



Whole Food Plant-Based Nutrient Dense 7 day Meal Plan



Solstice Nutrition

<http://solsticenutrition.com.au>

Hello,

On the following pages, you will find a whole food plant based nutrient dense 7 day meal plan, along with an itemised grocery list and delicious recipes. This plan includes a daily allowance of around 1300 calories.

Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Recipe Tips

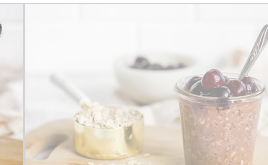
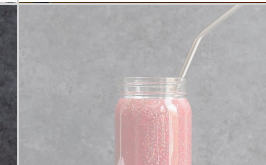
Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

Hope you enjoy the recipes!

Kimberley
Solstice Nutrition

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Strawberry Rhubarb with Banana Cashew Cream	Strawberry Rhubarb with Banana Cashew Cream	Apple Crisp Yogurt Bowls	Oatmeal Berry Jars	Oatmeal Berry Jars	Chocolate Cherry Overnight Oats	Chocolate Cherry Overnight Oats
Lunch							
	Rainbow Lettuce Wraps with Spicy Mango Dressing	Pesto Tofu Spinach Rolls	Pesto Tofu Spinach Rolls	Hummus Pasta	Hummus Pasta	Cream of Broccoli Soup	Cream of Broccoli Soup
Snack 2							
	Golden Smoothie	Golden Smoothie	Honeydew Melon & Cashews	Honeydew Melon & Cashews	Raspberry Chia Fresca	Raspberry Chia Fresca	Cherries & Pumpkin Seeds
Dinner							
	2 Tomato Chickpea Stuffed Potato	2 Tomato Chickpea Stuffed Potato	Creamy Artichoke Salad & Cauliflower Rice	Coconut Curry with Sweet Potato Noodles	Coconut Curry with Sweet Potato Noodles	Red Lentil Dahl	Red Lentil Dahl

Fruits

- ☐ 1/2 Apple
- ☐ 3/4 Avocado
- ☐ 2 Banana
- ☐ 2 cups Cherries
- ☐ 1/2 Honeydew Melon
- ☐ 2 1/2 tbsps Lemon Juice
- ☐ 1 1/8 tbsps Lime Juice
- ☐ 1/4 Mango
- ☐ 1 cup Strawberries

Breakfast

- ☐ 1 1/8 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 3/4 cups Cashews
- ☐ 1/4 cup Chia Seeds
- ☐ 1/2 tsp Cinnamon
- ☐ 1 1/8 tps Cumin
- ☐ 1 1/8 tbsps Curry Powder
- ☐ 1/2 tsp Dried Basil
- ☐ 1 tsp Everything Bagel Seasoning
- ☐ 1/4 cup Pumpkin Seeds
- ☐ 1/3 tsp Red Pepper Flakes
- ☐ 1 1/8 tps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/2 tsp Sesame Seeds
- ☐ 2 tps Turmeric

Frozen

- ☐ 1 cup Frozen Berries
- ☐ 1/2 cup Frozen Corn
- ☐ 1/3 cup Frozen Edamame
- ☐ 2 cups Frozen Pineapple
- ☐ 1/2 cup Frozen Raspberries

Vegetables

- ☐ 1 1/4 cups Arugula
- ☐ 3 cups Baby Spinach
- ☐ 1 1/3 cups Bean Sprouts
- ☐ 2 1/2 cups Broccoli
- ☐ 3/4 Carrot
- ☐ 1/4 head Cauliflower
- ☐ 1 1/2 stalks Celery
- ☐ 1/3 cup Cherry Tomatoes
- ☐ 1 1/8 cups Cilantro
- ☐ 1/2 Cucumber
- ☐ 3 3/4 Garlic
- ☐ 1 3/4 tbsps Ginger
- ☐ 1 3/4 stalks Green Onion
- ☐ 1/3 cup Purple Cabbage
- ☐ 1/4 Red Bell Pepper
- ☐ 3/4 cup Red Onion
- ☐ 1 cup Rhubarb
- ☐ 1/4 head Romaine Hearts
- ☐ 1 1/8 Sweet Onion
- ☐ 3 1/3 Sweet Potato
- ☐ 1 Zucchini

