



EatPlantJoy

Three-Day Meal Plan



CREATED BY DR. SARAH LUCAS, MD

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WELCOME

Welcome to EatPlantJoy!

I am so excited to share EatPlantJoy with YMCA members across Canada.

As a medical doctor, I see patients in my practice suffering from cancer and other chronic diseases. Did you know that over 40% of all cancers and many more chronic diseases are preventable through lifestyle choices such as healthy eating, regular exercise, and alcohol and tobacco avoidance? Many people do not, and that is what inspired me to create EatPlantJoy.

Beyond preventing disease, adopting a healthy diet as part of our every day lives can be transformational. Eating more plants can generally make you feel good, give you more energy, and bring more joy to your life!

When creating EatPlantJoy, I wanted to take into account the unique challenges we as Canadians face in adopting healthy eating as a way of life. EatPlantJoy considers the seasonality and availability of healthy ingredients which can be hard to find during long Canadian winters. With food costs on the rise, you can also save money by incorporating more plants into your diet!

Many people ask me, “Is EatPlantJoy a vegan or vegetarian diet?” While technically EatPlantJoy could be considered either, my goal is to help you find joy in eating more plants, more often. The research says that plant-based, or *plant-forward*, diets are the best way of preventing disease, maintaining overall health, and simply feeling good.

As we embark on this journey together, let’s not allow labels like *vegan*, *vegetarian*, or *meat eater* to define us or get in the way. Let’s not allow perfection to be the enemy of progress. Let’s take this one day at a time and have fun along the way!

Enjoy!

Dr. Sarah Lucas, MD
Founder – EatPlantJoy



HOW TO USE THIS MEAL PLAN

DISCOVER THE BENEFITS OF MEAL PLANNING AND PREPPING

Simply put, meal planning is planning all of your own or your family's meals for the week. Planning ahead can make life a whole lot easier and healthier. Just consider some of the benefits:

- **REDUCE STRESS:** Planning equals freedom! Free yourself from that everyday decision fatigue of what to eat for breakfast, lunch, and dinner. Planning ahead results in healthier choices in the moment.
- **SAVE MONEY:** When you plan, you're filling your grocery cart with foods you planned to buy rather than impulse purchases. Planning can also limit the cost associated with takeout and restaurant meals ordered last minute when hunger strikes.
- **SAVE TIME:** Meal planning might feel more time-consuming, but once you get in the habit, it's faster and easier. Planning ahead will cut down on time spent in the kitchen and trips to the grocery store.
- **A HEALTHIER ENVIRONMENT:** Planning ahead reduces food waste and unnecessary packaging.
- **A HEALTHIER YOU:** You don't have to cook every meal to be healthy, but meal planning puts you in control of the food you put in your body.

WHY A WHOLE FOOD PLANT-BASED DIET?

EatPlantJoy meal plans are made up of plant-based, whole (unprocessed) foods with some prepared foods (like tortillas, wraps, and protein powder). Research continues to demonstrate that plant-based diets reduce your risk of developing cancer and other chronic diseases, as well as promote other benefits such as helping maintain a healthy weight. Some might say a whole food, plant-based diet is the healthiest diet on the planet! Eating plant-based does not mean you can't eat meat, seafood, or dairy. It means your meals are mostly plants: vegetables, fruit, whole grains, beans, legumes, seeds and nuts. If we look to populations living the longest lives free from disease, such as people from the Blue Zones detailed in Dan Buettner's research and books, in places such as Ikaria Greece, Loma Linda California, Okinawa Japan, Nicoya Costa Rica and Sardinia Italy, we learn a lot about what makes people live long, happy and healthy lives. It has to be noted that it's more than just the food. Community, connection, physical activity and a sense of meaning all play a part. But the diet matters too. And these diets put plants at the centre and reserve meats, fish and dairy for the occasional celebratory meal. When your diet consists mostly of plants, you're ensuring you get a variety of nutrients, a lot of fibre, and not a lot of the harmful chemicals found in ultra-processed foods. Fill up on plants first, and eventually you'll find there's not a lot of room for the other stuff in your day-to-day diet. Not only will you be giving yourself a healthy advantage, but you'll be helping the planet too.



