

The Plant Powered Pledge

21-Day Meal Plan

A practical, tasty, low-waste, whole-food plant-based plan for 3 weeks. Designed for two adults with leftovers for lunch (~4 servings per dinner).

⚡ Quick Start & Tips

Choose Your Level

- **Lightly Powered:**

Aim for one plant-powered meal per day. Easy win: whole-grain oats with plant milk, nuts & berries.

- **Fully Powered:**

Make all meals plant-powered. Use the weekly calendar to mix & match.

Getting Started

- **Master Grocery List** - Stock shelf-stable staples once; buy fresh produce/bread/plant yogurt weekly. Use the weekly pages as top-ups.
- **Set aside one prep session each week** - cook grains/beans, make 1-2 sauces, and chop veg. Prep once, eat twice.
- **Protein Anchors** - lentils, beans, tofu/tempeh, seitan (skip if gluten-free), and hearty whole grains (farro, quinoa). Add hemp hearts or edamame to boost protein.
- **Waste Not** - follow the daily "Waste Not, Why Not?" notes in the calendar to reduce food waste.

Smart Swaps

- **Bread** - Choose 100% whole-grain or seeded/sprouted bread.
- **Wraps & Pitas** - Choose whole-wheat or sprouted (or use collard wraps for a gluten-free option).
- **Pasta** - Use whole-wheat, chickpea, or lentil pasta.

Allergen & Dietary Swaps

- **Gluten-Free** - Use brown rice, quinoa, corn tortillas, gluten-free pasta/bread; try collard wraps.
- **Soy-Free** - Choose chickpeas/beans or seitan (if gluten is ok).
- **Nut-Free** - Swap nuts for seeds (sunflower, pumpkin, hemp).



⚡ Master Grocery List

Stock shelf-stable staples once; buy fresh produce, herbs, bread/wraps and plant yogurt weekly. Use the weekly page as a top-up - skip anything you already have.

Plant Proteins & Alternatives

- Tofu (extra-firm)
- Tempeh
- Seitan (if not GF)
- Plant yogurt
- Cashews (raw) or sunflower seeds
- Peanut butter
- Nuts/seeds (almonds, walnuts, pumpkin, hemp, flax, chia)
- Unsweetened plant milk (almond/soy/oat)
- Tahini

Legumes (Protein Powerhouses)

- Red lentils
- Brown/green lentils
- Chickpeas (canned or dry)
- Black beans
- White beans
- Edamame (frozen)



Vegetables

- Onions
- Garlic
- Carrots
- Celery
- Bell peppers
- Broccoli
- Mushrooms
- Zucchini
- Leafy greens (spinach, kale)
- Sweet potatoes
- Cucumbers
- Cherry tomatoes
- Mixed salad greens
- Cabbage/coleslaw mix
- Fresh herbs (cilantro, parsley, basil)
- Green beans (optional)
- Corn (frozen)
- Artichoke hearts
- Ginger
- Leeks
- Frozen peas

Grains & Breads

- Rolled oats
- Rice (brown or basmati)
- Whole wheat or chickpea spaghetti
- Barley or farro
- Whole-grain tortillas
- Whole-grain bread
- Orzo
- Quinoa (GF swap)
- Whole-grain burger buns
- Polenta (tube or dry)
- Whole-wheat couscous
- Whole-wheat noodles
- Short-grain brown rice
- Whole-wheat pita bread
- Whole-wheat flour
- Cornmeal

Fruit

- Bananas
- Berries
- Apples
- Oranges
- Lemons
- Limes
- Pears
- Dates
- Avocado
- Mango

Pantry & Sauces

- Crushed tomatoes
- Tomato sauce
- Vegetable broth
- Nutritional yeast
- Spices (smoked paprika, cumin, chili powder, curry powder, oregano, harissa, nutmeg)
- Olive/avocado oil (optional)
- Canned coconut milk
- Jackfruit in brine
- Dijon mustard
- Nori (seaweed sheets - optional)
- Rice vinegar
- Baking powder
- Tamari / soy sauce
- Maple syrup (or other sweetener)
- Ground flaxseed
- Apple cider vinegar



