

Day Meal Plan

By White Sage Nutrition



The background of the page features two slices of grapefruit. One slice is positioned in the upper right, and another, larger slice is in the lower right, partially overlapping the first. The grapefruit has a reddish-pink, juicy interior with visible seeds and a thin green rind. The text 'CONTENTS' is centered over the upper part of the image, underlined with a thin green line.

CONTENTS

3 INTRODUCTION

4 MEAL PLAN

5 SHOPPING LIST

Hi I'm Carly, a plant-based nutrition coach. Here is a peak of what types of food you can eat inside my program.



BREAKFAST

CREAMY BANANA AND CINNAMON PORRIDGE

1 serving (increase the portion size if needed)

INGREDIENTS

- 60g of oats
- 120ml of water or oat milk
- Fruit of choice (banana, blueberries, strawberries, raspberries, apple etc)
- Cinnamon to taste

DIRECTIONS

- Combine oats and water/milk in bowl
- Microwave for 3 minutes
- Mix in fruit of choice
- Sprinkle cinnamon on top

A Buddha bowl filled with rice, black beans, hummus, vegetables, and pickles. The bowl is light blue and sits on a wooden surface. The ingredients include cooked rice, black beans, hummus, sliced tomatoes, jalapenos, pickled red cabbage, and gherkins. Fresh watercress is scattered around the bowl.

LUNCH

BUDDHA BOWL CREATIONS

Mix and match or add them all!!

INGREDIENTS

- 75g of rice
- 1 tsp pilau seasoning or salt
- 1/2 tin of drained black bean
- 1 tbsp low fat hummus
- 1/4 bag of frozen peppers
- 1 chopped tomato
- Chopped cucumber
- A handful of watercress
- Selection of pickles - Jalapenos, pickled red gabbage & gherkins.

METHOD

- Cook rice per instructions
- Add pilau seasoning to rice
- Microwave peppers
- Add all ingredients to a large bowl



DINNER

QUICK CURRIED CHICKPEAS WITH BAKED POTATOES

INGREDIENTS

- 1/2 a tin of drained chickpeas
- 1 white diced onion (frozen for speed)
- 1 diced garlic glove (frozen for speed)
- Handful of chopped spinach
- 1 tbsp of ginger powder
- 1 tbsp of curry powder
- Salt & pepper
- 1-2 Baked potatoes
- Left over buddha bowl creations for side salad

METHOD

- Pre heat oven to 200 C
- Bake potatoes for 1 hour and a half until golden and crispy
- While potatoes are cooking saute all ingredients in water (not oil)
- Add more water to ingredients so they don't stick until soft and water has absorbed
- Once potatoes have cooked, cut them open, mash with a fork and add curried chickpeas.
- Add a serving of left over buddha bowl creations.



DESSERT

BANANA OAT COOKIES

INGREDIENTS

- 60g of oats
- 1 ripe bananas

METHOD

- Pre heat oven to 180 c
- Mash bananas in a bowl
- In a food processor or blender pulse the oats into oat flour
- Stir oats, mashed banana and cinnamon together
- Line a baking tray with parchment paper, scoop out desired amount of cookie dough and press down gently to flatten into cookies
- Bake for 20 minutes or until golden brown



SNACKS

Fruit of choice

Plant-based milk (oat, soya,
almond) in tea & coffee

SHOPPING LIST

FRESH FRUIT & VEG

- 2 bananas
- Fruit (any kind)
- 1 onion (or frozen diced onion)
- Garlic (or frozen chopped garlic))
- 2 white baking potatoes
- Spinach
- Bell pepper (or frozen peppers))
- Cucumber
- Watercress

TINNED/JARRED FOOD

- Tin of chickpeas
- Tin of black beans
- Red pickled cabbage
- Jalapenos
- Gherkins

FRIDGE

- Low fat hummus
- Plant-based milk

GRAINS

- Rice
- Oats

SPICES

- Curry powder
- Cinnamon
- Ginger powder
- Pilau seasoning