30 Day Plant-Based Diet Challenge
✔️ Burn off **Body Fat**

✔️ Build **New Lean Muscle**

✔️ Be **Healthier**

✔️ Have **More Energy**

✔️ Be **Fitter**

✔️ Build An **Athletic Body**

✔️ Get **6-Pack Abs**

✔️ Perform **Better**
Disclaimer

The recipes or other information provided in this report are for informational purposes only and are not intended to provide dietary advice. A medical practitioner should be consulted before making any changes in your diet. Additionally, recipe cooking times may require adjustments depending on age and quality of appliances. Readers are strongly urged to take all precautions to ensure ingredients are fully cooked in order to avoid the dangers of foodborne viruses. The recipes and suggestions provided in this book are soley the opinion of the author. The author and publisher do not take responsibility for any consequences that may result due to the instructions provided in this book.

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INTRODUCTION

Perhaps you are looking to eat healthier and feel more alive. Or reduce your impact on the environment by being more conscious about your food choices. Whatever your reasons, we are here to lead you on the path to exploring a vegan diet.

This guide will set you up with a daily meal plan to experience the benefits of plant-based nutrition for 30 Days. Why 30 Days? It takes 22 days to make or break a habit and by day 30, you’ve found the way. If you take on the challenge, your body will enjoy a greater variety of vitamins and minerals without intake of animal products will have a positive effect on the environment.

On the following pages, you’ll find 30 Days of vegan meal plans. You’ll find that the recipes are easy to prepare, healthy and delicious to boot! All of the meal plans and recipes were lovingly created by Justin Kaye.
PLANT BASED MEAL PLANS
## DAY 1

**BREAKFAST:** Banana nut oatmeal with 1 cup fresh berries (page 25 recipe manual)

**LUNCH:** Lettuce cucumber walnut salad (page 35 recipe manual)

**AFTERNOON SNACK:** 1/4 cup hummus with fresh vegetables (carrots, celery, romaine leaves, bell pepper, etc.)

**DINNER:** Garlic Green beans with tofu (page 65 recipe book)

**DESSERT:** Dark chocolate

## DAY 2

**BREAKFAST:** Smoothie with 1 cup almond milk, 1 large frozen banana, 1-2 tablespoons almond butter, 1 serving of protein powder, and a heaping cup of leafy greens (spinach, chard, kale, etc.)

**LUNCH:** 1 brown rice tortilla (Food For Life brand) or two gluten free corn tortillas with 1/4 cup hemp hummus, fresh or roasted red bell pepper, sliced cucumbers, and a handful of greens. Serve with steamed vegetables as desired, or a small side salad.

**AFTERNOON SNACK:**

**DINNER:** Zucchini Pasta with Cherry Tomatoes, Sweet Potato, Basil, and Hemp “Parmesan”

**DESSERT:** Chocolate mousse (page 80 recipe manual)
### DAY 3

**BREAKFAST:** Quinoa breakfast porridge with 1 cup fresh berries

**LUNCH:** Large salad with at least three cups of greens, whichever veggies you like, 3 tablespoons pumpkin or hemp seeds, and a dressing of choice (from the dressing options in the recipe index).

**AFTERNOON SNACK:** 4 tablespoons hummus with fresh vegetables (carrots, celery, romaine leaves, bell pepper, etc.)

**DINNER:** Curry tofu (page 63 recipe manual)

**DESSERT:** Lemon blueberry moose (page 81 recipe manual)

### DAY 4

**BREAKFAST:** Peanut Butter & Chocolate Chip Nirvana bar, fresh fruit salad as desired

**LUNCH:** Golden harvest kale salad with 1/2 cup organic chickpeas

**AFTERNOON SNACK:** 1 oz. almonds and a few tablespoons raisins

**DINNER:** Quick white bean and summer vegetable pasta (prepare with quinoa or brown rice pasta)

**DESSERT:** Protein date bars (page 78 recipe manual)
### DAY 5

**BREAKFAST:** Smoothie with 1 cup almond milk, 1 cup frozen blueberries, 1 serving chocolate vegan protein blend, 3 tablespoons of hemp seeds, and 1 cup leafy greens of choice