⚡ Week 1 - Comfort Classics

Day	Breakfast	Lunch	Dinner	Snacks	Waste Not, Why Not?
1	Overnight Oats (oats, chia, berries) Open Recipe	Whole-Wheat Hummus Wrap + Greens [WG] Open Lunch How-To	Red Lentil Bolognese over whole-wheat spaghetti + garlicky greens [WG/L] Open Recipe	Apple + peanut butter	Freeze extra bolognese flat in bags for a future night.
2	Tofu Scramble + Whole-Grain Toast [WG]	Big-Batch Minestrone (veg + beans + pasta) [WG/L] Open Lunch How-To	Sheet-Pan Fajitas (peppers/onions) + black beans + warm whole-wheat tortillas [WG], pico Open Recipe	Trail mix	Save pepper tops/cores for stock bag in freezer.
3	Green Smoothie (spinach, banana, flax, oats)	Minestrone leftovers + side salad Open Lunch How-To	Creamy Mushroom Stroganoff (whole-wheat noodles) [WG/L] Open Recipe	Roasted chickpeas	Finely mince mushroom scraps for gravy depth.
4	Quinoa Porridge w/ Apple & Cinnamon	Loaded Sweet Potato (black beans, salsa, tahini) Open Lunch How-To	Gingery Tofu Stir-Fry (broccoli, snap peas) over brown rice Open Recipe	Carrots + hummus	Peel broccoli stems, slice thin, add to stir-fry - do not toss!
5	Healthy Whole-Wheat Pancakes + Berries Open Recipe	Mediterranean Bowl (farro, chickpeas, olives, veg, lemon-tahini) Open Lunch How-To	Mushroom-Barley Stew + steamed greens Open Recipe	Orange + almonds	Chop mushroom stems finely - great umami for stew.
6	Chia Pudding + Mango	Roasted Veg & Hummus on Whole-Wheat Pita (or whole-grain bread) [WG] Open Lunch How-To	Veggie Pizza Night (marinara, roasted veg, cashew "ricotta") Healthy Whole-Wheat Oil-Free Crust Recipe Cashew Ricotta Recipe Marinara Recipe	Popcorn + nutritional yeast	Turn pizza veg scraps into a quick broth.
7	Classic Oatmeal	Leftovers + Side Salad Open Lunch How-To	Red Lentil Dal + Rice (brown/basmati) + Cucumber 'Raita' Dal Recipe Raita Recipe	Dates + walnuts	Cook extra rice; freeze in flat portions for Week 2.

Smart Swaps:

- [WG] = 100% whole-grain or seeded/sprouted bread; whole-wheat or sprouted wraps/pitas (or collard wraps for GF).
- [WG/L] = Whole-wheat, lentil or chickpea pasta anywhere pasta appears.



⚡ Week 1 - Comfort Classics

Top-up list for this week. Skip anything you already have from the Master Grocery List.

🛒 Shop

Grains & Breads

- Rolled oats (2 lb)
- Brown rice (3 cups dry)
- Whole-wheat or chickpea spaghetti (1 lb)
- Short whole-wheat pasta (orzo) (1 lb)
- Whole-wheat wide noodles (12 oz)
- Tortillas (10)
- Bread (1 loaf)
- Barley or farro (1 lb)
- Quinoa (1 lb)

Plant Proteins & Alternatives

- Tahini (1 jar)
- Peanut butter (1 jar)
- Mixed nuts/seeds (2 cups)
- Raw cashews (1 cup)
- Plant yogurt (1 quart)
- Tofu (3 blocks) or tempeh (2 packs)

Legumes (Protein Powerhouses)

- Red lentils (2 cups dry)
- Green/brown lentils (2 cups dry)
- Chickpeas (4 cans or 3 cups cooked)
- Black beans (4 cans or 3 cups cooked)
- White beans (2 cans)
- Frozen edamame (1 bag)

Vegetables

- Onions (6)
- Garlic (2 bulbs)
- Ginger (1-inch piece or 1 tsp grated)
- Carrots (2 lb)
- Celery (1 bunch)
- Bell peppers (6)
- Broccoli (2 heads)
- Mushrooms (1.5 lb or 24 oz)
- Zucchini (3)
- Spinach (10 oz)
- Kale/greens (2 bunches)
- Sweet potatoes (6)
- Cucumbers (2)
- Cherry tomatoes (1 pint)
- Salad greens (1 large clamshells)
- Frozen corn (1 bag)
- Leeks (2-3 large)