HOW TO USE THIS MEAL PLAN

ONE SIZE DOESN'T FIT ALL

We're not all the same. Some of us want a plan and will follow it to a "T". Others naturally rebel at the thought of following someone else's plan. Follow this meal plan as YOU like. You can follow it exactly or just pick the meals you like and repeat them. Find what works for you.

Swap meals out or even make your own meal plan from any of the recipes provided. If Tuesday rolls around and you don't feel like eating what's on the menu that day, don't force yourself! You may feel full, but you won't be satisfied. Instead, be adventurous in trying new foods and flavours, but make sure to keep the joy in healthy eating.

OIL-FREE COOKING

Cooking with oil can add extra depth of flavour to a soup and crispiness to roasted vegetables. It can also add a lot of empty calories. Oil is not a health food and you don't need it to be healthy.

The recipes in this meal plan may challenge you to try to reduce or omit oils so you can see just how great meals can taste without them. For sautéing vegetables, use water or broth to prevent sticking. Where fat is needed for flavour, choose nuts, nut butters and seeds or avocado to get the added benefits of the fiber and micronutrients in those foods.

SHOPPING AND INGREDIENT LISTS

Having a weekly shopping and ingredient list cuts down on time wasted running back and forth to the grocery store. The weekly shopping lists found in this meal plan are designed for the meals outlined each week.

We're all different in terms of how much we eat and how much food we need to prepare. You should customize your shopping list according to your own needs, the number of people you're cooking for, and the quantities you'd like to prepare.

PACKAGED FOODS

Some of the recipes in this meal plan call for the use of packaged or prepared ingredients such as tortillas, wraps, and protein powder. In each recipe I've shared ingredients and products that are healthy, affordable, and readily available at most Canadian grocery stores. If you prefer less packaged or prepared ingredients, feel free to make changes according to your own preference. Do the best you can and be proud of yourself knowing the good you are doing for your body and your health.

COOKING WHOLE GRAINS

STOVE TOP COOKING

1 CUP DRY GRAIN	WATER	COOKING TIME
Barley (hulled, not pot or pearl)*	3.5 cups	50-60 minutes
Buckwheat groats**	2 cups	20 minutes
Oat groats**	3.5 cups	50-60 minutes
Rye berries	3.5 cups	60 minutes
Farro	3.5 cups	45-60 minutes
Wheat berries (hard red spring variety)	3 cups	1.5-2 hours
Sorghum**	3.5 cups	50-60 minutes
Quinoa**	2 cups	15-20 minutes

ELECTRIC PRESSURE COOKING

These are general guidelines only. Please refer to your electric pressure cooker manual for specific cooking instructions.

1 CUP DRY GRAIN	WATER	COOKING TIME
Barley (hulled, not pot or pearl)*	3 cups	25 minutes on high pressure, then natural pressure release x 20 minutes
Buckwheat groats**	1.5 cups	5 minutes on high pressure, then natural pressure release x 20 minutes
Oat groats**	3 cups	25 minutes on high pressure, then natural pressure release x 20 minutes
Rye berries	3 cups	25 minutes on high pressure, then natural pressure release x 20 minutes
Farro	1.5 cups	15 minutes on high pressure, then natural pressure release x 10 minutes
Wheat berries (hard red spring variety)	3 cups	30 minutes on high pressure, then natural pressure release x 15 minutes
Sorghum**	3 cups	25 minutes on high pressure, then natural pressure release x 20 minutes
Quinoa**	2 cups	3 minutes on high pressure, then natural pressure release x 10 minutes

*Hulled barley, also known as barley groats, is whole grain barley. Pot and pearl barley have been processed to remove the hull and polish the grain (thereby removing more of the nutritious outer bran layers) to speed up cooking times. The better choice is hulled barley.

