

5 Day Whole Food Plant-Based Challenge

by: active vegetarian



disclaimer

We are not medical doctors so keep that in mind. You can certainly adapt this plan, based on your personal needs. Make sure you are getting all of your nutrition and be sure you are eating enough calories to be healthy. Consult a practitioner for further guidance or tests to make sure you get what you need nutritionally.

This plan is designed for educational purposes only and is not intended to serve as medical advice and may not be for everyone. The information provided here should not be used for diagnosing or treating a health problem or disease. If you suspect that you may have a health problem, you should consult your health care provider prior to starting the plan.

meal plan

note

5 am – 7 am

Hydrate with at least 8 ounces of filtered water with 1 Tbsp of lemon juice or Apple Cider Vinegar.

day 1

7 am – 9 am

BREAKFAST – Plant Powered Smoothie

9 am – 11am

SNACK – Fresh Fruit or Veggies of choice

12 pm – 2 pm

LUNCH – Chickpea Quinoa Salad

2 pm – 5 pm

SNACK – Fruit & Nut Granola Bar

5 pm – 7 pm

DINNER – Wholesome Buddha Bowl (*use rice and lentils*)

note

5 am – 7 am

Hydrate with at least 8 ounces of filtered water with 1 Tbsp of lemon juice or Apple Cider Vinegar.

day 2

7 am – 9 am

BREAKFAST – Zoats

9 am – 11am

SNACK – Fresh Fruit or Veggies of choice

12 pm – 2 pm

LUNCH – **LEFTOVER** Chickpea Quinoa Salad

2 pm – 5 pm

SNACK – Apple & Nut-Butter Mini Sandwiches

5 pm – 7 pm

DINNER – Smoky Tempeh or Tofu Scramble with Green Salad and dressing of choice

note

5 am – 7 am

Hydrate with at least 8 ounces of filtered water with 1 Tbsp of lemon juice or Apple Cider Vinegar.

day 3

7 am – 9 am

BREAKFAST – Arugula Hemp Smoothie

9 am – 11am

SNACK – Fresh Fruit or Veggies of choice

12 pm – 2 pm

LUNCH – Hummus Sandwich

2 pm – 5 pm

SNACK – Fruit & Nut Granola Bar

5 pm – 7 pm

DINNER – Vegan Cheesy Broccoli Soup with small Green Salad and dressing of choice

note

5 am – 7 am

Hydrate with at least 8 ounces of filtered water with 1 Tbsp of lemon juice or Apple Cider Vinegar.

day 4

7 am – 9 am

BREAKFAST – **LEFTOVER** Zoats

9 am – 11am

SNACK – Fresh Fruit or Veggies of choice

12 pm – 2 pm

LUNCH – **LEFTOVER** Vegan Cheesy Broccoli Soup

2 pm – 5 pm

SNACK – Hummus + Carrots

5 pm – 7 pm

DINNER – Wholesome Buddha Bowl (*use leftover tempeh/tofu scramble*)

note

5 am – 7 am

Hydrate with at least 8 ounces of filtered water with 1 Tbsp of lemon juice or Apple Cider Vinegar.

day 5

7 am – 9 am

BREAKFAST – Blueberry Pie Smoothie

9 am – 11am

SNACK – Fresh Fruit or Veggies of choice

12 pm – 2 pm

LUNCH – Avocado + Pea Smash Sandwich

2 pm – 5 pm

SNACK – Fruit & Nut Granola Bar

5 pm – 7 pm

DINNER – Use up any leftover and create a wholesome meal

sunday meal prep

[FULL VIDEO ON MEAL PREP 101](#)

Amounts are per one person, please adjust accordingly.

