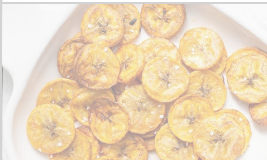
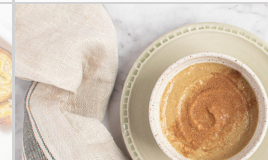
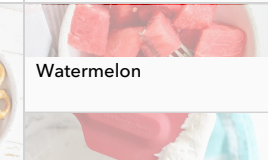
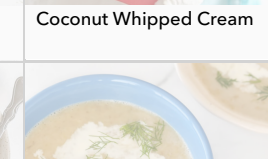
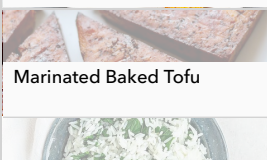
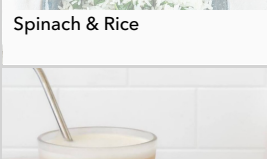
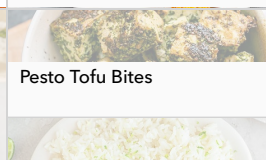
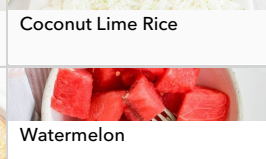
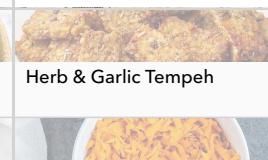
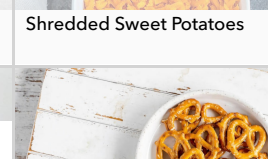
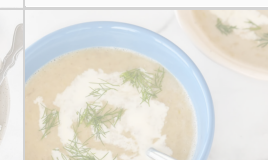
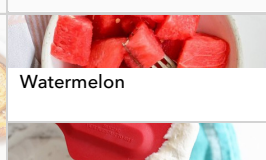
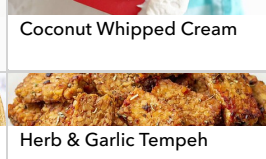
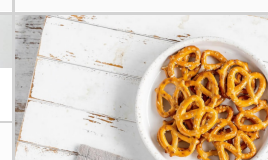
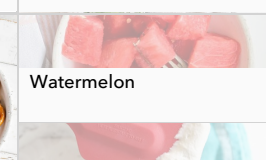
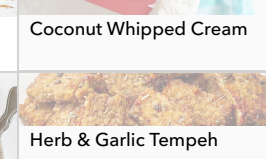
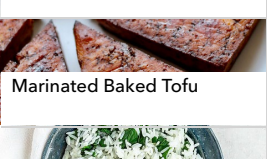
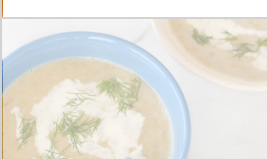
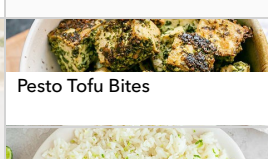
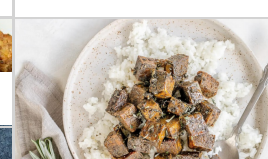
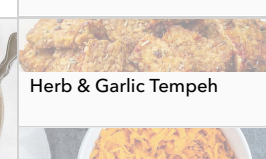
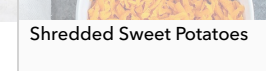
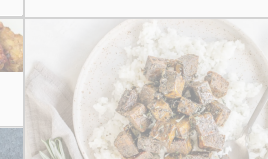