**These whole grains are gluten-free.



MEAL PLAN

MEAL PLAN

	DAY 1	DAY 2	DAY 3
BREAKFAST	Pumpkin Spice Smoothie	The Notorious LBG Bowl	Eat Your Greens Smoothie Bowl
LUNCH	Chickpea Salad Sammie	Chickpea Salad Sammie with Sliced Raw Vegetables	Leftover Lentil Tacos with Pickled Onions
DINNER	Pesto Navy Bean Pasta	Lentil Tacos with Pickled Onions	Green Split Pea Soup with Croutons
SNACKS	Apple Pie Power Bite and Apple	Orange and Edamame	Apple Pie Power Bite and Apple
CALORIES	1604	1682	1466
PROTEIN	77g	78g	84g
FAT	42g	57g	10g
FIBER	52g	63g	61g

See the **Day-To-Day Guide** for daily prep instructions.



MASTER PANTRY LIST

Check your supplies before grocery shopping to avoid unnecessary waste and cost. Determine quantities required for the week ahead based on this week's recipes and your ingredient preferences.

BAKING

- Cocoa Powder
- Shredded Coconut, Unsweetened
- Vanilla Extract

CANNED GOODS

- Chickpeas/Garbanzo Beans
- Lentils - French, du Puy or Black
- Pumpkin Puree, Unsweetened
- Tomato Paste
- Vegetable Stock*
- White Beans (cannellini, white kidney or navy beans)

NUTS, SEEDS, BUTTERS & DRIED FRUITS

- Brown Flax Seed, Whole or Ground
- Chia Seeds
- Dates, Pitted
- Raw Sunflower Seeds, Unsalted
- Raw Walnuts, Unsalted
- Tahini and/or Nut or Seed Butter

PASTA, GRAINS & LEGUMES

- Dried Green Split Peas
- Rolled Oats
- Whole Grain Pasta
- Whole Grains**
(Your choice: approx. 1 ½ cups dried. Enough for 3 cups cooked)
- Farro
- Oat Groats
- Wheat Berries

OTHER

- Nutritional Yeast
- Vanilla Protein Powder

SAUCES & CONDIMENTS

- Capers (optional)
- Dijon Mustard
- Low Sodium Soy Sauce
- Maple Syrup

SPICES

- Allspice
- Chilli Powder
- Cinnamon
- Dill
- Garlic Powder
- Ground Ginger
- Nutmeg
- Onion Powder
- Oregano
- Pepper
- Pumpkin Spice**
- Salt
- Smoked Paprika
- Thyme

VINEGARS & OILS

- Balsamic Vinegar

*Most economical to use bouillon cubes or paste but could use prepared stock in tetra pak cartons or cans. Use low sodium if added salt is a concern

**Make your own pumpkin spice with 3 Tbsp. cinnamon, 3 tsp. ground ginger, 3 tsp. ground nutmeg, 3 tsp. ground allspice or cloves

SHOPPING LIST

Check your supplies before grocery shopping to avoid unnecessary waste and cost. Determine quantities required for the week ahead based on this week's recipes and your ingredient preferences.

FRUIT

- 4 Apples
- 1 Avocado (optional)
- 5 Lemons
- 1 Orange

LEAFY GREENS

- 1 bunch or box Baby Spinach
- 1 bunch Kale (optional)
- 1 bunch Romaine Lettuce

ROOT VEGETABLES

- 5 Carrots
- 4 Onions (2 red and 2 yellow)
- ½ lb. Yellow Potatoes

VEGETABLES

- 1 bunch Celery
- 10 Mushrooms (brown or cremini)

FRESH HERBS & SPICES

- 1 large bunch Basil
- 1 bunch Cilantro
- 2 bulbs Garlic
- 1 bunch Parsley (flat or curly)

FROZEN

- 1 bag Blueberries
- 1 bag Raspberries (optional)
- 1 bag Edamame

BREADS

- 1 package Corn Tortillas (6)
- 1 loaf Whole Grain/Sprouted Bread

SAUCES & CONDIMENTS

- 1 package Hummus (optional)
- 1 jar Salsa

REFRIDGERATED

- 1 package Tofu, soft (optional)
- 1 litres Unsweetened Non-Dairy Milk (soy, almond, cashew, etc.)

