

Whole-Food Plant-Based Diet Plan

We map out a full week of plant-based whole-food meals and snacks that your taste buds will love.

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✓ Reviewed by Dietitian **Victoria Seaver, M.S., RD**

Whether you're following a completely vegan diet or just looking to change up your routine, it's always a good idea to focus more on less processed foods and eat more plants. In this healthy meal plan, we focus on plant-based foods, with an emphasis on beans, legumes, whole grains and nuts for protein instead of processed meat substitutes.

You don't have to worry about not getting enough protein without meat, as long as you plan your meals accordingly—which is what this meal plan does.

Plant-based whole foods also tend to be high in another important satiating nutrient: fiber. Aside from its many health benefits, fiber also helps keep you full, which means you'll feel more satisfied after eating.

We set this plan at 1,500 calories, which is the level at which most people will lose weight if that's your desire. We also included modifications for 1,200 and 2,000 calories per day depending on your calorie needs.

What Is a Whole-Food Plant-Based Diet?

A whole-food plant-based diet is a plan that focuses mainly on foods that have been minimally processed—including fresh and frozen fruits and vegetables, as well as canned beans. Plant-based is a broad term that includes any diet that tries to focus on more plant-based, non-animal-based options, like whole grains, legumes, nuts, fruits and vegetables. This can include people following vegan and vegetarian diets, as well as people who are trying to limit their meat intake to once or twice a week.

According to the Centers for Disease Control and Prevention, nearly 87% of Americans don't hit their vegetable servings each day, so no matter where you are on the eating spectrum, it's a good idea to focus on eating more plants.

See More: Plant-Based Diet for Beginners

Benefits of a Whole-Food Plant-Based Diet

There are a ton of benefits to eating more plants. Cutting back on meat and eating more plant-based foods may help lessen our environmental impact—plus, we can give back to our local farmers and community by participating in a Community Supported Agriculture (CSA) share. A CSA is also a fun way to eat seasonally and try new produce.

Of course, there are health benefits too. People who eat a plant-based diet tend to have a higher intake of fiber, an important nutrient found in fruits, vegetables, legumes and whole grains. Due to the reduced intake of meat and ultra-processed foods, plus more fiber, a whole-food plant-based diet has many health benefits, including lower body weight and a decreased risk of heart disease, diabetes and even some cancers.

Whole-Food Plant-Based Diet Food List

Here are a few of the most common foods you'll see in a whole-food plant-based meal plan:

Legumes: lentils, beans and chickpeas

Whole grains: quinoa, wheat, oats, farro and more

Seeds: chia, flax, sunflower and pumpkin seeds

Nuts and nut butters: look for natural nut butters with just two ingredients (the nut, like almond or peanut, plus salt)

Fruits and vegetables: frozen or fresh

Fats: like olives, olive oil and avocados

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How to Meal-Prep Your Week of Meals

1. Make Lemon-Roasted Vegetable Hummus Bowls to have for lunch on Days 2 through 5.
2. Prepare Olive Orange Vinaigrette to have throughout the week.

Day 1



Breakfast (325 calories)

- 1/3 cup muesli
- 3/4 cup unsweetened almond milk
- 1 cup blackberries
- 2 Tbsp. chopped walnuts

A.M. Snack (305 calories)

1 medium apple

2 Tbsp. natural peanut butter

Lunch (325 calories)

1 serving Green Salad with Edamame & Beets

P.M. Snack (116 calories)

15 dry-roasted unsalted almonds

Dinner (442 calories)

1 serving Roasted Chickpea Curry Bowl

2 cups mixed greens

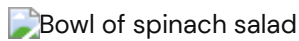
1 serving Olive Orange Vinaigrette

Daily Totals: 1,512 calories, 55 g protein, 151 g carbohydrates, 47 g fiber, 82 g fat, 1,159 mg sodium

To make it 1,200 calories: Omit the chopped walnuts at breakfast and omit the peanut butter at the A.M. snack.

To make it 2,000 calories: Add 1 serving Strawberry-Mango-Banana Smoothie to breakfast, add 1 clementine to lunch and increase to 1/3 cup almonds at the P.M. snack.

Day 2



Breakfast (299 calories)

1 serving Strawberry-Mango-Banana Smoothie

A.M. Snack (200 calories)

1 cup edamame in pods

Lunch (360 calories)

1 serving Lemon-Roasted Vegetable Hummus Bowls

P.M. Snack (206 calories)

1/4 cup dry-roasted unsalted almonds

Dinner (415 calories)

1 serving Spinach Salad with Roasted Sweet Potatoes, White Beans & Basil

Daily Totals: 1,480 calories, 53 g protein, 151 g carbohydrates, 47 g fiber, 81 g fat, 1,104 mg sodium

To make it 1,200 calories: Reduce to 1/2 cup edamame pods at the A.M. snack and switch the P.M. snack to 1 clementine.

To make it 2,000 calories: Add 1 sliced sprouted wheat toast with 1 Tbsp. natural peanut butter to breakfast, increase to 2 cups edamame at A.M. snack, add 1 medium orange to lunch and increase to 1/3 cup almonds at the P.M. snack.

