

30 DAY JUMPSTART GUIDE



**PLANT-BASED
RECIPE COOKBOOK**

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30 Day Plant-Based Diet Challenge



- Burn off **Body Fat**
- Build **New Lean Muscle**
- Be **Healthier**
- Have **More Energy**
- Be **Fitter**
- Build An **Athletic Body**
- Get **6-Pack Abs**
- Perform **Better**

Disclaimer

The recipes or other information provided in this report are for informational purposes only and are not intended to provide dietary advice. A medical practitioner should be consulted before making any changes in your diet. Additionally, recipe cooking times may require adjustments depending on age and quality of appliances. Readers are strongly urged to take all precautions to ensure ingredients are fully cooked in order to avoid the dangers of foodborne viruses. The recipes and suggestions provided in this book are solely the opinion of the author. The author and publisher do not take responsibility for any consequences that may result due to the instructions provided in this book.

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INTRODUCTION

Perhaps you are looking to eat healthier and feel more alive. Or reduce your impact on the environment by being more conscious about your food choices. What- ever your reasons, we are here to lead you on the path to exploring a vegan diet.

This guide will set you up with a daily meal plan to experience the benefits of plant-based nutrition for 30 Days. Why 30 Days? It takes 22 days to make or break a habit and by day 30, you've found the way. If you take on the challenge, your body will enjoy a greater variety of vitamins and minerals without intake of animal products will have a positive effect on the environment.

On the following pages, you'll find 30Days of vegan meal plans. You'll find that the recipes are easy to prepare, healthy and delicious to boot! All of the meal plans and recipes were lovingly created by Justin Kaye.



PLANT BASED MEAL PLANS



DAY 1

BREAKFAST: Banana nut oatmeal with 1 cup fresh berries (page 25 recipe manual)

LUNCH: Lettuce cucumber walnut salad (page 35 recipe manual)

AFTERNOON SNACK: 1/4 cup hummus with fresh vegetables (carrots, celery, romaine leaves, bell pepper, etc.)

DINNER: Garlic Green beans with tofu (page 65 recipe book)

DESSERT: Dark chocolate

DAY 2

BREAKFAST: Smoothie with 1 cup almond milk, 1 large frozen banana, 1-2 tablespoons almond butter, 1 serving of protein powder, and a heaping cup of leafy greens (spinach, chard, kale, etc.)

LUNCH: 1 brown rice tortilla (Food For Life brand) or two gluten free corn tortillas with 1/4 cup hemp hummus, fresh or roasted red bell pepper, sliced cucumbers, and a handful of greens. Serve with steamed vegetables as desired, or a small side salad.

AFTERNOON SNACK:

DINNER: Zucchini Pasta with Cherry Tomatoes, Sweet Potato, Basil, and Hemp “Parmesan”

DESSERT: Chocolate moose (page 80 recipe manual)



DAY 3

BREAKFAST: Quinoa breakfast porridge with 1 cup fresh berries

LUNCH: Large salad with at least three cups of greens, whichever veggies you like, 3 tablespoons pumpkin or hemp seeds, and a dressing of choice (from the dressing options in the recipe index).

AFTERNOON SNACK: 4 tablespoons hummus with fresh vegetables (carrots, celery, romaine leaves, bell pepper, etc.)

DINNER: Curry tofu (page 63 recipe manual)

DESSERT: Lemon blueberry mousse (page 81 recipe manual)

DAY 4

BREAKFAST: Peanut Butter & Chocolate Chip Nirvana bar, fresh fruit salad as desired

LUNCH: Golden harvest kale salad with 1/2 cup organic chickpeas

AFTERNOON SNACK: 1 oz. almonds and a few tablespoons raisins

DINNER: Quick white bean and summer vegetable pasta (prepare with quinoa or brown rice pasta)

DESSERT: Protein date bars (page 78 recipe manual)



DAY 5

BREAKFAST: Smoothie with 1 cup almond milk, 1 cup frozen blueberries, 1 serving chocolate vegan protein blend, 3 tablespoons of hemp seeds, and 1 cup leafy greens of choice

LUNCH: Leftover white bean and summer vegetable pasta or a large green salad with half a cup of beans or lentils, two tablespoons sliced almonds, vegetables of your choosing, and turmeric tahini dressing

AFTERNOON SNACK: Apple with 2 tablespoons almond butter

DINNER: Butternut squash curry served over 1/2 cup cooked quinoa, steamed vegetables as desired

DESSERT: Dark chocolate

DAY 6

BREAKFAST: Banana and almond butter oats (recipe to follow)

LUNCH: Smoky avocado and jicama salad

AFTERNOON SNACK: 1 cup almond milk blended with vegan protein powder and a few ice cubes

DINNER: Black bean and corn burgers, served with a small salad or steamed vegetables

DESSERT: 2 raw vegan vanilla macaroons

DAY 7

BREAKFAST: Smoothie of 1/2 frozen banana, 1 cup frozen peaches, 2 ice cubes, 3/4 cup almond milk, 1 cup leafy greens, and 1 serving vegan vanilla protein powder

LUNCH: Leftover black bean and corn burger, small salad

AFTERNOON SNACK: 1/4 cup vegan trail mix of choice (or 2 tbsp raw almonds or cashews and 2 tbsp dried fruit)

DINNER: 1 cup cooked quinoa, brown rice, or millet, served with 1/2 chopped avocado, 1 cup steamed greens, and dressing of choice (from dressing options in recipe index).

