

EASY Plant-Based Recipes for every meal!

1500 Calorie
3 day meal plan
with recipe links



LOMA LINDA UNIVERSITY
HEALTH

Breakfast

Lunch

Dinner

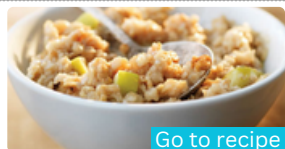
Snack

Add 2 snacks

Add 2 snacks
1 side

Add 1 snack
1 side

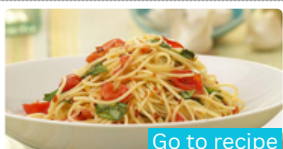
Day 1



[Go to recipe](#)

Apple Cinnamon Oatmeal

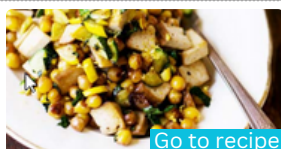
Sodium 180mg Protein 8g
Fiber 10g Calories 340
Serving size 2



[Go to recipe](#)

Pasta Primavera

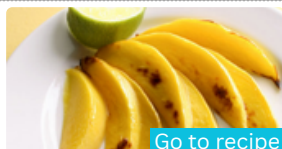
Sodium 480mg Protein 14g
Fiber 10g Calories 410
Serving size 1



[Go to recipe](#)

Chickpea Stir Fry

Sodium 400mg Protein 12g
Fiber 5g Calories 210
Serving size 1



[Go to recipe](#)

Broiled Mango with Lime

Sodium 0mg Protein 0g
Fiber 4g Calories 160
Serving size 1



Day 2



[Go to recipe](#)

Spinach Mushroom Frittata

Sodium 360mg Protein 14g
Fiber 3g Calories 110
Serving size 1



[Go to recipe](#)

Hummus Cran Zinger Wrap

Sodium 290mg Protein 12g
Fiber 9g Calories 320
Serving size 1



[Go to recipe](#)

Black Bean Tortilla Casserole

Sodium 440mg Protein 18g
Fiber 10g Calories 440
Serving size 2



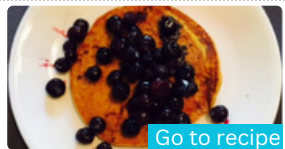
[Go to recipe](#)

Strawberry Banana Smoothie

Sodium 25mg Protein 5g
Fiber 3g Calories 180
Serving size 1



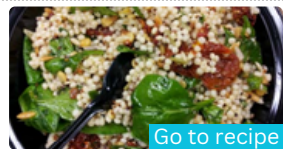
Day 3



[Go to recipe](#)

Sweet Potato Pancakes

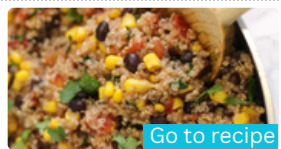
Sodium 240mg Protein 12g
Fiber 9g Calories 420
Serving size 3



[Go to recipe](#)

Mediterranean Salad

Sodium 370mg Protein 9g
Fiber 4g Calories 310
Serving size 1



[Go to recipe](#)

Mexican Quinoa

Sodium 440mg Protein 7g
Fiber 5g Calories 220
Serving size 1



[Go to recipe](#)

Dark Chocolate Pecan Dates

Sodium 0mg Protein 2g Fiber 3g
Calories 180 Serving size 1

For more recipes visit: livingwhole.llu.edu

1500 Calorie 3 Day Menu

A healthy plant-based meal plan is full of color and variety. This sample provides ideas and recipes for breakfast, lunch, dinner, snacks, and sides. Tailor meal choices to your taste preferences.

These meals meet the Living Whole Wellness Criteria as seen on our website livingwhole.llu.edu!

Calorie and nutrient amounts will vary based on portion size or if you adjust ingredients.

Following the meal plan with the indicated snacks and sides, this menu provides about 1500 calories.



Snacks



Chipotle Sweet Potatoes

Calories 200
Serving size 1

[Go to recipe](#)



Cranberry Fruit Dip

Calories 120
Serving size 1

[Go to recipe](#)



Kale Chips

Calories 140
Serving size 2

[Go to recipe](#)



Tropical Fruit Salad

Calories 140
Serving size 1

[Go to recipe](#)



Mixed Nuts

Calories 170
Serving size 1oz
(about 10-12 nuts)



[Go to recipe](#)



Fruit Pizza

Calories 170
Serving size 1



Sides



Peanut Baked Tofu

Calories 160
Serving size 1



[Go to recipe](#)



Beets, Garlic, & Walnuts

Calories 160
Serving size 1



[Go to recipe](#)



Creamy Mashed Cauliflower

Calories 140
Serving size 2

[Go to recipe](#)



Vegan Corn Bread

Calories 170
Serving size 1



[Go to recipe](#)



Nuttled Brown Rice Pilaf

Calories 150
Serving size 1



[Go to recipe](#)



Steamed Carrots

Calories 100
Serving size 2

[Go to recipe](#)