NOTES

- _____
- _____
- _____
- _____
- _____
- _____

DAY-TO-DAY GUIDE

PREP FOR THE 3-DAY PLAN

1. Read over your menu, pantry and grocery lists and decide if you need to make any allergy, preference swaps or quantity adjustments.
2. Make the pesto for Day One's dinner [Pesto Navy Bean Pasta \(p.22\)](#).
3. Make Chickpea Salad. Assemble the [Chickpea Salad Sammie \(p.20\)](#) by lining two pieces of bread with lettuce or other greens before spooning half of the recipe onto the bread. Pack a sandwich for Day One and Two's lunches.
4. Make [Apple Pie Power Bites \(p.23\)](#) for snacks. Keep 6 bites in the fridge for extra snacks as needed and freeze the rest.
5. Make the croutons for the [Green Split Pea Soup \(p.18\)](#). The recipe serves 4, so portion out 1 serving for dinner. Freeze the remaining portion.
6. Make pickled onions for [Lentil Tacos \(p.21\)](#).
7. Batch prep whole grains. You will need a total of 1.5 cups of cooked whole grains this week. Choose any whole grains from the [Cooking Whole Grains \(p.7\)](#) section. To help in selecting your preferred whole grains, refer to this week's recipes. Pick a mix to ensure variety all week. These will be consumed in breakfasts, lunches and dinners. It's wise to freeze half the week's worth of whole grains once cooked to ensure freshness later in the week. Remember to thaw in the fridge overnight.



DAY-TO-DAY GUIDE

	DAY 1	DAY 2
BREAKFAST	Pumpkin Spice Smoothie (p.22)	The Notorious LBG Bowl (p.23) (using grains prepped on Sunday)
LUNCH	1 Chickpea Salad Sammie (p.31) (prepped on Sunday)	1 Chickpea Salad Sammie (p.31) with sliced raw vegetables (prepped on Sunday)
DINNER	Pesto Navy Bean Pasta (p.36) - Make half the recipe as written and enjoy one portion for dinner. Set aside the other portion for Thursday's lunch	Lentil Tacos (p.34) with pickled onions- Make half the recipe as written and enjoy one portion for dinner. Set aside the other portion for Wednesday's lunch
SNACK	1 Apple Pie Power Bite (p.41) (prepped on Sunday) and 1 apple	½ cup edamame (prepped on Monday) and 1 orange
TODAY'S PREP FOR TOMORROW	<ol style="list-style-type: none"> 1. Thaw ½ cup of frozen blueberries in the fridge overnight for Tuesday's breakfast 2. Boil 1 cup of frozen, shelled edamame for 8 minutes in a small pot with enough water to cover. Drain and divide into two small containers for snacks on Tuesday and Thursday 	Take the night off and enjoy it!



DAY-TO-DAY GUIDE

DAY 3

BREAKFAST	Eat Your Greens Smoothie Bowl (p.24)
LUNCH	Leftover portion of Lentil Tacos (p.34) with pickled onions
DINNER	Green Split Pea Soup (p.29) with Croutons— Make the entire recipe as written and enjoy 1 portion for dinner. Freeze the leftovers for later in the week.
SNACK	1 Apple Pie Power Bite (p.41) (prepped on Sunday) and 1 apple



PUMPKIN SPICE SMOOTHIE

Serves: 2

INGREDIENTS

- 2 cups unsweetened non-dairy milk (soy, almond, cashew, etc.)
- 1 cup of canned pumpkin puree or roasted butternut or other squash
- 1 Tbsp. flax seed
- 5 pitted dates
- ½ cup rolled oats
- 2 tsp. pumpkin spice (or 1 ½ tsp. cinnamon and ½ tsp. nutmeg)
- 1 tsp. vanilla (optional)
- 1 tsp. maple syrup (optional)
- 2 Tbsp. vanilla plant-based protein powder or ½ cup white beans
- Ice cubes (3 or 4)

NUTRITIONAL INFORMATION

Per serving (using unsweetened soy milk and vanilla protein powder)

CALORIES 352

PROTEIN 24g

FAT 7g

FIBER 9g



INSTRUCTIONS

1. Combine all ingredients into a high speed blender and blend until combined.
2. Divide evenly into two glasses. Serve and enjoy!



