

FREE BEGINNER GUIDE · EASY RECIPES

The 7-Day Plant-Based *Kitchen*



A simple starter for cooking meatless meals at home: what to keep in your pantry, 7 easy recipes, and a one-week meal plan with a shopping list.

7

easy, budget-friendly recipes

1 week

meal plan using leftovers

~30 min

for most dinners

START HERE

Stock a simple plant-based pantry

You don't need special or expensive ingredients. Most plant-based meals are built from a few everyday staples you can find in any supermarket.

Grains

Rolled oats, rice, pasta, noodles, tortillas, whole-grain bread

Beans & lentils

Canned chickpeas, black beans, white beans; dry red lentils

Protein extras

Firm tofu, peanut butter, tahini, chia seeds, nuts

Cans & jars

Diced tomatoes, vegetable broth, salsa, soy sauce, mustard

Spices

Salt, black pepper, cumin, chili powder, garlic, red pepper flakes

Fresh & frozen

Onions, carrots, spinach, lemons, limes, frozen mixed vegetables

The easy plate formula

- ☐ **A grain:** rice, pasta, bread, or tortillas
- ☐ **A protein:** beans, lentils, tofu, or peanut butter
- ☐ **Vegetables:** fresh or frozen, as many as you like
- ☐ **A sauce:** salsa, soy sauce, or the lemon-tahini sauce on page 4

Swaps that make it easy

- ☐ **Milk:** oat, soy, or almond milk
- ☐ **Mince:** lentils or crumbled tofu
- ☐ **Mayo:** tahini or vegan mayo
- ☐ **Butter:** olive oil or plant-based spread

Basic kitchen tools you'll use

- ☐ A large pot with a lid
- ☐ A large frying pan or skillet
- ☐ A sharp knife and cutting board
- ☐ Measuring cups and spoons
- ☐ A can opener and colander
- ☐ A fork or potato masher
- ☐ Jars or containers with lids
- ☐ A whisk or small bowl for sauces

Budget tip: dry lentils, canned beans, oats, and rice are some of the cheapest foods in any store. Buy store brands and frozen vegetables to keep costs low.

Breakfast, lunch & two easy dinners

Each recipe uses pantry staples and takes about 30 minutes or less. Cup and spoon measures are US standard.

1. Overnight Oats

SERVES 1 · 5 MIN + OVERNIGHT

½ cup rolled oats · ½ cup plant milk · ¼ cup plant yogurt (optional) · 1 tbsp chia seeds · 1 tsp maple syrup · fruit to top

1. Stir everything except the fruit together in a jar.
2. Cover and refrigerate overnight, or at least 4 hours.
3. Top with berries or sliced banana and eat cold.

Make 3 jars at once; they keep 3 days in the fridge.

2. Smashed Chickpea Salad

SERVES 2-3 · 10 MIN

1 can (15 oz) chickpeas, drained · 2 tbsp tahini or vegan mayo · 1 tbsp lemon juice · 1 tsp mustard · 1 celery stalk, diced · 2 tbsp red onion, diced · salt & pepper

1. Mash the chickpeas with a fork, leaving some chunky.
2. Stir in everything else and season to taste.
3. Serve in sandwiches, wraps, or on crackers.

Keeps 3-4 days in the fridge.

3. 15-Minute Black Bean Tacos

SERVES 2-3 · 15 MIN

1 tbsp oil · ½ onion, diced · 1 tsp cumin · 1 tsp chili powder · 1 can (15 oz) black beans, drained · ¼ cup water · 6 small tortillas · salsa, lettuce, avocado, lime

1. Cook the onion in oil over medium heat for 4 minutes.
2. Add the spices and stir for 30 seconds.
3. Add beans and water; simmer 5 minutes, mashing a few beans.
4. Fill warm tortillas and add your toppings.

4. One-Pot Red Lentil Soup

SERVES 4 · 35 MIN

1 tbsp oil · 1 onion, diced · 2 carrots, diced · 2 garlic cloves · 1 tsp cumin · 1 cup red lentils, rinsed · 1 can (14 oz) diced tomatoes · 4 cups vegetable broth · salt · squeeze of lemon

1. Cook the onion and carrots in oil for 5 minutes.
2. Add garlic and cumin; stir 1 minute.
3. Add lentils, tomatoes, and broth. Simmer 20-25 minutes until the lentils are soft.
4. Season with salt and lemon.

Keeps 4 days in the fridge and freezes well for up to 3 months.

Three weeknight dinners & a sauce

Quick, filling dinners that make good leftovers for the next day's lunch.

5. Tofu Veggie Fried Rice

SERVES 3 · 25 MIN

1 block (14 oz) firm tofu, pressed & crumbled · 1 tbsp oil · 2 cups frozen mixed vegetables · 3 cups cooked, cold rice · 2 tbsp soy sauce · 1 tsp sesame oil · 2 green onions, sliced

1. Fry the tofu in oil over medium-high heat for 6–8 minutes until golden.
2. Add the vegetables and cook 3–4 minutes.
3. Add the rice and stir-fry 3–4 minutes until hot.
4. Stir in soy sauce, sesame oil, and green onions.

Day-old rice works best; fresh rice turns mushy.

6. White Bean & Spinach Pasta

SERVES 3–4 · 20 MIN

8 oz pasta · 2 tbsp olive oil · 3 garlic cloves, sliced · 1 can (15 oz) white beans, drained · 4 cups spinach · 1 lemon · pinch of red pepper flakes · salt

1. Cook the pasta; save ½ cup of the cooking water.
2. Warm garlic in the oil for 1 minute, then add beans for 3 minutes.
3. Add spinach and stir until wilted.
4. Toss in the pasta, a splash of pasta water, lemon juice, and salt.

