



# FREE 1 DAY MEAL PLAN

Plant Based  
Weight Loss Made  
Easy

SIMPLE MEALS





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**Hi Everyone,**

Congratulations on taking action. That's the true 1st step to any meaning results. Keeping things simple, here is my 1 day meal plan and a sneak peak into my other meal plans. I hope you gain value from this and if you would like to get more meal plans, there is a discount code at the end, to keep your momentum and results going in the right direction.



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# GROCERY LIST:

## 1 DAY OF MEALS

- Oatmeal (Thick rolled oats)
- Peaches
- Unsweetened plant milk
- Maple syrup
- Chia seeds
- Mixed greens
- Carrots
- Rice
- Cucumber
- Bell pepper
- Extra firm Tofu
- Chinese 5 spice blend
- Noori sheet (optional)
- Sushi ginger (optional)
- Tamari or soy sauce
- Defatted Peanut Butter powder
- Siracha
- Potatoes
- Frozen veggies
- Salsa
- Canned beans of your choice
- Grapes
- Strawberries





- BREAKFAST -

# 1 DAY MEALS



- LUNCH -



- DINNER -





## EASY OATMEAL BREAKFAST

**Yields:** 1 Serving

**Total Time:** 5 minutes

### INGREDIENTS:

- 1 cup thick rolled oats
- 2 cups water
- 1 tsp vanilla extract
- 1 tbsp chia seeds (optional)
- 2 Ripe peaches
- 2 tsp maple syrup
- 1/4 cup unsweetened plant milk

### INSTRUCTIONS:

1. Toss oats in a pan or microwave with 2 cups of water, 1 tbsp chia seeds, & vanilla extract. Cook until oats soften, add plant milk. Transfer to a bowl, Add maple syrup and 2 fresh ripe peaches and enjoy.

\*Feel free to switch out fruits with whatever is in season.





## LUNCH - SUSHI BOWL

***Yields:*** 1 Serving

***Total Time:*** 20 minutes

### INGREDIENTS:

- Large handful of mixed greens
- 1 cup brown rice (left overs)
- 1 medium size carrot grated
- 1 cup diced cucumber
- 1 red bell pepper diced
- 1/2 cup Air fried Tofu (See full recipe details on my website for Crispy Tofu)
- Sushi ginger per your taste (optional)
- 1 Noori sheet cut in small cubes (optional)
- 1/2 tsp toasted sesame seeds (optional)



## **Dressing Low Fat PB Sauce:**

- 1 tbsp soy or tamari sauce
- 1.5 tbsp maple syrup
- 1 tsp apple cider vinegar
- 4 tbsp PB&ME powder (this is powdered peanut butter/defatted)
- 2 tbsp water (or adjust per your consistency)

## **INSTRUCTIONS:**

1. Cut extra firm pressed tofu in cubes, season it with your favorite spices (I used Chinese 5 spice blend, salt & chili powder) toss to combine and air fry at 400 F or bake in the oven for 20 minutes. Make sure to toss half way through.
2. Chop all your veggies and use left over rice to assemble your plate.
3. Prepare your low fat PB sauce, once Tofu is ready, add tofu, sushi ginger, toasted sesame seeds, Noori and enjoy with dressing on top.





## DINNER - VEGGIES & POTATO FRIES

***Yields:*** 1 Serving

***Total Time:*** 20 minutes

### INGREDIENTS:

- 2 cups frozen veggies
- 2 medium size steamed potatoes
- 1/4 cup cheese sauce (See Recipe on my site)
- 1/4 cup salsa
- 1/3 cup canned beans rinsed (any kind)
- Siracha or any hot sauce per your taste
- Cajun spice for seasoning potato fries
- Salt to season fries



## INSTRUCTIONS:

1. Toss frozen veggies in an oven or air fryer at 400 F for 12 minutes. Toss half way through.
2. Cut potatoes in fries shape, season with Cajun spice and some salt. Place the lid on the container and shake the potatoes vigorously to roughen them up and season them. Transfer to either an air fryer at 400 F for 20 minutes or an oven at the same time with your veggies.
3. Once veggies and potatoes fries are done, assemble your plate. Add canned beans, salsa, cheese sauce (see recipe on my site) & hot sauce of your choice on top and enjoy!

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# **S N A C K S :**

CHOOSE EITHER GRAPES OR STRAWBERRIES







# CONGRATS ON COMPLETION

If you enjoyed these easy meals and would like to keep this momentum going, here is a discount code to get more meal plans - coming soon to my site.



**15% OFF COUPON  
CODE:**

**SLIMONPLANTS15**

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