

EASY Plant-Based Recipes for every meal!

1600 Calorie
3 day meal plan
with recipe links



LOMA LINDA UNIVERSITY
HEALTH

Breakfast

Lunch

Dinner

Snack

Day 1



[Go to recipe](#)

Berry Breakfast Quinoa with Almonds

Sodium 10mg Protein 8g Fiber 6g
Calories 270 Serving size 3/4 cup



[Go to recipe](#)

Indian Spiced Veggies with Lentils

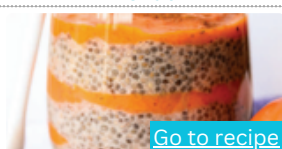
Sodium 260mg Protein 16g Fiber 15g
Calories 400 Serving size 1.5 Cup



[Go to recipe](#)

Pasta with Artichokes, Beans & Spinach

Sodium 240mg Protein 22g Fiber 20g
Calories 510 Serving size 1 Cup



[Go to recipe](#)

Persimmon Chia Pudding

Sodium 75mg Protein 10g Fiber 11g Calories 230
Serving size 1/2 Cup



Add 1 snacks
or 1 Side

Day 2



[Go to recipe](#)

Tofu Scramble Breakfast Wrap

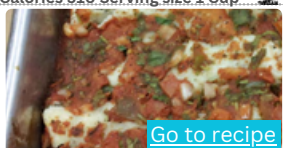
Sodium 510mg Protein 15g Fiber 1g Calories 360
Serving size 1 Wrap



[Go to recipe](#)

Brown Rice Stuffed Portobello

Sodium 430mg Protein 11g Fiber 11g Calories 400
Serving size 1 Mushroom



[Go to recipe](#)

Black bean Enchiladas

Sodium 380mg Protein 18g Fiber 17g Calories 380
Serving size 2 Enchiladas



[Go to recipe](#)

Cantaloupe with Agave

Sodium 20mg Protein 3g Fiber 3g Calories 190
Serving size 3/4 Cup



Add 1 snack
1 side

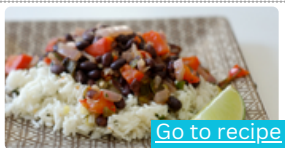
Day 3



[Go to recipe](#)

Southwestern Tofu Scramble

Sodium 350mg Protein 13g Fiber 5g Calories 240
Serving size 8.5 oz



[Go to recipe](#)

Cilantro Lime Rice & Beans

Sodium 240mg Protein 18g Fiber 14g Calories 550
Serving size 2 Cups



[Go to recipe](#)

Hearty Chickpea, Cauliflower, Kale, & Quinoa Stuffed Butternut Squash

Sodium 370mg Protein 16g Fiber 10g
Calories 390 Serving size 1 Half



[Go to recipe](#)

Sautéed Spinach with Pine Nuts

Sodium 320mg Protein 7g Fiber 4g
Calories 160 Serving size 3/4 Cups



Add 1 snack
or 1 side

For more recipes visit: livingwhole.llu.edu

1600 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 1600 calories.



Snacks



Dark Chocolate Pecan Stuffed Dates

Calories 180
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](#)



Spicy Garbanzo Nuts

Calories 160
Serving size 2

[Go to recipe](#)



Walnut Balls with Sweet'n'Sour Sauce

Calories 250
Serving size 1

[Go to recipe](#)

Sides



Asian Pear and Cashew Slaw

Calories 190
Serving size 1

[Go to recipe](#)



Beets, Garlic, & Walnuts

Calories 160
Serving size 1

[Go to recipe](#)



Guacamole

Calories 100
Serving size 1

[Go to recipe](#)



Chipotle Glazed Sweet Potatoes

Calories 200
Serving size 1

[Go to recipe](#)



Bulgur and Quinoa Pilaf

Calories 270
Serving size 1

[Go to recipe](#)



Steamed Carrots

Calories 50
Serving size 1

[Go to recipe](#)