

EASY Plant-Based Recipes for every meal!

Jamaican 3-day meal plan with recipe links

Add 3-4 sides and snacks below

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Breakfast

Lunch

Dinner

Snack



[Go to recipe](#)



[Go to recipe](#)



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Vegan Run Down

Calories: 350 Protein: 13g
Sodium: 290mg Fiber: 10g



Jerk Jackfruit Wrap

Calories: 500 Protein: 16g
Sodium: 350mg Fiber: 14g



Stew Peas with Runners

Calories: 370 Protein: 22g
Sodium: 150mg Fiber: 20g



Baked Plantain Chips

Calories: 130 Protein: 1g
Sodium: 65mg Fiber: 2g



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Callaloo & Boiled Dumplings

Calories: 540 Protein: 17g
Sodium: 240mg Fiber: 5g



Jamaican Chickpea Curry

Calories: 440 Protein: 18g
Sodium: 190mg Fiber: 16g



Brown Stew Tofu

Calories: 410 Protein: 23g
Sodium: 160 mg Fiber: 6g



Mashed Sweet Potatoes

Calories: 180 Protein: 4g
Sodium: 190mg Fiber: 6g



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Green Banana Porridge

Calories: 280 Protein: 4g
Sodium: 90mg Fiber: 6g



Ital Stew with Dumplings

Calories: 480 Protein: 14g
Sodium: 320mg Fiber: 11g



Grilled Ital Rasta Bowl

Calories: 390 Protein: 7g
Sodium: 200mg Fiber: 8g



Tri Bean Salad

Calories: 230 Protein: 12g
Sodium: 380mg Fiber: 12g



For more recipes visit: livingwhole.llu.edu

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Day 1

Day 2













Day 3

Jamaican 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>Stuffed Plantains</p> <p>Calories: 180 Serving Size: 0.5 Plantain</p> <p>Go to recipe</p>	 <p>Roasted Breadfruit & Yogurt Sauce</p> <p>Calories: 120 Serving Size: 1 cup</p> <p>Go to recipe</p>	 <p>Jamaican Fruit Salad</p> <p>Calories: 100 Serving Size: 0.5 cup</p> <p>Go to recipe</p>	 <p>Papaya Chia Pudding</p> <p>Calories: 220 Serving Size: 0.5 cup</p> <p>Go to recipe</p>	 <p>Steamed Cabbage</p> <p>Calories: 140 Serving Size: 1 cup</p> <p>Go to recipe</p>	 <p>Red Beans & Rice</p> <p>Calories: 150 Serving Size: 1 cup</p> <p>Go to recipe</p>
 <p>Coo Coo</p> <p>Calories: 150 Serving Size: 1 cup</p> <p>Go to recipe</p>	 <p>Couscous Salad with Chickpeas</p> <p>Calories: 160 Serving Size: 1 cup</p> <p>Go to recipe</p>	 <p>Stewed Lentils</p> <p>Calories: 150 Serving Size: 0.75 cup</p> <p>Go to recipe</p>	 <p>Jamaican Sorrel</p> <p>Calories: 90 Serving Size: 16 fl oz</p> <p>Go to recipe</p>	 <p>Jamaican Lemonade</p> <p>Calories: 25 Serving Size: 12 fl oz</p> <p>Go to recipe</p>	 <p>Agua De Jamaica</p> <p>Calories: 60 Serving Size: 9 fl oz.</p> <p>Go to recipe</p>