**LUNCH:** Leftover white bean and summer vegetable pasta or a large green salad with half a cup of beans or lentils, two tablespoons sliced almonds, vegetables of your choosing, and turmeric tahini dressing

**AFTERNOON SNACK:** Apple with 2 tablespoons almond butter

**DINNER:** Butternut squash curry served over 1/2 cup cooked quinoa, steamed vegetables as desired

**DESSERT:** Dark chocolate

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### DAY 6

**BREAKFAST:** Banana and almond butter oats (recipe to follow)

**LUNCH:** Smoky avocado and jicama salad

**AFTERNOON SNACK:** 1 cup almond milk blended with vegan protein powder and a few ice cubes

**DINNER:** Black bean and corn burgers, served with a small salad or steamed vegetables

**DESSERT:** 2 raw vegan vanilla macaroons
DAY 7

BREAKFAST: Smoothie of 1/2 frozen banana, 1 cup frozen peaches, 2 ice cubes, 3/4 cup almond milk, 1 cup leafy greens, and 1 serving vegan vanilla protein powder

LUNCH: Leftover black bean and corn burger, small salad

AFTERNOON SNACK: 1/4 cup vegan trail mix of choice (or 2 tbsp raw almonds or cashews and 2 tbsp dried fruit)

DINNER: 1 cup cooked quinoa, brown rice, or millet, served with 1/2 chopped avocado, 1 cup steamed greens, and dressing of choice (from dressing options in recipe index).

DESSERT: 1/2 cup chocomole

DAY 8

BREAKFAST: Gluten free banana pancakes, served with 1 cup fresh berries

LUNCH: Mango, kale, and avocado salad

AFTERNOON SNACK: Apple, banana, melon, berries, or any other fresh fruit of choice

DINNER: Eggplant rollatini with cashew cheese, steamed greens or broccoli as desired

DESSERT: Dark chocolate
### DAY 9

**BREAKFAST:** Apple cinnamon oatmeal

**LUNCH:** Roasted butternut squash and apple soup, served with a fresh green salad or steamed veggies as desired

**AFTERNOON SNACK:**

**DINNER:** Raw zucchini alfredo with basil and cherry tomatoes, served with fresh salad or steamed vegetables as desired

**DESSERT:** 2 raw vegan brownie bites

### DAY 10

**BREAKFAST:** Smoothie of 1 cup frozen blueberries or mixed berries, 1 cup coconut water, 1/2 small avocado, 1 serving

Chocolate vegan protein powder, and a dash of cinnamon.

**LUNCH:** Easy curried yellow lentils with avocado croutons

**AFTERNOON SNACK:** Fresh vegetable crudites with 1/4 cup hemp hummus

**DINNER:** Black bean and quinoa salad with quick cumin dressing

**DESSERT:** 1/2 cup chocomole
**DAY 11**

**BREAKFAST:** 1 sliced banana with 1 cup organic puffed rice or millet cereal (I like Arrowhead Mills brand) and 1 cup almond milk

**LUNCH:** Kale Salad with Apples, Raisins, and Creamy Curry Dressing

**AFTERNOON SNACK:** 1/4 cup raw trail mix of choice

**DINNER:** Sweet Potato Lime Burgers, fresh salad or steamed vegetables as desired

**DESSERT:** 2 raw vanilla macaroons

**DAY 12**

**BREAKFAST:** Vanilla chia pudding with 1 cup fresh berries

**LUNCH:** Red quinoa, almond, and arugula salad with cantaloupe

**AFTERNOON SNACK:** A couple of raw peanut butter & jelly snack balls

**DINNER:** Sweet potato and black bean chili with steamed broccoli or greens

**DESSERT:** 1/2 cup chocomole
**DAY 13**

**BREAKFAST:** Smoothie of 1 frozen banana, 1/2 cup frozen mango, 1 heaping cup spinach leaves, 1 cup coconut water, and 1/2 avocado