STEP 1

Smoothie Prep:

- Freeze 1 Banana (*chopped into chunks*)
- Freeze 1 Zucchini (*chopped into chunks*)

STEP 2

Protein Prep:

- Cook 3/4 cup chickpeas (*or buy canned -refer to shopping list*)
- Cook 1/3 cup lentils (*or buy canned -refer to shopping list*)

STEP 3

Prep Grains

- Cook 1 cup quinoa (*with salt, turmeric, black pepper*)
- Cook 1/2 cup whole grain rice

STEP 4

Prep Veggies & Snack Packs:

- Roast starchy vegetables (*beets, carrots, squash, sweet potato, Brussel sprouts, mushrooms*)
- Steam any other vegetables (*cauliflower, broccoli, green peas*)
- Shred 1 small zucchini for zoats
- Make Basic Green Salad [watch video](#)
- Prep your Snack Pack [watch video](#)

sunday meal prep

STEP 5

Make Dressings:

- Lemon Hemp Dressing [page 34](#)
- Easy Vinaigrette Dressing [page 35](#)
- Make hummus (if using homemade) [page 37](#)

STEP 6

- Make Quinoa Salad [page 31](#) + [watch video](#)

STEP 7

- Make granola bars [page 24](#)
(makes enough for 2 weeks and will keep in a freezer for couple of weeks)

shopping list

check on essentials

extra-virgin olive oil

cold pressed coconut oil

apple cider vinegar

Celtic sea salt

fresh ground pepper

fruits & veggies

8-10 servings of seasonal fruits & veggies for mid-morning snacks

4-6 servings of seasonal starchy vegetables (*beets, carrots, squash, sweet potato, etc*)

4-6 servings of other hearty veggies (*cauliflower, mushrooms, Brussel sprouts, etc*)

2 apples

1 banana

1 cup mixed berries, fresh/frozen

1 cup blueberries, fresh/frozen

1 pear

1 orange

6 lemons

1 lime

3 bell peppers

2 small zucchini

4 large carrots

5 cups broccoli florets (large head)

¼ cup green peas, fresh/frozen

1 avocado (medium ripeness)

4 cups baby arugula

shopping list

fruits & veggies cont'd

- 1 head organic romaine lettuce (or red/green/butter lettuce)
- 6 cups baby spinach (or baby kale, or chard)
- 3 bunches of fresh herbs (cilantro, parsley, basil, mint)
- 1 thumb-size piece fresh ginger
- 7 cloves garlic
- 2 red onions

pantry goods

- 12 [Medjool dates](#)
- 3/4 cup [hemp hearts](#)
- 3/4 cup of mixed raw nuts and seeds ([pumpkin](#), [hemp](#), [sunflower](#), [cashew](#), etc)
- 2/3 cup natural nut or seed butter of choice
- 3 cups [old-fashioned oats](#), gluten-free
- 4 1/2 cups almond milk or other plant based milk
- 2 tsp raw [cacao powder](#)
- 2 1/2 tbsp maple syrup or [agave nectar](#)
- 1/2 cup raisins or [goji berries](#)
- 2 tbsp [chia seeds](#)
- 1 cup dry [quinoa](#)
- 1/4 cup [dry lentils](#)
- 1/2 cup [brown rice](#)
- 1 cup cooked chickpea or small can
- 2 tbsp mustard (yellow, Dijon or stone ground)
- 1 1/2 cups (200g) [organic tempeh](#) or tofu
- 1 cup [nutritional yeast](#)

shopping list

spices

2 tsp cinnamon

1/2 tsp nutmeg

1 tsp turmeric powder

1/4 teaspoon smoked paprika or regular paprika will do

extras

4 slices sprouted whole grain bread

Store Bought Hummus or the following ingredients for homemade:

1 1/2 cups cooked chickpea or 15 oz 425 g can

1 garlic clove

3 tbsp raw tahini

2 lemons

optional

1 tbsp [spirulina](#) or [chlorella](#)

1/3 cup [cocoa nibs](#) or vegan chocolate

1/4 tsp ground paprika (for homemade hummus)

sesame seeds as garnish (for homemade hummus)

breakfast



Refreshing
Ice Cold
Drink

plant powerd smoothie

equipment required: High Speed Blender

servings: 1-2

ingredients

- 1-1.5 cup 240-360 ml purified water (depending on desired thickness)
- 1 apple cut into chunks
- 1 fresh or frozen banana
- 1 cup frozen berries blueberries or raspberries are our favourite
- 3 to 4 handfuls of leafy greens spinach, kale, chard or romaine lettuce
- 2 Medjool dates pitted
- 2 tbsp hemp hearts
- 1 tsp coconut butter almond butter or tahini
- 1 thumb-size piece fresh ginger
- 1 tbsp spirulina or chlorella (optional)

method

In a high-speed blender, combine all the ingredients and blend until smooth and creamy.