Fruit

- Bananas (12)
- Berries (4 cups)
- Apples (6)
- Oranges (6)
- Lemons (6)
- Avocado (1/2)

Pantry & Extras

- Crushed tomatoes (2 large cans)
- Tomato sauce (2 jars)
- Vegetable broth (2 quarts)
- Nutritional yeast (1 container)
- Spices (paprika, cumin, chili, curry, oregano, thyme)
- Whole Grain Pizza Crust if needing a shortcut
- Whole-wheat flour (~3 cups)
- Tamari or soy sauce (1 bottle)
- Full-fat coconut milk (1 can / 13.5 oz)
- Dijon mustard (1 tsp)

🍲 Batch-Prep (60-90 mins)

- Cook brown rice (6 cups cooked)
- Cook barley/farro (6 cups cooked)
- Cook a pot of Red Lentil Bolognese base (lentils + tomatoes + spices).
- Roast a tray of mixed vegetables (peppers, onions, zucchini, mushrooms).
- Make [Lemon-Tahini sauce](#).
- Make [Simple Marinara](#).
- Make [Hummus](#).

See the 21-Day Calendar for how these foods come together in meals.



⚡ Week 2 - Global Flavors

Day	Breakfast	Lunch	Dinner	Snacks	Waste Not, Why Not?
8	Overnight Oats + Citrus	Dal Leftovers + Greens Open Lunch How-To If no dal left, swap for Greek Salad + Pita.	Crispy Tofu Mango Bowls (peanut-lime dressing) Open Recipe	Banana + walnuts	Use broccoli stalks shredded in slaw.
9	Smoothie (berries, oats, flax)	Greek Salad + White Beans + Whole-Wheat Pita [WG] Open Lunch How-To	Primavera Pasta w/ Cashew Cream [WG/L] Open Recipe	Cucumber + hummus	Blend herb stems into the sauce - bright flavor.
10	Avocado + Tomato Toast [WG]	Sushi Bowls (rice, edamame, cucumber, nori, avocado) Open Lunch How-To	3-Bean Chili + Skillet Cornbread Chili Recipe Cornbread Recipe	Trail mix	Freeze chili in single-meal jars for Week 3.
11	Warm Millet Porridge	Chili Leftovers Open Lunch How-To	Eggplant & Chickpea Tagine + Couscous (apricots/raisin optional) Open Recipe	Orange + pistachios	Save citrus peels to zest/dry for seasoning.
12	Plant-Yogurt Parfait	Roasted Veg & Hummus on Whole-Wheat Pita (or Whole-Grain Bread) [WG] Open Lunch How-To	BBQ Jackfruit Sandwiches on Whole-Grain Buns [WG] + Crunchy Slaw Open Recipe	Apple + peanut butter	Use jackfruit brine to thin BBQ sauce; less waste.
13	Healthy Whole-Wheat Pancakes or Waffles Open Recipe	Leftovers + Side Salad Open Lunch How-To	Black Bean & Sweet Potato Enchiladas (Whole-wheat tortillas) [WG] Open Recipe	Corn + lime	Make enchilada filling from leftover roasted veg.
14	Oatmeal + Dates	Big Chopped Salad + Beans Open Lunch How-To	Lentil Moussaka with Cashew Béchamel Cream Open Recipe	Popcorn	Make extra lentil filling and use it for lunch the next day (wraps or on a salad).

Smart Swaps:

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- [WG/L] = Whole-wheat, lentil or chickpea pasta anywhere pasta appears.



⚡ Week 2 - Global Flavors

This week uses similar staples from the Master Grocery List plus new ingredients.

🛒 Shop

Grains & Breads

- Basmati or jasmine rice (2 cups dry or 6 cups cooked)
- Whole-wheat couscous (12 oz)
- Whole-wheat noodles (12-16 oz)
- Whole-wheat pita (2)
- Whole-grain burger buns (4-6)
- Whole-grain tortillas (8-10)
- Whole-wheat pasta (12 oz)
- Millet (1 cup dry)
- Cornbread mix (GF if needed, 1 box)

Plant Proteins & Alternatives

- Raw cashews (2 cups)
- Peanut butter (1/3 cup)
- Unsweetened plant milk (1 cup)
- Tofu - extra-firm (12 oz)