**LUNCH:** Bowl of leftover black bean and sweet potato chili with small salad or steamed greens

**AFTERNOON SNACK:**

**DINNER:** Cauliflower “rice” with lemon, mint, and pistachios, served over fresh greens

**DESSERT:** Spicy almond milk hot chocolate

**DAY 14**

**BREAKFAST:** Banana and almond butter oats

**LUNCH:** Carrot avocado bisque with spicy Thai salad

**AFTERNOON SNACK:** Raw vegetable crudités with sweet potato hummus

**DINNER:** Brown rice and lentil salad, served with fresh salad or steamed vegetables as desired and dressing of choice

**DESSERT:** 2 raw vanilla macaroons
### Day 15

**Breakfast:** Strawberry ginger chia pudding

**Lunch:** Leftover brown rice and lentil salad, served with a large mixed vegetable salad and dressing of choice from recipe index.

**Afternoon Snack:** 2 peanut butter and jelly snack balls

**Dinner:** Raw “peanut” noodles with steamed vegetables or fresh salad as desired

**Dessert:** Dark chocolate

### Day 16

**Breakfast:** Smoothie with 1 cup almond milk, 1 large frozen banana, 1-2 tablespoons almond butter, 1 serving of vegan protein powder, and a heaping cup of leafy greens (spinach, chard, kale, etc.)

**Lunch:** Mango, kale and avocado salad

**Afternoon Snack:** Vegetable crudités as desired and 1/4 cup hemp hummus

**Dinner:** Easy un-fried brown rice and vegetables

**Dessert:** 2 raw, vegan brownie bites
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<td><strong>BREAKFAST:</strong> Apple cinnamon oatmeal</td>
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<td><strong>LUNCH:</strong> Brown rice tortilla “pizza” and a side salad</td>
<td><strong>LUNCH:</strong> Fennel, avocado, and tomato salad with 1/2 cup chickpeas or white beans</td>
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<td><strong>AFTERNOON SNACK:</strong></td>
<td><strong>SNACK:</strong> 1 cup almond milk blended with vegan Protein Powder of your choice.</td>
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<td><strong>DINNER:</strong> Arugula salad with roasted acorn squash, goji berries, and cauliflower</td>
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<td><strong>DESSERT:</strong> Banana soft serve</td>
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**DAY 19**

BREAKFAST: Gluten free, vegan pumpkin muffins with a tablespoon of almond butter and an apple

LUNCH: Kale Salad with Apples, Raisins, and Creamy Curry Dressing; 1 cup roasted cauliflower and parsnip soup

SNACK: 1/3 cup raw trail mix of choice (or a mix of raw almonds and raisins or goji berries)

DINNER: Raw marinated portobello mushroom “steak” and cauliflower “mashed potatoes,” served with steamed greens or broccoli

DESSERT: Blueberry ginger ice cream

**DAY 20**

BREAKFAST: Smoothie of 1 cup frozen blueberries or mixed berries, 1 cup coconut water, 1/2 small avocado, 1 serving Chocolate protein powder, and a dash of cinnamon

LUNCH: Easy curried yellow lentils with avocado “croutons,” served with a salad and dressing of choice or steamed vegetables as desired

SNACK: Celery sticks served with 2 tablespoons of peanut or almond butter and raisins (“ants on a log” style)

DINNER: Dinner salad of raw greens and vegetables of choosing, 1 cup cooked sweet potato, 1/2 avocado, cubed, 1/2 cup cooked lentils, and a dressing of choice from the recipe index.