note

Always strive to use fresh, raw, organic ingredients.

zoats

Zoats: zucchini mixed with oats — makes a healthy start to any day. Leave the zucchini skin on to benefit from the soluble fiber, which slows down digestion, keeping your insulin levels even and feeling full for longer.

servings: 2

ingredients

1/2 cup old-fashioned oats, gluten-free
1 small zucchini, grated
1 cup (240 ml) almond milk, homemade or unsweetened
1/2 cup (118 ml) water
1/2 tsp cinnamon
2 tsp raw cacao powder
1/2 tbsp maple syrup or agave nectar

optional toppings

Sliced bananas and cacao nibs

method

Mix the oats, zucchini, almond milk, water, cinnamon, cacao powder and maple syrup or agave in a small saucepan and cook for about 8 to 10 minutes on medium heat.

Remove from the heat and serve half of the portion with the sliced bananas and cacao nibs, if desired.

Allow the rest to cool completely, transfer into a mason jar or other glass airtight container and store in a fridge until later this week.



arugula hemp smoothie

This is a nutrient-dense smoothie made with simple ingredients, that will have you going strong all morning. It contains healthy, fibre-rich carbohydrates, essential fatty acids, and high-quality, alkaline-forming protein.

equipment required: High Speed Blender

servings: 1-2

ingredients

2 cups arugula

1 cup fresh or frozen zucchini chopped

1 pear cored and chopped

2 Tbsp hemp hearts

1 orange peeled and chopped

1 Medjool date pitted

1 1/2 cups almond milk (or other non dairy milk)

method

Place all ingredients in the blender. Blend on high until smooth.

notes

Using frozen zucchini will give this smoothie a creamy texture.



blueberry pie smoothie

Get a jump-start on your daily dose of veggies with this delicious smoothie. Don't be scared by the spinach—the flavor is so mild you won't even notice it's there. The oats add healthy fiber and help to bulk up the smoothie to make it more satisfying.

equipment required: High Speed Blender

servings: 1

ingredients

1 cup blueberries, fresh/frozen

1 handful fresh spinach, washed

1 cup coconut milk (or other non dairy milk)

2 tbsp oats

2 dates, pitted

1/2 lemon, juice and zest

method

Blend all of the ingredients in a high-speed blender until smooth and enjoy!

snacks



fruit & nut granola bars

These bars are quick to make, tasty, and oh-so-delicious! They are top-notch for satisfying your hunger in between meals.

equipment required: High Speed Blender

servings: 10 Bars (spread throughout the week)

ingredients

1/2 cup Medjool dates, pitted

1/4 cup water

1/2 cup natural nut or seed butter of choice

2 cups raw oats, gluten-free

3/4 cup of mixed raw nuts and seeds (pumpkin, hemp, sunflower, cashew, etc)

1/2 cup raisins or goji berries

2 tbsp chia seeds

1/2 tsp cinnamon

1/4 tsp nutmeg

1/4 tsp salt

additional add-ins

1/4 cup cocoa nibs or vegan chocolate (Yum!)

method

Line an 8x8 baking pan with parchment paper and set aside.

Soak pitted dates in 1/4 cup water for at least 30 minutes. Transfer soaked dates and water to a blender or food processor and blend until the dates form a smooth paste.

Pour date paste into a large bowl. Add the nut/seed butter and mix until well combined. Fold in the remaining ingredients until thoroughly mixed.

Transfer to the prepared baking dish and spread evenly. Flatten top.

Refrigerate for at least 2 hours until bars set up. Cut into 10 squares.

Store in the refrigerator or freezer.

apple & nut butter mini sandwiches

Apples are high in fiber and available in numerous varieties from crisp and tart to juicy and sweet. Choose whatever variety you like and pair it with raw no sugar added nut or seed butter for a perfect mid day snack

servings: 1

ingredients

1 medium apple organic if possible
2 tbsp raw nut or seed butter
1 tbsp hemp hearts
1/8 tsp ground cinnamon

additional add-ins

1 tbsp cacao nibs

note

If you are not eating the apple right away, you can dip each slice in a lemon juice to prevent browning.

method

Wash, core and slice the apple into 6 rounds. (If you don't have an apple corer, you can slice the apple first and then cut out the centres with a small cookie cutter or knife.)