DESSERT: 1/2 cup chocomole

DAY 8

BREAKFAST: Gluten free banana pancakes, served with 1 cup fresh berries

LUNCH: Mango, kale, and avocado salad

AFTERNOON SNACK: Apple, banana, melon, berries, or any other fresh fruit of choice

DINNER: Eggplant rollatini with cashew cheese, steamed greens or broccoli as desired

DESSERT: Dark chocolate

DAY 9

BREAKFAST: Apple cinnamon oatmeal

LUNCH: Roasted butternut squash and apple soup, served with a fresh green salad or steamed veggies as desired

AFTERNOON SNACK:

DINNER: Raw zucchini alfredo with basil and cherry tomatoes, served with fresh salad or steamed vegetables as desired

DESSERT: 2 raw vegan brownie bites

DAY 10

BREAKFAST: Smoothie of 1 cup frozen blueberries or mixed berries, 1 cup coconut water, 1/2 small avocado, 1 serving

Chocolate vegan protein powder, and a dash of cinnamon.

LUNCH: Easy curried yellow lentils with avocado croutons

AFTERNOON SNACK: Fresh vegetable crudites with 1/4 cup hemp hummus

DINNER: Black bean and quinoa salad with quick cumin dressing

DESSERT: 1/2 cup chocomole

DAY 11

BREAKFAST: 1 sliced banana with 1 cup organic puffed rice or millet cereal (I like Arrow-head Mills brand) and 1 cup almond milk

LUNCH: Kale Salad with Apples, Raisins, and Creamy Curry Dressing

AFTERNOON SNACK: 1/4 cup raw trail mix of choice

DINNER: Sweet Potato Lime Burgers, fresh salad or steamed vegetables as desired

DESSERT: 2 raw vanilla macaroons

DAY 12

BREAKFAST: Vanilla chia pudding with 1 cup fresh berries

LUNCH: Red quinoa, almond, and arugula salad with cantaloupe

AFTERNOON SNACK: A couple of raw peanut butter & jelly snack balls

DINNER: Sweet potato and black bean chili with steamed broccoli or greens

DESSERT: 1/2 cup chocomole



DAY 13

BREAKFAST: Smoothie of 1 frozen banana, 1/2 cup frozen mango, 1 heaping cup spinach leaves, 1 cup coconut water, and 1/2 avocado

LUNCH: Bowl of leftover black bean and sweet potato chili with small salad or steamed greens

AFTERNOON SNACK:

DINNER: Cauliflower “rice” with lemon, mint, and pistachios, served over fresh greens

DESSERT: Spicy almond milk hot chocolate

DAY 14

BREAKFAST: Banana and almond butter oats

LUNCH: Carrot avocado bisque with spicy Thai salad

AFTERNOON SNACK: Raw vegetable crudité's with sweet potato hummus

DINNER: Brown rice and lentil salad, served with fresh salad or steamed vegetables as desired and dressing of choice

DESSERT: 2 raw vanilla macaroons



DAY 15

BREAKFAST: Strawberry ginger chia pudding

LUNCH: Leftover brown rice and lentil salad, served with a large mixed vegetable salad and dressing of choice from recipe index.

AFTERNOON SNACK: 2 peanut butter and jelly snack balls

DINNER: Raw “peanut” noodles with steamed vegetables or fresh salad as desired

DESSERT: Dark chocolate

DAY 16

BREAKFAST: Smoothie with 1 cup almond milk, 1 large frozen banana, 1-2 tablespoons almond butter, 1 serving of vegan protein powder, and a heaping cup of leafy greens (spinach, chard, kale, etc.)

LUNCH: Mango, kale and avocado salad

AFTERNOON SNACK: Vegetable crudité as desired and 1/4 cup hemp hummus

DINNER: Easy un-fried brown rice and vegetables

DESSERT: 2 raw, vegan brownie bites



DAY 17

BREAKFAST: Banana breakfast wraps

LUNCH: Brown rice tortilla “pizza” and a side salad

AFTERNOON SNACK:

DINNER: Arugula salad with roasted acorn squash, goji berries, and cauliflower

DESSERT: Banana soft serve

DAY 18

BREAKFAST: Apple cinnamon oatmeal

LUNCH: Fennel, avocado, and tomato salad with 1/2 cup chickpeas or white beans

SNACK: 1 cup almond milk blended with vegan Protein Powder of your choice.