DESSERT: 2 raw, vegan brownie bites
### DAY 21

**BREAKFAST:** 1 sliced banana and fresh berries with 1 cup organic puffed rice or millet cereal (I like Arrowhead Mills brand) and 1 cup almond milk

**LUNCH:** Smoky avocado and jicama salad, 1 small apple if desired

**AFTERNOON SNACK:** 2 peanut butter and jelly snack balls

**DINNER:** Quinoa enchiladas **DESSERT:** Dark chocolate

### DAY 22

**BREAKFAST:** Smoothie of 1 frozen banana, 1/2 cup frozen mango, 1 heaping cup spinach leaves, 1 cup coconut water, and 1/2 avocado

**LUNCH:** Leftover quinoa enchilada, side salad with dressing of choice

**SNACK:**

**DINNER:** Arugula salad with roasted acorn squash, goji berries, and cauliflower

**DESSERT:** 2 raw vegan vanilla macaroons
**DAY 23**

BREAKFAST: Knock Oats (page 20 recipe manual)

LUNCH: Brown rice tortilla “pizza” and a side salad

AFTERNOON SNACK: Pea Protein Banana Smoothie (page 93 of recipe manual)

DINNER: Arugula salad with roasted acorn squash, goji berries, and cauliflower

DESSERT: Chocolate Moouse

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**DAY 24**

BREAKFAST: Scottish oats with almond and berry (page 18 recipe manual)

LUNCH: Fennel, avocado, and tomato salad with 1/2 cup chickpeas or white beans

SNACK: 1 cup almond milk blended with 22 Days Protein Powder

DINNER: Roasted vegetable pesto pasta salad

DESSERT: Dark chocolate
### DAY 25

**BREAKFAST:** Banana breakfast wraps  
**LUNCH:** Brown rice tortilla “pizza” and a side salad  
**AFTERNOON SNACK:** Protein fudge bars (page 77 recipe manual)  
**DINNER:** Arugula salad with roasted acorn squash, goji berries, and cauliflower  
**DESSERT:** Banana soft serve

### DAY 26

**BREAKFAST:** Apple cinnamon oatmeal  
**LUNCH:** Chickpea Sandwich (page 59 recipe manual)  
**SNACK:** Protein date bars (page 78 recipe manual)  
**DINNER:** Roasted vegetable pesto pasta salad  
**DESSERT:** Lemon Blueberry Mousse (page 81 recipe manual)
## DAY 27

**BREAKFAST:** Banana breakfast wraps  
**LUNCH:** Veggie Hummus Sandwich (page 59 recipe manual)  
**AFTERNOON SNACK:** Protein cookie bars (page 79 recipe manual)  
**DINNER:** Arugula salad with roasted acorn squash, goji berries, and cauliflower  
**DESSERT:** Chocolate Moouse (page 80 recipe manual)

## DAY 28

**BREAKFAST:** Apple cinnamon oatmeal  
**LUNCH:** Fennel, avocado, and tomato salad with 1/2 cup chickpeas or white beans  
**SNACK:** Lemon Blueberry Moouse (page 81 recipe manual)  
**DINNER:** Roasted vegetable pesto pasta salad  
**DESSERT:** Fudge bars (page 77 recipe manual)
### DAY 29

**BREAKFAST:** Gluten free, vegan pumpkin muffins with a tablespoon of almond butter and an apple

**LUNCH:** Kale Salad with Apples, Raisins, and Creamy Curry Dressing; 1 cup roasted cauliflower and parsnip soup

**SNACK:** 1/3 cup raw trail mix of choice (or a mix of raw almonds and raisins or goji berries)

**DINNER:** Raw marinated portobello mushroom “steak” and cauliflower “mashed potatoes,” served with steamed greens or broccoli

**DESSERT:** Blueberry ginger ice cream

### DAY 30

**BREAKFAST:** Gluten free banana pancakes, served with 1 cup fresh berries

**LUNCH:** Mango, kale, and avocado salad

**AFTERNOON SNACK:** Apple, banana, melon, berries, or any other fresh fruit of choice

**DINNER:** Eggplant rollatini with cashew cheese, steamed greens or broccoli as desired

**DESSERT:** Dark chocolate