THE NOTORIOUS LBG BOWL

Lentils, Blueberries, and Grains

Serves: 1

INGREDIENTS

- ¼ cup cooked oat groats*
- ¼ cup cooked farro*
- ¼ cup cooked wheat berries*
- ½ cup cooked french or black lentils
- 1-2 Tbsp. unsweetened non-dairy milk (soy, almond, cashew, etc.)
- 1 Tbsp. cocoa powder
- ½ Tbsp. maple syrup
- ½ cup blueberries (thawed if frozen)
- 1 Tbsp. walnut pieces

*or any whole grains of your choice

NUTRITIONAL INFORMATION

Per serving

CALORIES 425

PROTEIN 23g

FAT 6g

FIBER 21g



INSTRUCTIONS

1. Assemble oats, farro, wheat berries, lentils, cocoa powder, maple syrup and non-dairy milk in a bowl. Warm in microwave for 20-30 seconds or on stove-top until cocoa powder and milk make a nice paste/chocolate sauce.
2. Stir in blueberries and top with walnut pieces.
3. Enjoy!



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EAT YOUR GREENS SMOOTHIE BOWL

Serves: 1

INGREDIENTS

- 1 cup unsweetened non-dairy milk (soy, almond, cashew, etc.)
- ½ cup water
- 1 Tbsp. flax seed
- Handful of washed greens (kale, spinach, chard, etc.)
- 1 scoop vanilla plant-based protein powder or 300g soft tofu
- 2 pitted dates

FOR TOPPING

- 2 Tbsp. old fashioned oats
- 1 Tbsp. unsweetened shredded coconut
- ¼ cup fresh or frozen raspberries

NUTRITIONAL INFORMATION

Per serving (using soy milk and 1 scoop vanilla plant-based protein powder)

CALORIES 366

PROTEIN 33g

FAT 9.8g

FIBER 10.4g

Per serving (using soy milk and soft tofu)

CALORIES 422

PROTEIN 30g

FAT 18.7g

FIBER 13g



INSTRUCTIONS

1. Combine all ingredients (except topping ingredients) in a high speed blender and blend for 45 seconds on high.
2. Add toppings.
3. Enjoy!



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GREEN SPLIT PEA SOUP

with Croutons

Serves: 4

INGREDIENTS

FOR THE CROUTONS

- 5 slices whole grain bread
- 2 tsp. low sodium soy sauce
- 2 tsp. balsamic vinegar
- 1 Tbsp. nutritional yeast
- 1 tsp. garlic powder
- 1 tsp. onion powder
- ½ tsp. smoked paprika (optional)
- ½ tsp. dried oregano (optional)

FOR THE SOUP

- 1 onion, diced
- 2 carrots, diced
- 2 stalks celery, diced
- 2 cloves garlic, minced
- 2 Tbsp. low sodium soy sauce
- 1 Tbsp. water
- 1 tsp. oregano
- 1 tsp. thyme
- 1 lb. dry split green peas (rinsed)
- 6 cups vegetable stock
- ½ pound yellow potatoes washed and diced

NUTRITIONAL INFORMATION

Per serving (with ¼ of the croutons)

CALORIES 423

PROTEIN 30g

FAT 1g

FIBER 29g



INSTRUCTIONS

Bring the soup to a simmer on the stovetop or set your Instant Pot to seal and begin to make the croutons.

See next page for stovetop and Instant Pot cooking instructions

MAKE THE CROUTONS:

1. Preheat oven to 350°F. Line a baking sheet with silicone mat or parchment paper.
2. In a medium bowl, whisk soy sauce, vinegar and water together and set aside.
3. In a large bowl, whisk together nutritional yeast, onion powder, garlic powder, onion powder and smoked paprika (if using).
4. Tear (or cut) the bread into small crouton-sized pieces.
5. Place the torn bread in the bowl with the liquids and stir, then massage the bread until it has absorbed the liquid.
6. Toss the wet bread pieces into the large bowl with the dry spices until coated.
7. Place the bread onto the lined baking sheet and spread out into a single layer. Bake for 8–10 minutes shaking the pan once after about 5 minutes to turn the pieces over.