Legumes (Protein Powerhouses)

- Chickpeas (3 cans)
- Black beans (4 cans)
- Kidney beans (2 cans)
- Edamame - frozen (1 cup)
- Pinto beans (1 can)
- Brown or green lentils (1 cup dry, or 2 cups cooked)

Vegetables

- Onions (4-5 medium)
- Garlic (2 bulbs)
- Mushrooms (20 oz)
- Eggplant (5 large)
- Zucchini (1)
- Sweet potatoes (~3 cups diced (~2 medium))
- Kale (2 cups chopped)
- Broccoli (1 head or asparagus (1 bunch))
- Cabbage/coleslaw mix (1 large bag + slaw)
- Cucumber (2 medium)
- Red bell pepper (1)
- Fresh herbs: cilantro, parsley, basil (2 bunches - at least 1 cilantro)
- Cherry tomatoes (1 cup)
- Jalapeño (1)

Fruit

- Mango (2)
- Avocado (2)
- Limes (4)
- Dates (1 small box)
- Bananas (2)
- Apples (2)
- Oranges (2)
- Raisins OR dried apricots (1/3 cup)

Pantry Extras

- Nori (1-2 sheets - optional)
- Rice vinegar (1/4 cup - small bottle)
- Tamari or soy sauce (1/4 cup - small bottle)
- Vegetable broth (4 cups total)
- Maple syrup (1 tbsp)
- Nutritional yeast (3 tbsp)
- Dijon mustard (1 tsp)
- Crushed tomatoes (3 large cans)
- Tomato sauce or passata (1 jar)
- Jackfruit in brine (2 cans)
- Cornstarch or arrowroot starch (1 tbsp)
- Ground flaxseed (small bag)
- Apple cider vinegar (1 bottle)
- Baking powder (1 container)
- Spices: dried oregano, dried basil, chili powder, ground cumin, red pepper flakes, nutmeg, Ras el Hanout, ground coriander

🍲 Batch-Prep

- Cook rice (6 cups cooked).
- Soak/cook beans or open cans.
- Make Peanut-Lime sauce and Cashew Cream (or use silken tofu cream).
- Chop slaw.

See the 21-Day Calendar for how these foods come together in meals.



⚡ Week 3 - Quick & Simple

Day	Breakfast	Lunch	Dinner	Snacks	Waste Not, Why Not?
15	Overnight Oats (oats, chia, berries) Open Recipe	Lentil Herb Salad (lemon, parsley) Open Lunch How-To	Spinach-Artichoke Orzo with Chickpeas Open Recipe	Pear + almonds	Use soft tomatoes in the one-pot dinner.
16	Green Smoothie	Chickpea Salad + Crackers Open Lunch How-To	Freezer-Veg Curry + Chickpeas over rice Open Recipe	Carrots + hummus	Keep a "use-first" bin; cook those veg today.
17	Oatmeal + Raisins	Chili or Minestrone Leftovers Open Lunch How-To	Minestrone 2.0 (clean-out soup) Open Recipe	Trail mix	Add parm-like flavor with nutritional yeast ends.
18	Tofu/Veg Scramble	PB & Sliced Banana or Apple on Whole-Grain/Seeded Bread [WG] Open Lunch How-To	Baked Potato Bar (broccoli, beans, salsa, cashew cheese) + Cashew Queso Cashew Queso Recipe	Orange	Bake extra potatoes for tomorrow's hash.
19	Chia Pudding	Pasta Salad + Beans [WG/L] Open Lunch How-To	Veggie Paella/Quinoa Pilaf Open Recipe	Apple + peanut butter	Rice stuck to pot? Add water, simmer → quick stock.
20	Healthy Whole-Wheat Pancakes Open Recipe	Leftover Salad + Fruit Open Lunch How-To	Smoky BBQ Black Bean Burgers on Whole-Grain Buns [WG]+ Oven Fries + Salad Open Recipe	Popcorn	Save aquafaba (bean liquid) to bind burgers.
21	Classic Oatmeal	Rainbow Bowls (everything left!) Open Lunch How-To	Ratatouille + Herbed Polenta + Citrus Salad Ratatouille Recipe Polenta Recipe	Dark chocolate square	Freeze any remaining herbs in olive oil or water trays.

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- [WG/L] = Whole-wheat, lentil or chickpea pasta anywhere pasta appears.