Boxed & Canned

- ☐ 2 1/16 cups Canned Coconut Milk
- ☐ 113 grams Chickpea Pasta
- ☐ 1 1/3 cups Chickpeas
- ☐ 1 cup Crushed Tomatoes
- ☐ 1 1/8 cups Dry Red Lentils
- ☐ 1 cup Green Lentils
- ☐ 2 cups Lite Coconut Milk
- ☐ 2 cups Vegetable Broth

Baking

- ☐ 1 tsp Arrowroot Powder
- ☐ 3 tbsps Cocoa Powder
- ☐ 2 1/2 cups Oats

Bread, Fish, Meat & Cheese

- ☐ 1/3 cup Hummus
- ☐ 430 grams Tofu

Condiments & Oils

- ☐ 2 1/4 tps Apple Cider Vinegar
- ☐ 3/4 cup Artichoke Hearts
- ☐ 1 1/3 tbsps Balsamic Vinegar
- ☐ 3/4 tsp Dijon Mustard
- ☐ 1 3/4 tbsps Extra Virgin Olive Oil
- ☐ 1/4 cup Pesto
- ☐ 4 Rice Paper Wraps
- ☐ 1 1/3 tbsps Thai Red Curry Paste

Cold

- ☐ 2 1/4 cups Unsweetened Almond Milk
- ☐ 1 cup Unsweetened Coconut Yogurt

Other

- ☐ 3 cups Coconut Water
- ☐ 4 3/4 cups Water



Strawberry Rhubarb with Banana Cashew Cream

2 servings

15 minutes

Ingredients

- 1 cup Rhubarb (chopped)
- 1 cup Strawberries (sliced)
- 3/4 cup Cashews (soaked for 1 hour and drained)
- 1/2 cup Water
- 1 Banana (large, ripe)

Directions

- 1 Place rhubarb and strawberries in a sauce pan over medium heat. Stir occasionally for about 10 minutes or until rhubarb starts to break down and a sauce starts to form. Turn off the heat and set aside to cool while you prepare the rest.
- 2 Combine cashews, water and banana in a blender. Blend very well until smooth and creamy.
- 3 Divide the stewed strawberry rhubarb in between small glasses or jars and spoon the cashew banana cream over top. Garnish with extra fruit or nuts. Enjoy!

Notes

Toppings: Sprinkle with shredded coconut, pistachios, slivered almonds or extra fruit.

More Protein: Add protein powder or hemp seeds into the blender before blending the banana cashew cream.

Chocolate Lover: Add cocoa powder into the blender before blending the banana cashew cream.



Apple Crisp Yogurt Bowls

1 serving

20 minutes

Ingredients

1/2 Apple (cored, chopped)
1/2 cup Oats (rolled)
1 tbsp Maple Syrup
1/2 tsp Cinnamon
1 cup Unsweetened Coconut Yogurt

Directions

- 1 In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
- 2 Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

Notes

Leftovers: Refrigerate separately in an airtight container for up to three days.

Serving Size: One serving is equal to 1 cup of coconut yogurt and 1/2 cup of apple crisp mixture.

Additional Toppings: Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.



Oatmeal Berry Jars

2 servings
8 hours 5 minutes

Ingredients

- 1 cup Oats (rolled or quick)
- 1 cup Unsweetened Almond Milk
- 1 cup Frozen Berries

Directions

- 1 Add the oats to a jar along with the milk and berries. Stir to combine. Cover and place in the fridge overnight, or for at least eight hours. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Enjoy hot or cold.

More Flavor: Add cinnamon, sweetener of choice, or vanilla extract.

Additional Toppings: Nut butter, chia seeds, chopped nuts, granola, or more berries.