EYN Sample Plant based low fibre meal plan

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Bagel & Peanut Butter	 Bagel & Peanut Butter	 Pressure Cooker Black Rice Pudding	 Pressure Cooker Black Rice Pudding	 Pressure Cooker Black Rice Pudding	 Sweet Plantains with Coconut Milk	 Sweet Plantains with Coconut Milk
Snack 1	 Applesauce	 Lightly Salted Plantain Chips	 Simple Vanilla Protein Shake	 Lightly Salted Plantain Chips	 Applesauce & Peanut Butter	 Pretzels	 Watermelon  Coconut Whipped Cream
Lunch	 Mushroom & Leek Soup	 Marinated Baked Tofu  Spinach & Rice	 Mushroom & Leek Soup	 Pesto Tofu Bites  Coconut Lime Rice	 Herb & Garlic Tempeh  Shredded Sweet Potatoes	 Balsamic Tofu with Rice	 Mushroom & Leek Soup
Snack 2	 Lightly Salted Plantain Chips	 Simple Vanilla Protein Shake	 Lightly Salted Plantain Chips	 Watermelon  Coconut Whipped Cream	 Pretzels	 Watermelon  Coconut Whipped Cream	 Pretzels
Dinner	 Marinated Baked Tofu  Spinach & Rice	 Mushroom & Leek Soup	 Pesto Tofu Bites  Coconut Lime Rice	 Herb & Garlic Tempeh  Shredded Sweet Potatoes	 Balsamic Tofu with Rice	 Herb & Garlic Tempeh  Shredded Sweet Potatoes	 Balsamic Tofu with Rice

Fruits

- ☐ 1/2 Lime
- ☐ 3 Plantain
- ☐ 1/3 Seedless Watermelon

Breakfast

- ☐ 1/3 cup All Natural Peanut Butter
- ☐ 1 3/4 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/4 tsp Black Pepper
- ☐ 1/2 tsp Cinnamon
- ☐ 1 3/4 tsps Italian Seasoning
- ☐ 2 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 12 Ice Cubes

Vegetables

- ☐ 1 cup Baby Spinach
- ☐ 20 Cremini Mushrooms
- ☐ 1/4 cup Fresh Dill
- ☐ 2 1/2 Garlic
- ☐ 2 Leeks
- ☐ 1 1/2 tsps Rosemary
- ☐ 1 1/2 Sweet Potato
- ☐ 1 Yellow Onion

Boxed & Canned

- ☐ 3/4 cup Black Rice
- ☐ 7 1/3 cups Canned Coconut Milk
- ☐ 2 cups Jasmine Rice
- ☐ 6 ozs Pretzels
- ☐ 1/4 cup Vegetable Broth

Baking

- ☐ 2 1/2 tbsps Coconut Sugar
- ☐ 1 cup Unsweetened Applesauce
- ☐ 1 1/4 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 2 Bagel
- ☐ 9 ozs Tempeh
- ☐ 1 3/4 lbs Tofu

Condiments & Oils

- ☐ 1 tbsp Avocado Oil
- ☐ 2/3 cup Balsamic Vinegar
- ☐ 2 1/3 tbsps Extra Virgin Olive Oil
- ☐ 1/4 cup Pesto
- ☐ 2 1/4 tsps Tamari

Cold

- ☐ 1 1/3 cups Unsweetened Almond Milk

Other

- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 1 3/4 cups Water



Bagel & Peanut Butter

1 serving

5 minutes

Ingredients

- 1 Bagel
- 2 tbsps All Natural Peanut Butter

Directions

- 1 Toast the bagel and spread the peanut butter on it. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Otherwise, refrigerate in an airtight container and enjoy within two days.

Additional Toppings: Add sliced bananas and/or a drizzle of honey.

Gluten-Free: Use a gluten-free bagel.



Pressure Cooker Black Rice Pudding

3 servings

40 minutes

Ingredients

3/4 cup Black Rice (uncooked)
3/4 cup Water
1 1/3 cups Canned Coconut Milk
3/4 tsp Vanilla Extract
1 1/2 tbsps Coconut Sugar
1/8 tsp Sea Salt

Directions

- 1 Rinse and drain the rice and place it into the pressure cooker. Add the remaining ingredients to the pressure cooker and stir to combine.
- 2 Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 22 minutes on high pressure. Once finished, let the pressure release naturally for ten minutes, then do a quick release. Serve and enjoy!

Notes

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

Serving Size: One serving is approximately 1/2 cup.

Additional Toppings: Top with fresh fruits of your choice and/or shredded coconut.



Sweet Plantains with Coconut Milk

2 servings

10 minutes

Ingredients

3/4 cup Canned Coconut Milk
3/4 cup Water
1 Plantain (ripe, peeled, sliced)
1 tbsp Coconut Sugar (to taste)
1/8 tsp Sea Salt
1/2 tsp Vanilla Extract
1/4 tsp Cinnamon (optional)

Directions

1

Add all the ingredients to a saucepan and bring to a boil. Immediately lower the heat to a gentle simmer and cook for five to seven minutes, or until the plantain is fork tender.

2

Divide into bowls and sprinkle cinnamon on top (optional). Enjoy!

