

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> sea salt          | <input type="checkbox"/> olive oil           | <input type="checkbox"/> hemp hearts             |
| <input type="checkbox"/> pepper            | <input type="checkbox"/> coconut oil         | <input type="checkbox"/> flax seeds              |
| <input type="checkbox"/> garlic powder     | <input type="checkbox"/> maple syrup         | <input type="checkbox"/> chia seeds              |
| <input type="checkbox"/> red pepper flakes | <input type="checkbox"/> nutritional yeast   | <input type="checkbox"/> pumpkin seeds (1/4 cup) |
| <input type="checkbox"/> basil             | <input type="checkbox"/> tahini              | <input type="checkbox"/> raw walnuts             |
| <input type="checkbox"/> chili powder      | <input type="checkbox"/> tamari              | <input type="checkbox"/> vegan protein powder    |
| <input type="checkbox"/> cinnamon          | <input type="checkbox"/> vanilla extract     |  |
| <input type="checkbox"/> oregano           | <input type="checkbox"/> apple cider vinegar |  |
| <input type="checkbox"/> turmeric          | <input type="checkbox"/> Dijon mustard       |  |
| <input type="checkbox"/> Cayenne pepper    | <input type="checkbox"/> sriracha            |  |
| <input type="checkbox"/> thyme             | <input type="checkbox"/> vegan mayo          |  |
| <input type="checkbox"/> ginger            | <input type="checkbox"/> gluten-free bread   |  |
| <input type="checkbox"/> cumin             | <input type="checkbox"/> 1 Nori sheet        |  |
| <input type="checkbox"/> paprika           |  |  |
| <input type="checkbox"/> curry powder      |  |  |





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# *Plant-Based* Meal Guide: Week 5

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# MEAL GUIDE

## — Week 5 —

	BREAKFAST	SNACK 1	LUNCH	DINNER
MONDAY	Vegan Breakfast Tacos!	Edamame + Fresh Sliced Veggies	Vegan Tuna Sandwich on GF Bread + Apple	Kitchen Sink Kale Salad
TUESDAY	Vegan Breakfast Tacos!	Edamame + Fresh Sliced Veggies	Vegan Tuna Sandwich on GF Bread + Apple	Kitchen Sink Kale Salad
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

\* leftovers are in orange

# GROCERY LIST

*Week 5*

## *Vegetables*

- ☐ 1 cup cherry tomatoes
- ☐ 2 carrots (large)
- ☐ 1 cup ready-to-eat edamame  
(or frozen if you can't find fresh)
- ☐ 1 orange pepper
- ☐ extra veggies for 2 snacks

## *Greens*

- ☐ 8 cups kale

## *Fruit*

- ☐ 1 avocado
- ☐ 1 lemon
- ☐ 3 apples (1 granny smith)

## *Other*

- ☐ 3/4 cup quinoa

## *Nuts, Seeds & Nut Milks*

- ☐ 1/4 cup hemp hearts

## *Items You Should Already Have:*

- ☐ honey
- ☐ tahini
- ☐ gluten-free bread
- ☐ olive oil
- ☐ sea salt
- ☐ hemp hearts