



HEALTHY PLANT-BASED MEAL PLAN

By Emily Levy, APD



	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SMART TIPS
 SUN	Wholesome pancakes	Fruit	Chickpea salad + Sautéed greens	Hummus and veggie sticks	Creamy pea and avocado pasta	Soak Apple berry bircher. Make Choc beanie brownies
MON	Apple berry bircher	Fruit	Creamy pea and avocado pasta	Chocolate beanie brownie	Yellow split pea curry + Sautéed greens	Optional: Double curry or dahl recipes and freeze extra portions
TUES	Apple berry bircher	Fruit	Yellow split pea curry + Sautéed greens	Tahini date smoothie	Quick bean stew	Prepare Spiced banana granola
WED	Spiced banana granola	Fruit	Quick bean stew	Ginger turmeric Latte	Lentil spag Bolognese	Craving dessert? Try Banana nice cream, Lemon millet cake or Chocolate beanie brownies
THURS	Spiced banana granola	Fruit	Lentil spag bolognese	Chocolate beanie brownie	Mexican beans on sweet potatoes	 SCAN FOR THE RECIPES: <i>+ turn over for expert tips</i>
 FRI	Spiced banana granola	Fruit	Mexican beans on sweet potatoes	Hummus and veggie sticks	Chickpea veggie curry + Raw greens	
SAT	Choc berry porridge	Fruit	Chickpea veggie curry + Raw greens	Tahini date smoothie	Easy peasy red lentil dahl	

FAQs



- **Who is this meal plan suitable for?**

This meal plan provides an example of a generic WFPB meal plan suitable for adults. As nutrient requirements change over the life cycle, we recommend obtaining personalised advice from an APD for more specific advice.

- **How do I know I am meeting all my nutrient requirements?**

A WFPB diet is the most nutrient dense way of eating, with a focus on fruits, vegetables, wholegrains and legumes. Whilst the meal plan has been developed with nutritional adequacy in mind, everyone's needs and lifestyle are different and as such it is not intended to replace individual advice.

- **Why can't I see the calories per meal?**

We want to simplify eating, not complicate it, and a WFPB diet allows just that. Eating a wide variety of whole plant foods allows our body to self-regulate our hunger and fullness cues, so we eat when we are hungry and stop eating when we are full and satisfied.

- **Do I need to supplement my diet?**

Yes. We recommend supplementing with B12 at a minimum. For those on a plant based diet and avoiding iodised salt, we recommend consuming sea vegetables daily, such as nori or wakame, or consider supplementing with iodine.

Dear home chefs and health enthusiasts,

Doctors For Nutrition and I are excited to share this affordable, delicious and nutritious showcase of plant-based dishes. Each day in the meal plan is packed full of different vitamins, minerals, antioxidants, plant proteins and fibre, ensuring each meal is not only nutrient-dense, but also leaves you feeling full and satisfied.

Research shows that adopting a WFPB diet lowers our risk of chronic disease, including heart disease, type 2 diabetes and high blood pressure. With this in mind, our goal is to show you that this way of eating is not only the healthiest way of eating- it is also tasty, nutritious, affordable, easy and enjoyable!

Cooking and eating plant-based can be a little confusing to start with, so I have answered common questions, and provided a shopping list to make it easy! You can also find plenty more info on the Doctors For Nutrition website. Here are a few of my last tips for success:

- Add leafy greens! Many of these recipes are perfect served with a large handful of leafy greens, for example baby spinach, mixed lettuce leaves or kale.
- To enhance iron absorption, try and add a source of vitamin C at each meal. Think a squeeze of lemon, a handful of berries, or some vitamin C rich veggies like capsicum or broccoli.
- Include daily superseeds! A tablespoon or two daily of ground flaxseeds, chia seeds or hemp seeds is a great way to include plant based omega-3s in our diet. Try them sprinkled on your breakfast, or add them to a salad.
- Nuts are great- but don't go nuts! Nuts are packed full of nutrition, but are also calorie-dense. For optimal weight loss, it is best to reduce your consumption. We love adding a couple of brazil nuts daily for an extra nutrient boost!
- Still feeling peckish? Snack on fruit, veggie sticks with hummus, apple pie energy bites, homemade popcorn, edamame, roasted chickpeas or a handful of nuts.

We would love to see your creations on social media - tag us @doctorsfornutrition.

Have fun and happy cooking!

Emily Levy, Accredited Practising Dietitian