Notes

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Applesauce

1 serving

5 minutes

Ingredients

1/2 cup Unsweetened Applesauce

Directions

- 1 Divide between bowls and enjoy!

Notes

Additional Toppings: Cinnamon, chopped nuts, seeds or granola.



Simple Vanilla Protein Shake

1 serving

5 minutes

Ingredients

2/3 cup Unsweetened Almond Milk
1/4 cup Vanilla Protein Powder
6 Ice Cubes (large)

Directions

1

Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Serving Size: One serving is approximately 1 1/4 cups.

More Flavor: Use frozen fruit instead of ice cubes.

No Vanilla Protein Powder: Use chocolate or another flavor instead.

Nut-Free: Use oat milk, rice milk, or dairy instead of almond milk.

Ice: Six ice cubes is approximately one cup of ice.

Protein Powder: A plant-based protein powder was used to create and test this recipe.



Applesauce & Peanut Butter

1 serving

5 minutes

Ingredients

1/2 cup Unsweetened Applesauce
2 tbsps All Natural Peanut Butter
1/4 tsp Cinnamon

Directions

1

Mix the applesauce and peanut butter in a small bowl, then sprinkle with cinnamon. Enjoy!

Notes

Leftovers: Make a big batch to keep for easy snacks in the fridge, in an airtight container for up to one week.

Additional Toppings: Chocolate chips or cacao nibs.



Mushroom & Leek Soup

4 servings

40 minutes

Ingredients

1 tsp Extra Virgin Olive Oil
1 Yellow Onion (medium, diced)
2 Leeks (medium, trimmed and chopped)
20 Cremini Mushrooms (sliced)
Sea Salt & Black Pepper (to taste)
4 cups Canned Coconut Milk (plus more for garnish)
1/4 cup Fresh Dill

Directions

- 1 Heat the oil in a pot over medium-high heat. Add the onion and sauté for four to five minutes or until soft and translucent.
- 2 Add the leeks and mushrooms. Continue cooking for another five minutes. Season with salt and pepper.
- 3 Add the coconut milk, stir and cover the pot with a lid. Turn the heat down to simmer and cook for 20 to 25 minutes.
- 4 Use a hand blender or carefully transfer to your blender and blend the soup until smooth. Divide evenly between bowls and garnish with coconut milk and dill. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 1/3 cups soup.

More Flavor: Add potatoes and/or beans.

Additional Toppings: Squeeze some lemon juice and/or parsley.

Soup Consistency: This soup is a thick purée. For a thinner consistency, add water during cooking to achieve your desired consistency.



Lightly Salted Plantain Chips

4 servings

30 minutes

Ingredients

- 2 Plantain (medium, slightly ripe)
- 1 tbsp Avocado Oil
- 1/4 tsp Sea Salt (to taste)

Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 2 Peel the plantains then slice as thinly as possible with a mandolin or knife. Do your best to keep the thickness consistent. Slice on the bias for bigger chips. Gently toss the slices in oil and season with salt. Arrange in an even layer on the baking sheet then bake for 20 to 30 minutes, flipping at the halfway point. (Note: chips are done when they start to brown around the edges.)
- 3 Remove from the oven and let cool on a baking rack lined with a towel to soak up any excess oil. Enjoy!

