EASY Plant-Based Recipes for every meal!



Jamaican 3-day meal plan with recipe links



Vegan Run Down

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



Lunch

Jerk Jackfruit Wrap

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



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



Snack

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

Add 3-4 sides and snacks below

> Add 3-4 sides and snacks below

Add 3-4 sides and snacks

below



Callaloo & Boiled Dumplings

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

2 Day



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



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Brown Stew Tofu

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



Dinner

Go to recipe

Mashed Sweet Potatoes

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







Green Banana Porridge

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





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





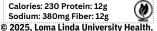
Grilled Ital Rasta Bowl

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





Tri Bean Salad



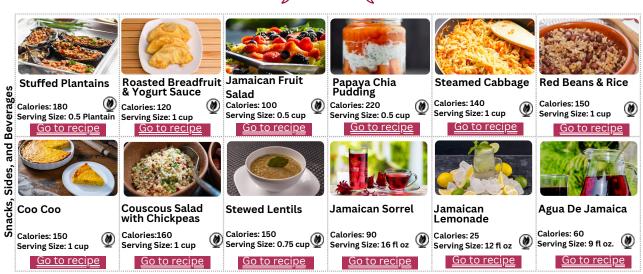
For more recipes visit: livingwhole.llu.edu



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.





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