GREEN SPLIT PEA SOUP

Stovetop & Instant Pot Methods

STOVETOP METHOD:

1. In a large pot, sauté onion, carrots and celery in ¼ cup water adding more water as needed to prevent sticking. Stir often and cook until vegetables are softening – about 5 min.
2. Add garlic and soy sauce and sauté for another 1 min.
3. Add oregano and thyme then stir. Add split peas, vegetable stock and potatoes then bring to a boil.
4. Reduce heat to simmer, put lid on pot, and let simmer for 1 hour or until peas are tender.

INSTANT POT METHOD:

1. Use the sauté function on the Instant Pot to sauté onion, carrots and celery in ¼ cup water adding more water as needed to prevent sticking. Stir often and cook until vegetables are softening – about 5 min.
2. Add garlic and soy sauce and sauté for another 1 min. Then turn off the sauté function.
3. Add oregano and thyme then stir. Add split peas, vegetable stock and potatoes. Place lid on Instant Pot to lock and ensure valve is in the “sealed” position. Use Manual function to cook on High pressure for 15 minutes, allowing a natural pressure release once done.

Serve soup hot with warm croutons on top and enjoy!



CHICKPEA SALAD SAMMIE

Serves: 2

INGREDIENTS

- 4 slices whole grain bread (I use Ezekiel or any of the Silver Hills breads)
- Handful of salad greens (Romaine adds a nice crunch but spinach and mixed greens work too)
- 1 15oz can of chickpeas rinsed and drained
- 4 Tbsp. hummus or mustard for spreading (optional)
- ¼ cup unsalted sunflower seeds
- 1 stalk celery diced small
- 1 ½ Tbsp. tahini or other nut butter
- 1 tsp. dijon mustard
- 1 Tbsp. maple syrup
- 3 Tbsp. capers
- 2 Tbsp. fresh lemon juice
- Salt and black pepper to taste
- Any fresh herbs you have on hand, (parsley, dill, cilantro or basil) or 1 Tbsp. dried dill

NUTRITIONAL INFORMATION

Per serving (using Silver Hills Little Big bread, homemade hummus)

CALORIES 561

PROTEIN 24g

FAT 20g

FIBER 18g



INSTRUCTIONS

1. Place drained chickpeas into a bowl and mash with a fork until a few are mushy and some are still whole.
2. Add remaining ingredients and stir until combined, mashing a bit more if necessary.
3. Toast bread if you wish. Spread it with hummus or dijon mustard (optional).
4. Place greens and chickpea salad on bread and assemble your sandwich. Enjoy!



LENTIL TACOS

with Sunflower Seeds, Pickled Onions and Avocado

Serves: 4

INGREDIENTS

FOR TACO FILLING

- 1 can green or brown lentils, drained and rinsed
- 10 button or cremini mushrooms, sliced (about 1 ½ cups)
- 1 yellow onion, diced
- 2 cloves garlic, sliced or smashed
- 2 tsp. dried oregano
- 2 tsp. chilli powder
- 1 tsp. smoked paprika
- 1 cup raw sunflower seeds, unsalted
- 2 Tbsp. tomato paste
- ½ cup- ¾ cup or more water or vegetable stock
- ½ tsp. salt

FOR PICKLED ONIONS

- 2 medium red onions, very thinly sliced
- Juice of 3 lemons
- 1 tsp. sugar or maple syrup
- 1 ½ tsp. salt

FOR SERVING

- 8 corn tortillas (*I used Food For Life brand – or make your own see recipe in meal plan*)
- 1 ripe avocado
- Tomato salsa (optional)

NUTRITIONAL INFORMATION

Per serving (2 tacos with ¼ avocado, romaine lettuce & pickled onions)