⚡ Week 3 - Quick & Simple

This week focuses on simple, budget-friendly staples. Use this as a top-up list - check your Master Grocery List and only buy what's missing.

🛒 Shop

Grains & Breads

- Orzo - whole-wheat if possible (1 lb)
- Short pasta (WW/chickpea/lentil): 8 oz
- Rolled oats (top-up as needed)
- Polenta (1 tube or 1 lb dry)
- Rice - brown or basmati (1-1¼ cups dry)
- Quinoa (1½ cups dry or 4½ cups cooked)
- Whole-grain burger buns or bread (6 buns or 1 loaf)
- Whole-grain crackers (1 box)

Plant Proteins & Alternatives

- Raw cashews (1 cup) or silken tofu (12 oz)
- Peanut butter (1 jar)
- Unsweetened plant milk (1 litre)
- Tofu - extra-firm (1 block)

Legumes (Protein Powerhouses)

- Black beans (4 cans or 1 lb dry)
- Chickpeas (4 cans or 1 lb dry)
- Lentils - green/brown (2 cups dry)

Vegetables

- Frozen mixed vegetables (2 lb)
- Eggplant (2)
- Broccoli (1 head)
- Zucchini (2)
- Artichoke hearts (2 cups)
- Spinach - frozen or bag (10 oz)
- Ginger (1-inch peeled)
- Garlic (1 bulb)
- Potatoes (8)
- Onion (4)
- Red bell pepper (2)
- Mushrooms (2 cups)
- Canned crushed tomatoes (2 large cans)

Fruit

- Banana (3)
- Apple (3)
- Oranges (4)
- Berries - frozen or skip (1 pack)

Pantry Extras

- Hummus (1 tub or make from chickpeas + tahini + lemon you already stock)
- Curry powder (2 tsp)
- Nutritional yeast (2 tbsp)
- Harissa (1 tbsp)
- Chili powder (1 tspn)
- Vegetable broth (4 cups)
- Soy sauce/tamari (¼ cup)
- Rice vinegar (¼ cup)

🍲 Batch-Prep

- Make a big pot of 3-Bean Chili or Minestrone 2.0 to cover two lunches.
- Bake 8 potatoes for quick meals.
- Cook a double batch of chickpeas/lentils for bowls and salads.



Big-Batch Minestrone (serves 8)

- **Ingredients:** onion, carrots, celery, garlic, zucchini, (optional) green beans, bay leaf, oregano, basil, smoked paprika (optional), chili flakes (optional), 28-oz crushed tomatoes, 6-8 cups veg broth/water, 3 cups cooked beans, 1-1.5 cups small pasta (use whole-wheat or chickpea), 2 cups chopped kale/spinach, lemon/vinegar, salt/pepper. Oil-free: water saute.
- **Steps:** Saute aromatics 6-8 min; add spices 1 min; add zucchini/green beans 2 min; add tomatoes + 6 cups broth + bay, simmer 15 min; add beans; add pasta and cook al dente; stir in greens; finish with lemon/vinegar; season; thin as desired.

Rainbow Hummus Wraps (serves 2)

- **Ingredients:** Use 100% whole-wheat/sprouted tortillas (or collard wraps for GF). See [Sauces page](#) for hummus recipe.
- **Steps:** Spread 1 cup hummus; add ~1.5 cups shredded veg + 2 cups greens; lemon; salt/pepper; roll and slice.

Minestrone Leftovers + Side Salad

- **Ingredients:** 2-3 cups leftover minestrone, chopped vegetables and greens, vinaigrette (olive oil, vinegar/lemon, salt/pepper)
- **Steps:** Reheat 2-3 cups minestrone with splash water; adjust salt/lemon. Side salad: Toss greens and chopped veg with vinaigrette.

Loaded Sweet Potatoes

- **Ingredients:** Sweet potatoes, black beans, salsa, tahini-lemon sauce.
- **Steps:** Microwave 2 medium sweet potatoes 6-8 minutes (or bake 45-60 minutes at 400°F). Split and fluff. Top with black beans, salsa, and a drizzle of tahini-lemon.