Spread nut/seed butter on 3 of the apple slices and sprinkle with hemp hearts and optional cacao nibs. Sprinkle with little bit of cinnamon top with the remaining apple slices to form sandwiches.



salads



...ING PRODUCE AREA

basic green salad

The Basic Green Salad is staple in our household. It makes an excellent base for prep-ahead salads and buddha bowls and it's loaded with nutrients, enzymes, vitamins and minerals you just won't get from your typical store-bought iceberg lettuce mix.

It will stay fresh for 2-3 days in your fridge crisper and could be mixed and matched for different tastes and textures with all sorts of fresh vegetables, sprouts, toppings and dressings.

servings: 3-4

ingredients

1 head organic romaine lettuce chopped (or red/green/butter lettuce)

2 cups 80 g organic baby arugula (or chard, spinach, baby kale)

1 cup 40 g cilantro, chopped (or another fresh herb)

1 cup 40 g parsley, chopped (or another fresh herb)

method

Combine all of the greens in a big salad bowl.

Use this recipe as a starting point for creating your own healthy and quick plant-powered meals.

Eat fresh or store in a closed glass container in the refrigerator for 2 -3 days.



chickpea quinoa salad

servings: 4

ingredients

salad

1 cup dry quinoa (2 cups cooked)
2 cups of water
1/4 tsp turmeric powder
1/8 tsp. salt
1/8 tsp. pepper
1 cup cooked chickpea
3 tablespoons hemp hearts
1 cup fresh herbs of choice
chopped (parsley, cilantro, basil,
arugula)
1-2 large bell peppers chopped
salt and pepper to taste

dressing

3 tablespoons extra-virgin olive oil
juice of one large lemon (about
1/4 cup)
1 clove of garlic minced
1 tablespoon yellow mustard

method

Cook the quinoa. Combine the quinoa, water and turmeric in a medium saucepan over medium-high heat. Bring to a boil and then reduce the temperature to maintain a simmer. Simmer, covered, for about 15 minutes, or until all the water is absorbed. Remove the saucepan from the heat and let it stand covered for about 5 minutes. Then remove the lid, fluff with a fork and set aside to cool.

Make the dressing. In a small bowl whisk together all of the ingredients. Set aside.

Once the quinoa is cooled, make your salad. Combine all of the ingredients in a large bowl. Pour the dressing over the salad and toss gently until well coated.

The salad will keep for up 3 days in the refrigerator and taste even better the next day, so a great option for meal prep.

dressings
& spreads



lemon hemp dressing

This nut-free dressing is kind of a cross between a Caesar dressing and a Ranch dressing, but with mild flavour. Go ahead and play around with the ingredients. Adding fresh herbs or other seasonings would make a nice addition. The dressing might appear quite thin after blending, however it thickens once chilled in the fridge.

equipment required: High Speed Blender or small food processor

servings: 2

ingredients

1/4 cup hemp hearts
1/4 cup fresh lemon juice
1 tablespoon apple cider vinegar
2 cloves garlic
1 Medjool date pitted
salt and pepper to taste
1/4 cup water for thinner texture

method

Place all the dressing ingredients into a high-speed blender or small food processor. Process until smooth, about 1-2 minutes.

Pour as much dressing as you desire over salad or buddha bowl and mix well.