Chocolate Cherry Overnight Oats

2 servings

8 hours

Ingredients

1 cup Oats (rolled)
 3 tbsps Cocoa Powder
 1 1/2 tsps Chia Seeds
 1 1/4 cups Unsweetened Almond Milk
 1 cup Cherries

Directions

- 1 Add the oats, cocoa powder, chia seeds, and almond milk together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 2 Remove the oats from the fridge. Divide into containers and top with cherries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with additional milk.

Nut-Free: Use a nut-free milk such as oat, coconut, dairy, or soy.

Likes it Sweeter: Use maple syrup or honey to taste.



Rainbow Lettuce Wraps with Spicy Mango Dressing

1 serving

15 minutes

Ingredients

1/3 cup Purple Cabbage (thinly sliced)
 1/4 Red Bell Pepper (thinly sliced)
 1/4 Carrot (medium, grated)
 1/2 stalk Green Onion (thinly sliced)
 1/4 Mango (small, chopped)
 2 1/4 tsps Water
 1 1/2 tsps Apple Cider Vinegar
 1/4 Garlic (clove, small, minced)
 1/8 tsp Red Pepper Flakes
 1/16 tsp Sea Salt
 1/4 head Romaine Hearts (large leaves separated, washed and dried)
 1/2 Avocado (diced)
 1/2 tsp Sesame Seeds
 1 tbsp Cilantro

Directions

- 1 In a large mixing bowl combine the cabbage, bell pepper, carrot and green onions. Toss to combine and set aside.
- 2 Add the mango, water, apple cider vinegar, garlic, red pepper flakes and sea salt to a food processor and blend until smooth.
- 3 To assemble the lettuce wraps, divide the cabbage mixture between the romaine leaves and garnish with avocado, sesame seeds, cilantro and spicy mango dressing. Serve immediately and enjoy!

Notes

Leftovers: Refrigerate veggies, dressing and toppings in separate airtight containers for up to five days. Assemble lettuce wraps just before serving

Serving Size: One serving is approximately two lettuce wraps. Each lettuce wrap is approximately 2/3 cup veggie filling and 2 tablespoons of dressing.

Additional Toppings: For extra crunch add sliced almonds or pumpkin seeds.

More Protein: Add cooked chicken, shrimp or tofu.



Pesto Tofu Spinach Rolls

2 servings

15 minutes

Ingredients

241 grams Tofu (extra-firm, pressed and crumbled)

1/4 cup Pesto

4 Rice Paper Wraps

2 cups Baby Spinach

1/2 Cucumber (julienned)

Directions

- 1 In a bowl, combine the tofu and pesto together.
- 2 Soften a sheet of rice paper under warm water by submerging it for 5 to 10 seconds. Transfer to a plate. Add the spinach, cucumber and pesto tofu near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth to prevent sticking.

Serving Size: One serving equals approximately two rolls.

More Flavor: Season the pesto tofu with salt and red pepper flakes.

Additional Toppings: Carrots, red bell peppers, red cabbage, avocado.

No Tofu: Use edamame, eggs, tempeh or shrimp instead.

Extra Firm Tofu: To press the tofu, wrap in paper towel, place a plate or cutting board on top of the block of tofu. Place a heavy pan or heavy object on the cutting board. Let the tofu rest like this for 15 to 30 minutes.



Hummus Pasta

2 servings

15 minutes

Ingredients

113 grams Chickpea Pasta (dry)
 1/3 cup Frozen Edamame
 1/2 tsp Extra Virgin Olive Oil
 1/3 cup Cherry Tomatoes (halved)
 1 1/4 cups Arugula
 1 1/2 tsp Lemon Juice
 1/3 cup Hummus
 1 tsp Everything Bagel Seasoning
 Sea Salt & Black Pepper (to taste)

Directions

- 1 Bring a large pot of salted water to a boil and cook the chickpea pasta according to package directions. During the last two minutes, add the frozen edamame and reserve some of the pasta water. Drain and rinse with cold water. Set aside.
- 2 In the same pot over medium heat, add the oil followed by the tomatoes, arugula and lemon juice and heat through. Add the pasta and edamame into the pot and stir in the hummus. Add the pasta water one small splash at a time and stir until your desired consistency is reached. Divide onto plates and top with everything bagel seasoning, salt, and pepper. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup of pasta.

