

EASY Plant-Based Recipes for every meal!

1700 Calorie 3-day meal plan with recipe links

Breakfast

Lunch

Dinner

Snack

Day 1



[Go to recipe](#)

Fruit and Yogurt Parfait

Calories: 280 Protein: 13g
Sodium: 135 mg Fiber: 4g



[Go to recipe](#)

Avocado & White Bean Wrap

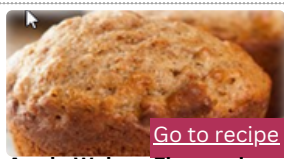
Calories: 280 Protein: 12 g
Sodium: 200 mg Fiber: 10 g



[Go to recipe](#)

Mediterranean Sheet Pan Dinner

Calories: 280 Protein: 15 g
Sodium: 240 mg Fiber: 7 g



[Go to recipe](#)

Apple Walnut Flaxseed Muffin

Calories: 200 Protein: 6 g
Sodium: 50 mg Fiber: 4 g



Add 3-4 sides and snacks below

Day 2



[Go to recipe](#)

Breakfast Tacos

Calories: 290 Protein: 26g
Sodium: 480 mg Fiber: 6g



[Go to recipe](#)

Hummus Pita Sandwich

Calories: 260 calories
Protein: 10g Sodium: 330 mg
Fiber: 8g



[Go to recipe](#)

Black Bean Sweet Potato Enchiladas

Calories: 310 Protein: 10g
Sodium: 380 mg Fiber: 10g



[Go to recipe](#)

Mediterranean Pasta Salad

Calories: 170 Protein: 4g
Sodium: 320mg Fiber: 4g



Add 3-4 sides and snacks below

Day 3



[Go to recipe](#)

Berry Breakfast Quinoa

Calories: 270 Protein: 8g
Sodium: 10mg Fiber: 6g



[Go to recipe](#)

Kale Burrito Bowl

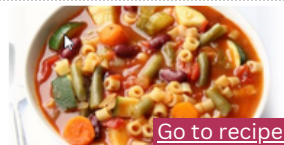
Calories: 320 Protein: 15g
Sodium: 440mg Fiber: 13g



[Go to recipe](#)

Spaghetti & Lentil Meatballs

Calories: 290 Protein: 12g
Sodium: 270mg Fiber: 10g



[Go to recipe](#)

Minestrone Soup

Calories: 160 Protein: 7g
Sodium: 250mg Fiber: 6g



Add 3-4 sides and snacks below

1700 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 **1700 calories**.



Snacks, Sides, and Beverages



Brown Rice

Calories: 190
Serving Size: 0.5 cup

[Go to recipe](#)



Sweet Potato Thins

Calories: 100
Serving Size: 0.5 cup

[Go to recipe](#)



Garlicky Greens

Calories: 20
Serving Size: 1 cup

[Go to recipe](#)



High Protein Coffee

Calories: 60
Serving Size: 8 fl oz.

[Go to recipe](#)



Cucumber with Lemon

Calories: 20
Serving Size: 0.5 cup

[Go to recipe](#)



Garlic Roasted Broccoli

Calories: 60
Serving Size: 3/4 cup

[Go to recipe](#)



Fruit Kabob

Calories: 140
Serving Size: 1 cup

[Go to recipe](#)



Orange Power Smoothie

Calories: 160
Serving Size: 12 fl oz.

[Go to recipe](#)



Quinoa Side Dish

Calories: 120
Serving Size: 0.5 cup

[Go to recipe](#)



Oatmeal Protein Bar

Calories: 180
Serving Size: 1 bar

[Go to recipe](#)



Vegan Brownie Bites

Calories: 70
Serving Size: 1 ball

[Go to recipe](#)



Pineapple Banana Milkshake

Calories: 170
Serving Size: 12 fl oz.

[Go to recipe](#)