

EASY Plant-Based Recipes for every meal!

American 3-day meal plan with recipe links

Add 3-4 sides and snacks below

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Breakfast

Lunch

Dinner

Snack

Day 1



[Go to recipe](#)

Sweet Potato Pancakes

Calories: 140 Protein: 4g
Sodium: 80mg Fiber: 3g



[Go to recipe](#)

Roasted Veggie Sandwich

Calories: 360 Protein: 13g
Sodium: 240mg Fiber: 13g



[Go to recipe](#)

Black Bean and Tofu Bowl

Calories: 380 Protein: 22g
Sodium: 320mg Fiber: 10g



[Go to recipe](#)

Cheesy Popcorn

Calories: 80 Protein: 5g
Sodium: 55mg Fiber: 3g



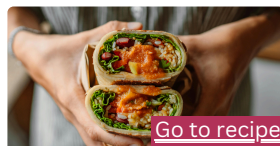
Day 2



[Go to recipe](#)

Saucy Beans on Garlic Toast

Calories: 290 Protein: 13g
Sodium: 260mg Fiber: 13g



[Go to recipe](#)

Shredded BBQ Tofu Wrap

Calories: 330 Protein: 16g
Sodium: 260mg Fiber: 3g



[Go to recipe](#)

Turmeric Chickpea Curry

Calories: 410 Protein: 13g
Sodium: 250 mg Fiber: 12g



[Go to recipe](#)

Watermelon Pizza

Calories: 90 Protein: 2g
Sodium: 10mg Fiber: 2g



Day 3



[Go to recipe](#)

Vegan Banana Muffins

Calories: 210 Protein: 4g
Sodium: 210mg Fiber: 4g



[Go to recipe](#)

Pizza With Mushrooms

Calories: 210 Protein: 10g
Sodium: 390mg Fiber: 1g



[Go to recipe](#)

Macaroni Chili

Calories: 480 Protein: 29g
Sodium: 180mg Fiber: 12g



[Go to recipe](#)

Crispy Potato Spinach Balls

Calories: 200 Protein: 10g
Sodium: 135mg Fiber: 7g



For more recipes visit: livingwhole.llu.edu

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American 3 Day Menu

A **healthy, plant-based** meal plan is full of **color and variety**. This sample provides ideas and recipes for breakfast, lunch, dinner, snacks, and sides. Tailor meal choices to your taste preferences. These meals meet the Living Whole Wellness Criteria as seen on our website livingwhole.llu.edu! Calorie and nutrient amounts will vary based on portion size or if you adjust ingredients.



Snacks, Sides, and Beverages

| | | | | | |
|--|--|---|---|--|---|
|  <p>Coconut Popsicles Calories: 45 Serving Size: 1 popsicle Go to recipe</p> |  <p>Crispy Roasted Chickpeas Calories: 90 Serving Size: 1/4 cup Go to recipe</p> |  <p>Ruby Greens Calories: 130 Serving Size: 5 fl oz Go to recipe</p> |  <p>Vegan Green Bean Casserole Calories: 100 Serving Size: 2/3 cup Go to recipe</p> |  <p>High Protein Coffee Drink Calories: 60 Serving Size: 8 fl oz Go to recipe</p> |  <p>Chipotle Glazed Sweet Potatoes Calories: 200 Serving Size: 3/4 cup Go to recipe</p> |
|  <p>Creamy Mashed Cauliflower Calories: 70 Serving Size: 1 cup Go to recipe</p> |  <p>Roasted Brussel Sprouts Calories: 90 Serving Size: 1/2 cup Go to recipe</p> |  <p>Collard Greens with Garlic Calories: 100 Serving Size: 1 cup Go to recipe</p> |  <p>Garlic Potatoes Calories: 260 Serving Size: 1 cup Go to recipe</p> |  <p>Sweet Potato Cornbread Calories: 150 Serving Size: 1 square Go to recipe</p> |  <p>Broccoli Slaw Calories: 90 Serving Size: 3/4 cup Go to recipe</p> |