Additional Toppings: Top with chopped parsley and a drizzle of olive oil.



Cream of Broccoli Soup

2 servings

30 minutes

Ingredients

1/2 Sweet Onion (chopped)
 1/2 Carrot (chopped)
 1 1/2 stalks Celery (chopped)
 2 1/2 cups Broccoli (chopped, incl. stalks)
 3 cups Water
 1/2 tsp Dried Basil
 1/2 tsp Sea Salt
 1/2 cup Cashews
 1 cup Green Lentils (cooked, drained and rinsed)
 1 cup Baby Spinach (packed)

Directions

- 1 Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
- 2 In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
- 3 Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 3 to 3.5 cups of soup, depending on how much liquid simmers off.



Golden Smoothie

2 servings

5 minutes

Ingredients

2 cups Lite Coconut Milk
2 cups Frozen Pineapple
1 Banana (frozen)
1 Zucchini (chopped and peeled, frozen)
1 tbsp Ginger (fresh, minced)
2 tsps Turmeric

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Zucchini: Omit or replace with frozen cauliflower or diced avocado.

No Fresh Ginger: Use powdered ginger instead, reduce to 1/2 tsp per serving.



Honeydew Melon & Cashews

1 serving

5 minutes

Ingredients

1/4 Honeydew Melon (small, peeled,
seeds removed and chopped)
1/4 cup Cashews

Directions

- 1 Divide between plates or bowls and enjoy!

Notes

Leftovers: Refrigerate the melon in an airtight container for up to three days. Store melon and cashews separately until ready to serve.

Additional Toppings: Drizzle with a bit of raw honey for extra sweetness.

No Cashews: Use another nut or seed instead.



Raspberry Chia Fresca

2 servings

15 minutes

Ingredients

1 cup Water
 1/4 cup Chia Seeds
 3 cups Coconut Water
 1/2 cup Frozen Raspberries
 2 tbsps Lemon Juice (optional)

Directions

- 1 Stir the water and chia seeds together. Let thicken for 10 minutes.
- 2 Add the coconut water, raspberries, lemon juice, and chia mixture into a blender. Blend until well incorporated. Pour into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size: One serving equals approximately two cups.

More Flavor: Add a sprinkle of cinnamon and a sweetener of your choice.

No Coconut Water: Omit and replace with water instead.



Cherries & Pumpkin Seeds

1 serving

5 minutes

Ingredients

1 cup Cherries

1/4 cup Pumpkin Seeds

Directions

- 1 Serve the cherries with the pumpkin seeds and enjoy!

Notes

Leftovers: Store cherries and pumpkin seeds separately until ready to serve.

No Pumpkin Seeds: Use another nut or seed instead.



Tomato Chickpea Stuffed Potato

4 servings

35 minutes

Ingredients

2 Sweet Potato (medium, halved lengthwise)
2 tsps Extra Virgin Olive Oil
2/3 Sweet Onion (small, sliced)
1 1/3 Garlic (cloves, minced)
1 1/3 tbsps Balsamic Vinegar
1 cup Crushed Tomatoes (from the can)
1 1/3 cups Chickpeas (cooked)
1 1/3 stalks Green Onion (sliced, divided)

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Brush the flesh of the sweet potato halves with oil. Bake face-down on the baking sheet for 20 to 30 minutes, or until tender.
- 3 Meanwhile, heat a pan over medium-high heat. Cook the onions and garlic in the balsamic vinegar until soft. Add the tomatoes and chickpeas and cook until warmed through, about five minutes. Stir in half the green onions and set aside.
- 4 Divide the sweet potato halves onto plates and top with the tomato chickpea mixture. Garnish with the remaining green onions and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals half a medium sweet potato topped with approximately one cup of the chickpea mixture.