Store any remaining dressing in an airtight glass container in the fridge. It will last for 3-5 days.

easy vinaigrette dressing

Eating your green salads with dressing is not only tasty, but is also a very good idea nutritionally. The right kind of fat is good for us, and many vitamins are fat soluble, which means that the vitamins in the veggies will be much better absorbed in the presence of a high-quality fat. This vinaigrette is simple and light.

servings: 2

ingredients

4 tbsp (60 ml) extra virgin olive oil
2 tbsp (30 ml) raw apple cider vinegar
2 tbsp (30 ml) maple syrup or agave
1 lemon, juiced
¼ tsp sea salt

method

Place all of the ingredients in a mason jar, shake well and enjoy. Vinaigrette lasts in the refrigerator for 5 to 7 days.



the best homemade hummus

Experience the authentic taste of real hummus. This recipe combines all of the good stuff and none of the bad stuff. Perfect option for entertaining a crowd or for weekly meal prepping! It is quick to prepare and requires no cooking.

equipment required: High Speed Blender or food processor

servings: 4

ingredients

1.5 cups cooked chickpea or 15 oz
(425 g can)
1 garlic clove crushed
1 tsp sea salt
2 tbsp extra virgin cold press olive oil
3 tbsp raw tahini
2 lemons juiced
3 ice cubes

additional add-ins

1 organic lemon zest only
1/4 tsp ground paprika
sesame seeds for garnish

method

Rinse the chickpeas in cold water and add them to a blender or food processor. Add all of the remaining ingredients except sesame seeds and blend until smooth. Before serving sprinkle with sesame seeds and additional paprika if desired. Store any remaining hummus in an air-tight container in the refrigerator for up to 5 days

notes

Pro Tips for that perfect silky smooth HUMMUS:

1. Soak minced garlic in lemon juice before mixing with the other ingredients. The flavour of the garlic will become more mild and perfect for hummus.
2. Use ice cubes when mixing

the hummus. This will lower the temperature of the mixture and make the hummus hold together better.

3. Use a high-quality 100% raw sesame tahini. It should be light in colour and pourable, you will find the best ones in oriental supermarkets or health-food stores.

mains



smoky tempeh or tofu scramble

servings: 2

ingredients

1 1/2 cups (200g) organic tempeh or tofu
1/2 tablespoon coconut oil or water
1 garlic clove minced
1/4 cup onion diced
1 red bell pepper diced
1/4 teaspoon turmeric powder
1/4 teaspoon smoked paprika or regular paprika will do
Celtic sea salt and fresh ground black pepper to taste
1 cup of baby spinach chopped
2 tablespoons fresh parsley chopped

method

Heat a small nonstick frying pan over medium heat.
Add coconut oil (or water) and once hot and simmering, add the garlic and onion. Saute for 1 minute. Add the bell pepper and saute for 2 minutes. Add tempeh/tofu, turmeric, smoked paprika, salt, and black pepper, stir to combine. Cook and stir until tempeh/tofu is hot and evenly coated in the seasoning mix, 3 minutes. Add the spinach and parsley and saute for 1 more minute.
Taste the scramble and season with more spices as desired.
Serve on its own, on top of the avocado, wrapped in a tortilla or alongside green mix salad and sprouted grain toast.
Store leftover portion in a glass tupperware container in a fridge.

notes

Go ahead and load it more veggies if you got them! Chopped zucchini, asparagus, mushrooms are all great options.

hummus sandwich

Here is a recipe for a super healthy hummus sandwich that is so good, you'll have friends begging to trade lunches with you!

servings: 1 sandwich

ingredients

2 slices sprouted whole grain bread, lightly toasted

¼ cup homemade hummus or store-bought hummus

2 to 3 leaves of lettuce, cut to size

Handful of chopped herbs of your choice (we are a big fans of parsley in this sandwich)

method

To assemble your sandwiches, spread a hearty layer of hummus onto each slice of toasted bread.

Top one slice with a layer lettuce and some chopped herbs. Place the second slice of bread hummus-side down on top. Enjoy!



vegan cheesy broccoli soup

Nutrient-rich, cheesy, and comforting but there's no cheese insight! How is that possible? How can you achieve that creamy, dreamy, cheesy flavour without dairy or a long list of scary ingredients often found in vegan cheese? The secret ingredient... nutritional yeast.

servings: 2

equipment required: High Speed Blender

ingredients

1 tbsp coconut oil
1 medium red onion diced
3 cloves garlic minced
1 tsp Celtic sea salt
1 tsp black pepper
1 tsp dijon mustard
1 cup unsweetened coconut or almond milk

2½ cups water
5 cups broccoli florets
1 cup nutritional yeast
2 large carrots shredded
1/8 tsp ground nutmeg
1 tbsp lemon juice

method

In a large pot, cook the onions in the coconut oil over medium heat for about 5 minutes. Add the garlic, salt, pepper, and dijon and cook for a few more minutes. Add the plant-based milk, water, and broccoli. Bring to a simmer, cover and cook for about 20 minutes or until broccoli is tender.

