

EASY Plant-Based Recipes for every meal!

Low Sodium 3-day meal plan with recipe links

Breakfast

Lunch

Dinner

Snack

Day 1



[Go to recipe](#)

Egg Substitute Scramble

Calories: 150 Protein: 13g
Sodium: 250 mg Fiber: 2g



[Go to recipe](#)

Black Bean & Tofu Bowl

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



[Go to recipe](#)

Couscous Salad w Chickpeas

Calories: 160 Protein: 6 g
Sodium: 150 mg Fiber: 4g



[Go to recipe](#)

Yogurt Bark

Calories: 120 Protein: 12 g
Sodium: 45 mg Fiber: 2g



Add 3-4 sides and snacks below

Day 2



[Go to recipe](#)

Chickpea Omelet

Calories: 140 Protein: 9 g
Sodium: 180 mg Fiber: 3g



[Go to recipe](#)

Brown Stew Tofu

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



[Go to recipe](#)

Kale Burrito Bowl

Calories: 320 Protein: 15g
Sodium: 440 mg Fiber: 13g



[Go to recipe](#)

Banana Sushi

Calories: 100 Protein: 2g
Sodium: 20mg Fiber: 3g



Add 3-4 sides and snacks below

Day 3



[Go to recipe](#)

Berry Breakfast Quinoa

Calories: 270 Protein: 8g
Sodium: 10mg Fiber: 6g



[Go to recipe](#)

Bean Burger w Guacamole

Calories: 360 Protein: 13g
Sodium: 380mg Fiber: 13g



[Go to recipe](#)

Greek Pita Salad w Potatoes

Calories: 220 Protein: 11g
Sodium: 440mg Fiber: 6g



[Go to recipe](#)

Carob Mousse

Calories: 140 Protein: 4g
Sodium: 20mg Fiber: 2g



Add 3-4 sides and snacks below

For more recipes visit: livingwhole.llu.edu



Low Sodium 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.

Following the meal plan with the indicated snacks and sides, this menu provides about **1500 mg of Sodium.**



Spicy Potato Wedges

Calories: 80 Sodium: 50
Serving Size: 3/4 cup

[Go to recipe](#)



Spinach Tortillas

Calories: 80 Sodium: 55
Serving Size: 1 tortilla

[Go to recipe](#)



Garlicky Greens

Calories: 20 Sodium: 100
Serving Size: 1 cup

[Go to recipe](#)



Apple Cinnamon Oatmeal

Calories: 85 Sodium: 90
Serving Size: 3/4 cup

[Go to recipe](#)



Falafels with Tahini Dressing

Calories: 110 Sodium: 30
Serving Size: 2 patties

[Go to recipe](#)



Cabbage Vegetable Stir Fry

Calories: 160 Sodium: 90
Serving Size: 1 cup

[Go to recipe](#)



Tropical Fruit Salad

Calories: 140 Sodium: 25
Serving Size: 1 cup

[Go to recipe](#)



Orange Power Smoothie

Calories: 160 Sodium: 85
Serving Size: 12 fl oz.

[Go to recipe](#)



Sweet Potato Pancakes

Calories: 140 Sodium: 80
Serving Size: 4" diameter

[Go to recipe](#)



Berry Blue Chia Pudding

Calories: 120 Sodium: 90
Serving Size: 1/2 cup

[Go to recipe](#)



High Protein Coffee Drink

Calories: 60 Sodium: 45
Serving Size: 8 fl oz.

[Go to recipe](#)



Coconut Popsicles

Calories: 45 Sodium: 0
Serving Size: 1 popsicle

[Go to recipe](#)