Mediterranean Bowls (farro + chickpeas)

- **Ingredients:** Cooked farro (or quinoa), chickpeas, cucumber, tomato, olives, greens, lemon-tahini sauce.
- **Steps:** Use 2 cups cooked farro or quinoa as the base. Add chickpeas, chopped cucumber and tomato, olives, and greens. Drizzle with lemon-tahini sauce and serve.

Beans & Rice Bowl + Salsa

- **Ingredients:** Cooked rice, beans, salsa, onion/cilantro, and frozen corn.
- **Steps:** Use 1 cup of cooked rice as the base. Add 1 cup of warm beans, and salsa. Add onion/cilantro and frozen corn - if available.



⚡ Lunch How-Tos Continued

Chickpea Salad + Crackers

- **Ingredients:** Chickpeas, celery, onion or dill, lemon, Dijon mustard, plant yogurt or tahini, salt and pepper, whole-grain crackers or lettuce leaves.
- **Steps:** Mash chickpeas with celery, onion or dill, lemon juice, Dijon, and plant yogurt or tahini. Season with salt and pepper. Serve with whole-grain crackers or spoon into lettuce cups.

Greek Salad + White Beans + Pita

- **Ingredients:** Cucumber, tomatoes, bell pepper, red onion, white beans, olives, lemon, oregano, whole-wheat pita.
- **Steps:** Chop cucumber, tomatoes, pepper, and red onion. Toss with white beans and olives. Dress with lemon juice and oregano. Serve with warmed pita bread.

Sushi Bowls

- **Ingredients:** Rice, rice vinegar, pinch sugar, salt, edamame, cucumber, carrot, avocado, nori, tamari.
- **Steps:** Season warm rice with rice vinegar, sugar, and salt. Top with edamame, sliced cucumber, carrot, and avocado. Add shredded nori. Serve with tamari.

Roasted Veg & Hummus (whole-wheat pita or whole-grain bread)

- **Ingredients:** Whole-wheat pitas (or whole-grain bread), hummus, roasted vegetables, greens, lemon.
- **Steps:** Warm the pitas or toast the bread. Spread with hummus, then stuff with roasted vegetables and greens. Squeeze lemon juice over before serving.

Leftovers Lunch (soup/chili/curry)

- **Ingredients:** Leftover soup, chili, or curry; water (if needed); lemon.
- **Steps:** Reheat leftovers on the stovetop or in the microwave. Thin with a splash of water if too thick. Brighten the flavour with a squeeze of lemon before serving.



⚡ Lunch How-Tos Continued

Big Chopped Salad + Beans

- **Ingredients:** Crunchy vegetables (about 4 cups - e.g., cucumber, carrot, bell pepper, cabbage), cooked beans, nuts or seeds, lemon or vinaigrette.
- **Steps:** Chop vegetables into bite-size pieces. Add beans and sprinkle with nuts or seeds. Dress with lemon juice or vinaigrette and toss to combine.

Pasta Salad + Beans

- **Ingredients:** Whole-wheat, chickpea, or lentil pasta (about 6 oz dry), cooked beans, chopped vegetables (e.g., cucumber, tomato, bell pepper), olives, lemon or vinegar, oregano.
- **Steps:** Cook pasta until al dente, then drain and rinse under cold water. Toss cooled pasta with beans, chopped vegetables, and olives. Dress with lemon juice or vinegar and oregano before serving.

Lentil Herb Salad

- **Ingredients:** Cooked lentils (about 2 cups), parsley, cucumber, onion, lemon juice, salt and pepper, optional olive oil.
- **Steps:** Combine lentils with chopped parsley, cucumber, and onion. Dress with lemon juice, salt, and pepper. Add a drizzle of olive oil if desired.

Rainbow Bowls (everything left!)

- **Ingredients:** Leftover cooked grains, assorted vegetables, beans, tofu or lentils, lemon-tahini or peanut-lime sauce, fresh herbs or pickles.
- **Steps:** Use leftover grains as the base. Top with a mix of vegetables and your choice of beans, tofu, or lentils. Drizzle with lemon-tahini or peanut-lime sauce. Garnish with herbs or pickles before serving.

PB & Banana/Apple Sandwich (whole-grain/seeded bread)

- **Ingredients:** Whole-grain or seeded bread (2 slices per sandwich), natural peanut butter, banana or apple slices. Optional: Cinnamon.
- **Steps:** Toast or use fresh bread as preferred. Spread 1–2 tablespoons peanut butter on each slice. Layer with banana or apple slices.