Creamy Artichoke Salad & Cauliflower Rice

1 serving

15 minutes

Ingredients

3/4 cup Artichoke Hearts (roughly chopped and divided)
 1 tbsp Extra Virgin Olive Oil
 3/4 tsp Apple Cider Vinegar
 1/3 tsp Maple Syrup
 3/4 tsp Dijon Mustard
 1/4 tsp Sea Salt
 1/4 head Cauliflower (chopped into florets)
 1/4 Avocado (cubed)
 1/2 cup Frozen Corn (thawed)
 1 tbsp Red Onion (finely chopped)

Directions

- 1 In a food processor or blender, blend half the artichoke hearts, oil, vinegar, maple syrup, dijon and salt until smooth. Transfer the dressing to a salad bowl and set aside.
- 2 Pulse the cauliflower florets in the same food processor or blender in small batches until the mixture becomes a rice-like consistency.
- 3 Add the cauliflower rice, remaining artichoke hearts, avocado, corn and red onion to the salad bowl and toss with the dressing until well coated. Enjoy!

Notes

No Artichoke Hearts: Use cooked asparagus instead.

Serve it Warm: Lightly saute the cauliflower rice, artichoke hearts and corn before combining with the remaining ingredients.



Coconut Curry with Sweet Potato Noodles

2 servings

20 minutes

Ingredients

1 1/3 tbsps Water (divided)
 1 1/3 Sweet Potato (medium, spiralized)
 1 1/3 cups Canned Coconut Milk
 1 1/3 tbsps Thai Red Curry Paste
 1 tsp Arrowroot Powder
 189 grams Tofu (extra firm, cubed)
 1 1/3 cups Bean Sprouts
 2/3 cup Cilantro (thick stems removed, chopped)

Directions

- 1 Heat half of the water in a large saucepan over medium-high heat. Toss the spiralled sweet potato lightly for about five minutes or until soft. Remove from the pan and set aside.
- 2 Whisk together the coconut milk and curry paste in the saucepan. Bring to a gentle simmer. Combine the arrowroot powder and remaining water in a small bowl to make a slurry. Add the slurry to the coconut mixture and stir.
- 3 Gently add the tofu and cook for five more minutes.
- 4 Divide the spiralized sweet potato and bean sprouts into bowls. Scoop the coconut curry into the bowls and garnish with cilantro. Enjoy!

Notes

Leftovers: Store the curry separate from the spiralized sweet potato, bean sprouts, and cilantro. Refrigerate in airtight containers for up to four days. Freeze the curry for up to two months.

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavour: Add ginger, garlic or lemongrass.

Additional Toppings: Thai basil and lime juice and/or lime slices.



Red Lentil Dahl

3 servings

40 minutes

Ingredients

3/4 cup Red Onion (finely chopped)
 3 tbsps Water
 2 1/4 Garlic (clove, minced)
 2 1/4 tsps Ginger (fresh, minced or grated)
 1 1/8 tbsps Curry Powder
 1 1/8 tsps Cumin
 1/3 tsp Sea Salt
 1/8 tsp Red Pepper Flakes
 1 1/8 cups Dry Red Lentils (rinsed)
 2 cups Vegetable Broth
 3/4 cup Canned Coconut Milk
 1/3 cup Cilantro
 1 1/8 tbsps Lime Juice

Directions

- 1 Heat a large pot over medium heat. Add the onion, water, garlic and ginger to the pot and cook until the onion softens and the water evaporates, about 5 to 7 minutes. Stir in the curry powder, cumin, salt and red pepper flakes and cook for another minute until very fragrant. Stir in the lentils.
- 2 Add the vegetable broth and coconut milk to the pot and stir to combine. Bring the lentils to a gentle boil then reduce heat to medium-low. Let it simmer for 25 to 30 minutes or until the lentils are tender.
- 3 Remove from the heat and stir in the cilantro and lime juice. Season with additional salt if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1 cup of dahl.

More Flavor: Add chili powder, cayenne or a drizzle of honey.

Additional Toppings: Serve with extra cilantro or lime wedges.

Serve it With: Serve with rice, quinoa, naan, pita and/or sautéed greens.

Consistency: If the lentils are too thick, add additional vegetable broth until desired consistency is reached.