Turn off heat and stir in nutritional yeast. Remove the soup and puree in a blender.

Pour it back into the pot, add shredded carrots and bring to a gentle simmer for 5 minutes. Remove from heat, stir in nutmeg and lemon juice and serve. Makes 2 large dinner-sized portions or 4 sides.



avocado + pea smash sandwich

The combination of green peas and avocado creates quite the nutritional powerhouse; you are nourishing yourself with healthy fats, the right amount of protein, fiber and plenty of vitamin C.

servings: 2

ingredients

¼ cup fresh or frozen peas
½ medium avocado peeled and pitted (see note)
1 tbsp fresh lime juice
¼ tsp Celtic sea salt
¼ cup fresh herbs such as basil, mint or cilantro, chopped

to serve

2 slices sprouted-grain bread a wrap (such as Ezekiel brand)
Fresh-cut veggies optional
Sprouts for garnish (optional)

method

If using frozen peas, place in a glass cup or bowl and cover with hot water. Set aside for 5 minutes.

Meanwhile, scoop the avocado into a medium bowl.

Add the lime juice and salt, then mash together with a fork until a creamy consistency is achieved.

Drain the defrosted peas and add them (or the fresh peas) to the avocado bowl together with your herbs of choice. Mix well.

Serve on sprouted grain bread, inside whole grain tortilla or on top of Romain leaves.

notes

This smash is best served fresh, or within 30 minutes of making. If you plan on making it for next-day lunch, put it in a small glass container with limited space on top, insert the avocado pit into the pea smash, seal and place in the fridge. The flavor will remain and the pit will keep the avocado from turning brown.

resources

essential equipment

stocking your kitchen

To help you succeed with this plan, consider stocking your kitchen with the following tools. They aren't necessary, but they do make your experience more enjoyable and help you save time.



[High-Speed Blender](#)



[Food Processor](#)



[Thermos](#)



[Pyrex Glass Storage Containers](#)



[Glass Pint-Size Jars](#)



[Glass Quart-Size Wide Mouth Jars](#)

Also, make sure you have a good quality chef's knife for karate-chopping veggies, along with a cutting board.

where to buy

[Agave nectar \(raw\)](#): pre-packaged; Whole Foods, health food stores, some grocery stores, online.

[Cacao Nibs](#): bulk section, pre-packaged; health food stores, Whole Foods, Trader Joe's, some grocery stores, online

[Chia seeds](#): bulk section, pre-packaged; health food stores, Whole Foods, Trader Joe's, some grocery stores, online

[Coconut oil \(raw, virgin\)](#) : most stores or online, look for extra virgin and unrefined oil

[Ezekiel bread](#): pre-packaged; health food stores in the freezer section, Whole Foods,

[Goji berries](#): bulk section or pre-packaged; health food stores, Whole Foods, online

[Gluten-free oats](#): pre-packaged; Whole Foods, Trader Joe's, health food stores,

some grocery stores, online

[Hemp hearts](#): in bulk, pre-packaged; Whole Foods, health food stores, online

[Fresh sprouts](#): produce section in bulk or pre-packaged; some health food stores, grocery stores, Whole Foods

[Medjool Dates](#): bulk section, pre-packaged; health food stores, Whole Foods, Trader Joe's, some grocery stores, online

[Nutritional yeast \(non-fortified\)](#): bulk section of health food stores, Whole Foods, online

[Quinoa](#): in bulk, pre-packaged; most grocery stores, Whole Foods, Trader Joe's, online

where to buy cont'd

[Spirulina](#): pre-packaged; health food stores, supplement stores, Whole Foods, online

[Tahini \(raw\)](#): bottled in a jar, usually found in Asian section of grocery stores;

health food stores, Whole Foods, Asian or Middle Eastern markets

[Unrefined Sea Salt](#): bulk or pre-packaged, health food stores, Whole Foods, online

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