⚡ Make-Ahead Sauces (Quick Riffs)

These quick, versatile sauces add flavour and variety throughout the plan. Most take just a few minutes and last several days in the fridge.

Lemon-Tahini

- 1/2 Cup tahini
- 1/2 cup water
- Juice of 1 lemon
- 1 Clove garlic (grated)
- Salt/pepper
- Thin with water

Simple Marinara

- Saute onion/garlic (Water sauté ok)
- Add crushed tomatoes + oregano + pinch sugar
- Simmer 15-20 min
- Salt/pepper

Peanut-Lime

- 1/3 cup peanut butter
- 2-3 Tbsp lime juice
- 1 Tbsp maple (optional)
- 1-2 Tbsp tamari
- Warm water to thin

Cashew Cream

- Blend 1 cup soaked cashews + 3/4-1 cup water
- Pinch salt
- Squeeze of lemon

Hummus

- 1½ cups cooked chickpeas (or 1 × 15-oz can, drained & rinsed)
- ¼ cup tahini
- 2-3 tbsp lemon juice
- 1 small garlic clove (grated)
- 3-6 tbsp cold water (or aquafaba) to thin
- Blend chickpeas + tahini + lemon + garlic + water to smooth
- Salt/pepper



⚡ Why These Foods Shine

These everyday foods are simple, affordable, and mighty. Each one fuels your body with strength, energy, and protection for the long run. Keep them close, cook with them often, and let them power your PlantPowered journey.

Beans & Lentils — Fiber + Protein Heroes

- **Why they shine:** Packed with protein, fiber, and minerals.
- **Did you know?** Eating beans regularly is linked to longer lifespans (Blue Zones).
- **Tip:** Batch cook and freeze for easy meals.

Broccoli — The Cruciferous Champion

- **Why they shine:** Contains cancer-fighting compounds (sulforaphane), fiber, and vitamin C.
- **Tip:** Lightly steam to keep nutrients intact.

Leafy Greens — Nutrient Powerhouses

- **Why they shine:** Packed with iron, calcium, antioxidants, and vitamin K.
- **Tip:** Rotate spinach, kale, collards for variety. Add a squeeze of lemon for extra iron absorption.

Nutritional Yeast — A Plant-Based Superstar

- **Why they shine:** Nutty, cheesy, savory flavour (like parmesan), fortified with B12, and about 8 grams of complete protein per 2 tablespoons.
- **Tip:** Look for golden-yellow flakes and sprinkle them on popcorn, pasta, veggies, or blend into sauces.
- **Top picks:** Bragg, Red Star, Bob's Red Mill, Frontier (Whole Foods).

Oats — Longevity Fuel

- **Why they shine:** High in soluble fiber (beta-glucan) that lowers cholesterol.
- **Tip:** Overnight oats are easy, cheap, and versatile.

Quinoa — The Versatile Grain

- **Why they shine:** High in protein, fiber, and minerals like magnesium and iron.
- **Tip:** Use as a base for salads, swap for rice, or mix into soups to add heartiness.

Raw Cashews — The Creamy Secret Weapon

- **Why they shine:** Blend into smooth, dairy-free sauces, dressings, and desserts.
- **Tip:** Soak before blending for ultra-creamy textures.
- **Did you know?** They're often used to make plant-based cheese, cream, and even cheesecake.

Spices — Flavor Without Limits

- **Why they shine:** Transform simple ingredients into global flavors.
- **Tip:** Stock cumin, smoked paprika, curry blends, and chili powder for variety.

Sweet Potatoes — The Blue Zones Staple

- **Why they shine:** Long-lived Okinawans eat them daily.
- **Tip:** Roast in bulk — they reheat beautifully and are delicious with a plant-based sauce.

Tofu — The Shape-Shifter

- **Why it shines:** A protein-rich blank canvas that soaks up flavors.
- **Tip:** Press before cooking for better texture.



The PlantPowered Pledge

Take the PlantPowered Pledge

Join a free three-week journey that helps you take meaningful action for your health, the planet, and animals, one plate at a time.

Whether you start with one plant-powered meal a day or go all in, you'll get daily emails with recipes, tips, and tools to make it easy and sustainable. You'll also join a growing global movement where small changes add up.



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