Notes

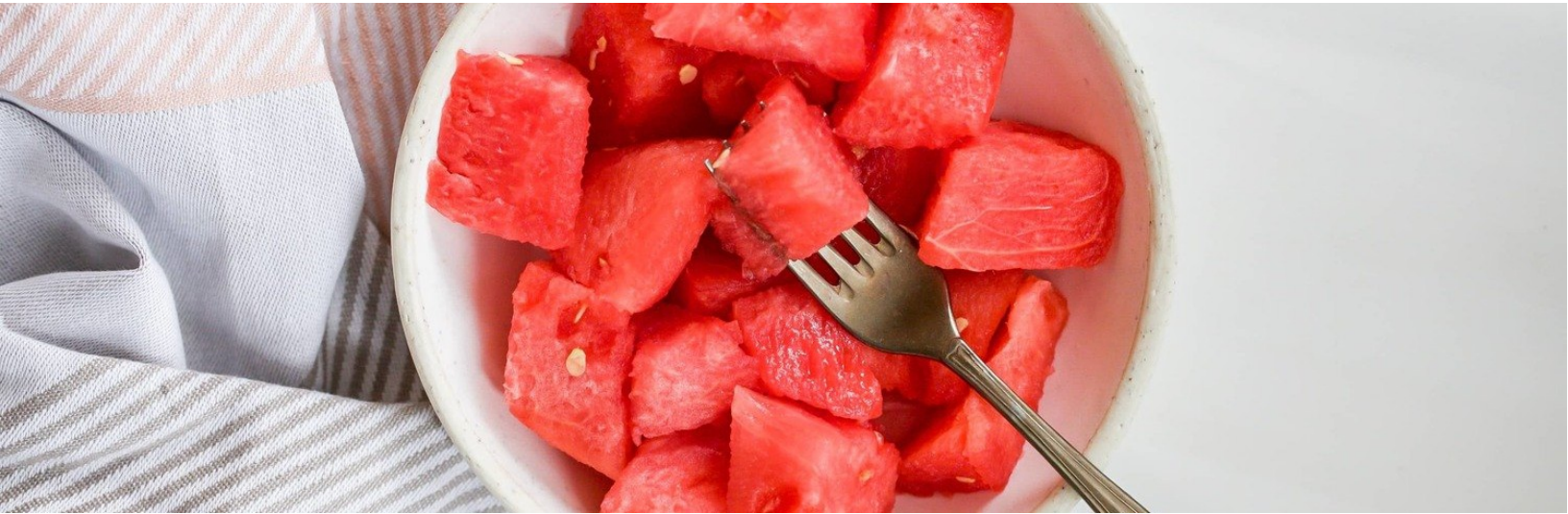
Leftovers: Store in an airtight container at room temperature for one to two days. If they get soggy, crisp them back up by placing them in the oven at 350°F (177°C) for five to 10 minutes.

More Flavor: Add cinnamon or nutmeg.

Additional Toppings: Serve as is or with guacamole, hummus, salsa, or baba ganoush.

No Avocado Oil: Use ghee or coconut oil instead.

Plantain: Use green plantains that are just starting to turn yellow for the best results.



Watermelon

3 servings

10 minutes

Ingredients

1/3 Seedless Watermelon

Directions

1

Slice your watermelon into rounds and then into quarters. Slice off the rind. Dice the watermelon, divide into bowls and enjoy!

Notes

Speed it Up: Slice into rounds and then into quarters. Leave the rind on for a more finger-friendly snack.

Serving Size: One serving is approximately 560 grams or 1/8 of a watermelon.



Coconut Whipped Cream

3 servings

10 minutes

Ingredients

3/4 cup Canned Coconut Milk (full fat, refrigerated overnight)

Directions

- 1 Chill a mixing bowl in the fridge for about 10 minutes before whipping.
- 2 Scoop out the thickened cream from the can into the mixing bowl, and set aside the remaining coconut juice for other uses (like in smoothies).
- 3 Whip the coconut cream with a hand mixer, gradually working up to high speed for approximately 5 minutes.
- 4 Enjoy!

Notes

Serve it With: Fresh fruit like berries or peaches.

Likes it Sweet: Add a splash of maple syrup and vanilla extract while whipping.

Leftovers: Store sealed in an airtight container in the fridge up to 4 days.



Pretzels

3 servings

5 minutes

Ingredients

6 ozs Pretzels

Directions

- 1 Add the pretzels to a plate and enjoy!



Marinated Baked Tofu

2 servings

40 minutes

Ingredients

8 ozs Tofu (firm, drained)
1 tbsp Maple Syrup
2 tbsps Balsamic Vinegar
1 1/2 tsps Extra Virgin Olive Oil
1/2 Garlic (clove, minced)
1/2 tsp Sea Salt
1/4 tsp Black Pepper

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Slice the tofu into triangles and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish.
- 3 In a small bowl, mix together the maple syrup, balsamic vinegar, olive oil, garlic, sea salt, and black pepper. Pour over the tofu and let sit for 10 minutes (or you can also marinate overnight in the fridge).
- 4 Place the baking dish in the oven and bake for 20 minutes, uncovered.
- 5 Remove from the oven and enjoy!

Notes

Leftovers: Keeps well in an airtight container in the fridge for up to 5 days.