CALORIES 507

PROTEIN 18.6g

FAT 25g

FIBER 17g



INSTRUCTIONS

1. Make pickled onions first. Add sliced onions, lemon juice, salt and sugar to a large glass container (like a mason jar) with a lid and shake. Let sit out on counter for at least 30 minutes. Will store well in fridge for 1 week.
2. Heat a non-stick skillet over medium heat. Add ¼ cup water or vegetable stock to pan once hot. Add onion and sauté until soft, about 5 minutes, adding more stock/water as needed to prevent sticking.
3. Once onion is soft, add mushrooms. Sauté until soft, about 2-3 minutes, adding more water as needed to prevent sticking.
4. Add garlic, oregano, chilli powder and smoked paprika. Stir for 1 minute then add drained lentils and tomato paste and stir for 1 minute before adding ¼ cup vegetable stock or water and stir until combined and heated through, about 2 minutes.
5. Add sunflower seeds and stir to combine, then remove from heat and let sit in pan to stay warm.
6. Warm tortillas in a dry non-stick pan or microwave. Add taco lentil mixture divided evenly between 8 tortillas and top with sliced avocado, lettuce and pickled onions. Add salsa (optional) as desired and enjoy.



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PESTO NAVY BEAN PASTA

Serves: 4

INGREDIENTS

FOR THE PESTO

- 4 garlic cloves, minced
- 1 cup fresh basil, packed tight
- 1 cup spinach leaves
- 2 Tbsp. hemp hearts
- ½ cup walnuts (or sunflower seeds for a nut-free option)
- ¼ cup nutritional yeast
- 3 Tbsp. lemon juice, fresh squeezed
- 1 cup canned white beans (navy or white kidney or cannellini), drained and rinsed
- 2 Tbsp. water or more to achieve desired consistency
- ½ tsp. salt
- Freshly ground black pepper

FOR THE PASTA

- 300g dry whole grain pasta
- 1 cup cooked white beans, drained and rinsed (navy beans, white kidney beans, cannellini beans or even chickpeas would work)
- 1 lemon, zested and squeezed for juice

NUTRITIONAL INFORMATION

Per serving

CALORIES 521

PROTEIN 27g

FAT 11g

FIBER 20g



INSTRUCTIONS

1. Boil water for pasta. Cook pasta according to package directions.
2. Make the pesto: Place garlic, basil, spinach, hemp hearts, walnuts, nutritional yeast and lemon juice in a food processor or high speed blender and blend until well chopped/becoming a paste. Add beans, water, salt and pepper and continue to blend until a smooth paste forms. It's okay if it's a bit chunky but if you prefer it runnier, add more water or even some non-dairy milk until you get the consistency you like.
3. Once pasta is done, reserve ½ cup of the water and drain the rest. Return it to the hot pot, add the pesto and the rinsed navy beans.
4. Add some of the reserved pasta water if it's still a bit thick or sticking in clumps. Stir to combine.
5. To serve, sprinkle with lemon zest and add a squeeze of lemon juice, salt and pepper to taste. Serve and enjoy!



APPLE PIE POWER BITES

Serves: Makes 18 Balls/Bites

INGREDIENTS

- 2 apples, grated on a box grater (no need to peel)
- 1 cup raw unsalted walnuts
- ⅓ cup pitted dates (softened in hot water for 5 minutes if dates are hard and dry)
- 1 ½ cups rolled oats (old fashioned oats, not quick oats)
- 1 Tbsp. maple syrup or honey
- 1 tsp. cinnamon
- ¼ tsp. nutmeg
- ¼ tsp. ground ginger
- ¼ tsp. allspice



NUTRITIONAL INFORMATION

Per serving (1 ball/bite)

CALORIES 95

PROTEIN 2g

FAT 4g

FIBER 2g



INSTRUCTIONS

1. Pulse walnuts in a food processor or blender until coarsely chopped.
2. Add remaining ingredients and pulse until you have a sticky dough.
3. Empty dough out onto a clean surface and roll into a long log.
4. Slice log into 18 equal slices which you can leave as is or roll into balls if you wish.
5. Refrigerate up to one week or freeze up to 3 months.