Day 3

 Apple and pecan stuffed butternut squash

Breakfast (299 calories)

1 serving Strawberry-Mango-Banana Smoothie

A.M. Snack (266 calories)

1 1/3 cups edamame in pods

Lunch (360 calories)

1 serving Lemon-Roasted Vegetable Hummus Bowls

P.M. Snack (241 calories)

1/4 cup dry-roasted unsalted almonds

1 clementine

Dinner (343 calories)

1 serving Apple & Pecan Stuffed Butternut Squash

1 serving Guacamole Chopped Salad

Daily Totals: 1,509 calories, 53 g protein, 163 g carbohydrates, 48 g fiber, 80 g fat, 999 mg sodium

To make it 1,200 calories: Reduce to 3/4 cup edamame pods at the A.M. snack and omit the almonds at the P.M. snack.

To make it 2,000 calories: Add 1 sliced sprouted wheat toast with 1 Tbsp. natural peanut butter to breakfast, increase to 2 cups edamame at A.M. snack, add 1 medium apple to lunch and increase to 1/3 cup almonds at the P.M. snack.

Day 4

 Black-Bean Quinoa Buddha Bowl

Breakfast (325 calories)

1/3 cup muesli

3/4 cup unsweetened almond milk

1 cup blackberries

2 Tbsp. chopped walnuts

A.M. Snack (95 calories)

1 medium apple

Lunch (360 calories)

1 serving Lemon-Roasted Vegetable Hummus Bowls

P.M. Snack (206 calories)

1/4 cup dry-roasted unsalted almonds

Dinner (500 calories)

1 serving Black Bean-Quinoa Bowl

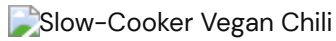
Meal-Prep Tip: Gather ingredients for Slow-Cooker Vegan Chili so it's ready to go for the slow cooker tomorrow morning.

Daily Totals: 1,486 calories, 51 g protein, 190 g carbohydrates, 54 g fiber, 70 g fat, 1,159 mg sodium

To make it 1,200 calories: Omit the walnuts at breakfast and change the P.M. snack to 1 clementine.

To make it 2,000 calories: Add 1 serving Strawberry-Mango-Banana Smoothie to breakfast and add 2 Tbsp. natural peanut butter to the A.M. snack.

Day 5



Breakfast (299 calories)

1 serving Strawberry-Mango-Banana Smoothie

A.M. Snack (200 calories)

1 cup edamame in pods

Lunch (360 calories)

1 serving Lemon-Roasted Vegetable Hummus Bowls

P.M. Snack (206 calories)

1/4 cup dry-roasted unsalted almonds

Dinner (419 calories)

1 serving Slow-Cooker Vegan Chili

2 cups mixed greens

1 serving Olive Orange Vinaigrette


Meal-Prep Tip: Reserve two servings of Slow-Cooker Vegan Chili to have for lunch on Days 6 & 7.

Daily Totals: 1,484 calories, 53 g protein, 157 g carbohydrates, 50 g fiber, 1,169 mg sodium

To make it 1,200 calories: Reduce to 1/2 cup edamame at the A.M. snack and change the P.M. snack to 1 clementine.

To make it 2,000 calories: Add 1 sliced sprouted wheat toast with 1 Tbsp. natural peanut butter to breakfast, increase to 1 3/4 cups edamame at A.M. snack, add 1 medium apple to lunch and increase to 1/3 cup almonds at the P.M. snack.

Day 6

 Stuffed Sweet Potato with Hummus Dressing

Breakfast (325 calories)

- 1/3 cup muesli
- 3/4 cup unsweetened almond milk
- 1 cup blackberries
- 2 Tbsp. chopped walnuts

A.M. Snack (206 calories)

1/4 cup dry-roasted unsalted almonds

Lunch (376 calories)

1 serving Slow-Cooker Vegan Chili

1 medium orange

P.M. Snack (100 calories)

1/2 cup edamame in pods

Dinner (472 calories)

1 serving Stuffed Sweet Potato with Hummus Dressing

Daily Totals: 1,479 calories, 59 g protein, 207 g carbohydrates, 63 g fiber, 56 g fat, 1,103 mg sodium

To make it 1,200 calories: Omit the walnuts at breakfast and change the A.M. snack to 1 clementine.

To make it 2,000 calories: Add 1 serving Strawberry-Mango-Banana Smoothie to breakfast, increase to 1/3 cup almonds at the A.M. snack and increase to 1 1/4 cups edamame at the P.M. snack.

Day 7



falafel salad with Lemon-Tahini Dressing

Breakfast (325 calories)

1/3 cup muesli
3/4 cup unsweetened almond milk
1 cup blackberries
2 Tbsp. chopped walnuts

A.M. Snack (200 calories)

1 cup edamame in pods

Lunch (376 calories)

1 serving Slow-Cooker Vegan Chili
1 medium orange

P.M. Snack (95 calories)

1 medium apple

Dinner (499 calories)

1 serving Falafel Salad with Lemon-Tahini Dressing

Daily Totals: 1,495 calories, 55 g protein, 193 g carbohydrates, 59 g fiber, 65 g fat, 1,272 mg sodium

To make it 1,200 calories: Omit the walnuts at breakfast and change the A.M. snack to 1/4 cup sliced cucumber.

To make it 2,000 calories: Add 1 serving Strawberry-Mango-Banana Smoothie to breakfast and add 2 Tbsp. natural peanut butter to the P.M. snack.

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