Spinach & Rice

2 servings

15 minutes

Ingredients

- 1/2 cup Jasmine Rice
- 1 cup Baby Spinach (chopped)

Directions

- 1 Cook the rice according to the package directions.
- 2 When the rice is cooked, stir in the chopped spinach and cover with the lid for two to three minutes or until the spinach is tender and wilted. Serve and enjoy!

Notes

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

Serving Size: One serving is approximately 1/2 cup.

More Flavor: Season with salt and pepper or dried spices like garlic powder, onion powder, cumin, paprika, and/or red pepper flakes. Add fresh herbs like basil, parsley, or cilantro.



Pesto Tofu Bites

2 servings

30 minutes

Ingredients

8 1/2 ozs Tofu (extra-firm, pressed and cubed)
1/4 cup Pesto
1/4 tsp Sea Salt

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Add the tofu cubes to a bowl and gently toss with the pesto and salt. Transfer to the baking sheet, and bake for 25 to 30 minutes, flipping halfway through. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 cup cubed tofu.

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.



Coconut Lime Rice

2 servings

20 minutes

Ingredients

1/2 cup Canned Coconut Milk
1/4 cup Water
1/2 cup Jasmine Rice
1/2 Lime (zest and juice)
1/8 tsp Sea Salt (optional)

Directions

- 1 Bring the coconut milk and water to a gentle boil over medium-high heat.
- 2 Add the rice, lime zest and juice, and salt (if using) and stir to combine. Reduce the heat to low, cover with a lid and simmer for 10 to 13 minutes or until the rice is tender and the liquid is absorbed.
- 3 Remove the rice from the heat and let the rice sit covered for five minutes then fluff with a fork. Enjoy!

Notes

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

Serving Size: One serving is approximately 3/4 cup of rice.

More Flavor: Use more coconut milk instead of water.

Additional Toppings: Additional lime zest or fresh cilantro.



Herb & Garlic Tempeh

3 servings

55 minutes

Ingredients

1/4 cup Vegetable Broth
1/4 cup Balsamic Vinegar
1 tsp Italian Seasoning
1/2 tsp Sea Salt
2 Garlic (clove, minced)
9 ozs Tempeh (cut into thin pieces)

Directions

- 1 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 2 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 3 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed before serving. Enjoy!

Notes

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

No Italian Seasoning: Use any combination of dried herbs.

Serve it With: Rice, quinoa and roasted or steamed vegetables.



Shredded Sweet Potatoes

3 servings

10 minutes

Ingredients

1 1/2 tbsps Extra Virgin Olive Oil
1 1/2 Sweet Potato (medium, peeled
and grated)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat the oil in a non-stick pan over medium heat.
- 2 Add the grated sweet potato and cook, stirring occasionally, for about five to six minutes or until the sweet potatoes are tender. Season with salt and pepper to taste. Serve and enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

More Flavor: Add dried herbs and spices like cumin, cinnamon, and/or garlic powder.

While cooking, leave the sweet potato in the pan without stirring to create brown, crispy bits of flavor before stirring and repeating the process.

No Extra Virgin Olive Oil: Use avocado oil or coconut oil instead.



Balsamic Tofu with Rice

3 servings

20 minutes

Ingredients

1 cup Jasmine Rice (dry)
1/4 cup Balsamic Vinegar
2 1/4 tsps Tamari
2 1/4 tsps Maple Syrup
1 1/2 tsps Rosemary (fresh, chopped)
3/4 tsp Italian Seasoning
Sea Salt & Black Pepper (to taste)
12 ozs Tofu (extra-firm, pressed, and cubed)

Directions

- 1 Cook the rice according to package directions.
- 2 Whisk together the balsamic vinegar, tamari, maple syrup, rosemary, and Italian seasoning. Set aside.
- 3 Gently toss the tofu in a large bowl with salt and pepper.
- 4 Heat a non-stick pan over medium-high heat. Cook the tofu in the pan until golden, about eight to ten minutes, flipping and tossing every couple of minutes. Reduce the heat to low and add the balsamic mixture. Cook for one minute, tossing to coat until thickened.
- 5 Divide the rice onto plates and top with tofu. Garnish with extra rosemary if desired. Enjoy!

Notes

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

Serving Size: One serving equals approximately 1/2 cup of rice and one cup of tofu.

Additional Toppings: Cooked mushrooms, peppers, or sautéed greens.

More Flavor: Use oil in the pan to create extra crispy tofu pieces.