DINNER: Roasted vegetable pesto pasta salad

DESSERT: Dark chocolate



DAY 19

BREAKFAST: Gluten free, vegan pumpkin muffins with a tablespoon of almond butter and an apple

LUNCH: Kale Salad with Apples, Raisins, and Creamy Curry Dressing; 1 cup roasted cauliflower and parsnip soup

SNACK: 1/3 cup raw trail mix of choice (or a mix of raw almonds and raisins or goji berries)

DINNER: Raw marinated portobello mushroom “steak” and cauliflower “mashed potatoes,” served with steamed greens or broccoli

DESSERT: Blueberry ginger ice cream

DAY 20

BREAKFAST: Smoothie of 1 cup frozen blueberries or mixed berries, 1 cup coconut water, 1/2 small avocado, 1 serving Chocolate protein powder, and a dash of cinnamon

LUNCH: Easy curried yellow lentils with avocado “croutons,” served with a salad and dressing of choice or steamed vegetables as desired

SNACK: Celery sticks served with 2 tablespoons of peanut or almond butter and raisins (“ants on a log” style)

DINNER: Dinner salad of raw greens and vegetables of choosing, 1 cup cooked sweet potato, 1/2 avocado, cubed, 1/2 cup cooked lentils, and a dressing of choice from the recipe index.

DESSERT: 2 raw, vegan brownie bites



DAY 21

BREAKFAST: 1 sliced banana and fresh berries with 1 cup organic puffed rice or millet cereal (I like Arrowhead Mills brand) and 1 cup almond milk

LUNCH: Smoky avocado and jicama salad, 1 small apple if desired

AFTERNOON SNACK: 2 peanut butter and jelly snack balls

DINNER: Quinoa enchiladas **DESSERT:** Dark chocolate

DAY 22

BREAKFAST: Smoothie of 1 frozen banana, 1/2 cup frozen mango, 1 heaping cup spinach leaves, 1 cup coconut water, and 1/2 avocado

LUNCH: Leftover quinoa enchilada, side salad with dressing of choice

SNACK:

DINNER: Arugula salad with roasted acorn squash, goji berries, and cauliflower

DESSERT: 2 raw vegan vanilla macaroons



DAY 23

BREAKFAST: Knock Oats (page 20 recipe manual)

LUNCH: Brown rice tortilla “pizza” and a side salad

AFTERNOON SNACK: Pea Protein Banana Smoothie (page 93 of recipe manual)

DINNER: Arugula salad with roasted acorn squash, goji berries, and cauliflower

DESSERT: Chocolate Moose

DAY 24

BREAKFAST: Scottish oats with almond and berry (page 18 recipe manual)

LUNCH: Fennel, avocado, and tomato salad with 1/2 cup chickpeas or white beans

SNACK: 1 cup almond milk blended with 22 Days Protein Powder

DINNER: Roasted vegetable pesto pasta salad

DESSERT: Dark chocolate



DAY 25

BREAKFAST: Banana breakfast wraps

LUNCH: Brown rice tortilla “pizza” and a side salad

AFTERNOON SNACK: Protein fudge bars (page 77 recipe manual)

DINNER: Arugula salad with roasted acorn squash, goji berries, and cauliflower

DESSERT: Banana soft serve

DAY 26

BREAKFAST: Apple cinnamon oatmeal

LUNCH: Chickpea Sandwich (page 59 recipe manual)

SNACK: Protein date bars (page 78 recipe manual)

DINNER: Roasted vegetable pesto pasta salad

DESSERT: Lemon Blueberry Mousse (page 81 recipe manual)



DAY 27

BREAKFAST: Banana breakfast wraps

LUNCH: Veggie Hummus Sandwich (page 59 recipe manual)

AFTERNOON SNACK: Protein cookie bars (page 79 recipe manual)

DINNER: Arugula salad with roasted acorn squash, goji berries, and cauliflower

DESSERT: Chocolate Mousse (page 80 recipe manual)

DAY 28

BREAKFAST: Apple cinnamon oatmeal

LUNCH: Fennel, avocado, and tomato salad with 1/2 cup chickpeas or white beans

SNACK: Lemon Blueberry Mousse (page 81 recipe manual)

DINNER: Roasted vegetable pesto pasta salad

DESSERT: Fudge bars (page 77 recipe manual)



DAY 29

BREAKFAST: Gluten free, vegan pumpkin muffins with a tablespoon of almond butter and an apple

LUNCH: Kale Salad with Apples, Raisins, and Creamy Curry Dressing; 1 cup roasted cauliflower and parsnip soup

SNACK: 1/3 cup raw trail mix of choice (or a mix of raw almonds and raisins or goji berries)

DINNER: Raw marinated portobello mushroom “steak” and cauliflower “mashed potatoes,” served with steamed greens or broccoli

DESSERT: Blueberry ginger ice cream

DAY 30

BREAKFAST: Gluten free banana pancakes, served with 1 cup fresh berries

LUNCH: Mango, kale, and avocado salad

AFTERNOON SNACK: Apple, banana, melon, berries, or any other fresh fruit of choice

DINNER: Eggplant rollatini with cashew cheese, steamed greens or broccoli as desired

DESSERT: Dark chocolate