7. Peanut Noodles

SERVES 2–3 · 15 MIN

6 oz spaghetti or rice noodles · 3 tbsp peanut butter · 2 tbsp soy sauce · 1 tbsp lime juice or rice vinegar · 1 tsp maple syrup · 1 garlic clove, grated · 3–4 tbsp warm water · 1 cucumber & 1 carrot, shredded

1. Cook the noodles, then rinse under cold water.
2. Whisk the peanut butter, soy sauce, lime, syrup, garlic, and water until smooth.
3. Toss the noodles with the sauce and vegetables.

Contains peanuts. Good warm or cold.

Bonus: Lemon-Tahini Sauce

MAKES ½ CUP · 5 MIN

¼ cup tahini · 2 tbsp lemon juice · 1 small garlic clove, grated · pinch of salt · 3–5 tbsp water

1. Whisk the tahini, lemon, garlic, and salt. It will thicken at first.
2. Add water a spoonful at a time until it pours.
3. Use on grain bowls, salads, wraps, and roasted vegetables.

Keeps 5 days in a sealed jar in the fridge.

Enjoying these? If you'd like hundreds more recipes like them, **The Complete Plant-Based Cookbook** has 200+ easy plant-based recipes in one place. More on page 7.

The 7-day meal plan

Cook once, eat twice. Each dinner makes enough for the next day's lunch, so you cook only about four times this week. Recipe numbers are in brackets.

Day	Breakfast	Lunch	Dinner
Mon	Overnight oats (1)	Chickpea salad sandwich (2)	Red lentil soup (4) cook
Tue	Overnight oats (1)	Lentil soup leftover	Black bean tacos (3) cook
Wed	Overnight oats (1)	Bean & rice bowl with salsa leftover	Tofu fried rice (5) cook
Thu	Peanut butter & banana toast	Fried rice leftover	White bean pasta (6) cook
Fri	Overnight oats (1)	Bean pasta leftover	Peanut noodles (7) cook
Sat	Avocado toast & fruit	Chickpea salad wrap (2)	Lentil soup from freezer & bread
Sun	Oats or toast & fruit	Peanut noodles leftover	Grain bowl: rice, beans, greens & tahini sauce

Snack ideas

- ☐ Fruit with peanut butter
- ☐ Carrot or cucumber sticks with hummus
- ☐ A handful of nuts or roasted chickpeas

Make it your own

- ☐ Swap any dinner for a favorite you already cook
- ☐ Double the soup and freeze half
- ☐ Repeat the week you liked best

How long food keeps

- ☐ **Cooked beans, lentils, soup, pasta:** 3–4 days in the fridge; soup freezes up to 3 months
- ☐ **Cooked rice:** cool quickly and use within 3–4 days; reheat until steaming hot
- ☐ **Opened canned beans:** move to a container and use within 3–4 days
- ☐ **Tofu:** once opened, keep covered in water in the fridge and use within 3–5 days

Shopping list & Sunday prep

Tick off what you already have. Everything here covers the full 7-day plan for one to two people.

Fresh

- ☐ 3 onions, 1 red onion
- ☐ 1 head garlic
- ☐ 4 carrots, 1 celery
- ☐ 1 cucumber, 2 avocados
- ☐ Spinach (5 oz bag)
- ☐ Lettuce, green onions
- ☐ 2 lemons, 2 limes
- ☐ Bananas, berries

Cans & dry

- ☐ Chickpeas (2 cans)
- ☐ Black beans (2 cans)
- ☐ White beans (1 can)
- ☐ Diced tomatoes (1 can)
- ☐ Red lentils (1 cup)
- ☐ Vegetable broth (4 cups)
- ☐ Rolled oats, rice
- ☐ Pasta, noodles

Other

- ☐ Firm tofu (1 block)
- ☐ Plant milk & yogurt
- ☐ Frozen mixed vegetables
- ☐ Tortillas, bread
- ☐ Peanut butter, tahini
- ☐ Soy sauce, salsa
- ☐ Chia seeds, maple syrup
- ☐ Mustard, sesame oil

One-hour Sunday prep

- ☐ **Cook rice** for Wednesday's bean bowl and fried rice. Cool it, then refrigerate.
- ☐ **Make 3 jars of overnight oats** for Monday to Wednesday.
- ☐ **Mix the chickpea salad** for Monday's lunch.
- ☐ **Whisk the lemon-tahini sauce** and store it in a jar.
- ☐ **Chop the onions and carrots** for the soup and tacos, and store them in containers.

Food safety: cool cooked food quickly and refrigerate within 2 hours. Eat leftovers within 3–4 days, or freeze them.

YOUR NEXT STEP

Ready for more recipes?

Once you've cooked through this week, the hardest part is often deciding what to make next. If you'd like a big collection of tested ideas in one place, here's a cookbook worth a look.

RECOMMENDED COOKBOOK

The Complete Plant-Based Cookbook

200+ recipes

Quick and easy plant-based breakfasts, lunches, dinners, and snacks.

Nutrition guide

A simple guide to building balanced plant-based meals.

Bonus guides

The full bundle adds a 30-day meal planning guide, smoothies, and baking.

Instant access

A digital cookbook you can use on any phone, tablet, or computer.

[See the cookbook →](#)

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Happy cooking,

Uday Chandra

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