

THE URBAN



BLACK VEGAN

7

DAY MEAL PLAN



**Mix and match meals make it your own.
Be sure to add your touch. Remember this is a simple
guide to get you started. The meals are all vegan
with little to no oil. Enjoy**

WEEK ONE

DAY ONE

Breakfast:

GRANOLA W/ FRUIT

1 1/2 cups of Pumpkin Flax Granola (or your fav granola) in 1 cup of plant milk. Add your favorite fruit (blueberries, cranberries etc)

The bulk bins at Whole Foods have a great selection

Lunch:

CUBED TOFU CHICKPEA SALAD WRAPS (non vegans can substitute tofu w/ chicken or turkey)

(I prefer collard green leaves in place of traditional flour wraps)

Ingredients:

- 1 can chick peas (I prefer dry chick peas which take a bit more prep work)
- ½ pk super extra firm tofu
- ¼ tsp onion powder
- 1 avocado
- ¼ tsp garlic powder
- ¼ tsp chia seeds
- pinch sea salt (or to taste)
- ¼ tsp black pepper
- 2 finely chopped pickles (I used jar pickles)
- ½ cup pickle juice
- ½ tbs celery or dry celery flakes
- ½ tbs Dijon mustard
- collard green leaves or flour wraps
- lemon juice (from 1 fresh lemon)
- tofu cut into small cubes

Here's what you do

Take the avocado, chickpeas in a bowl and mash till soft consistency add the rest of the ingredients (EXCEPT TOFU + PICKLES) combine thoroughly with masher (feel free to used a food processor, I prefer the masher) once everything is thoroughly combined gently fold in tofu chunks and pickles. Now wrap in collard greens or your fav flour wrap.

Dinner:

THE BIG ASS VEGAN BOWL

- 1 large sweet potato, chopped into 3/4-inch cubes
- 1 (15-ounce) can chickpeas, drained and rinsed (about 1.5 cups)
- 1 cup uncooked quinoa
- 1 large carrot, peeled & julienned
- purple cabbage or vegetable of choice, shredded
- couple handfuls of greens for the base (optional)
- lots of hummus
- sliced avocado

THE HOW TO IS LISTED IN DAY 7. THESE VEGGIE BOWLS ARE SUPER CONVENIENT. FEEL FREE TO SWICH OUT OR ADD YOUR FAV TO THE BOWL

Snacks:

Lara bar (all fruit bar w/ no added anything)

popcorn, apple sauce or of course your fav fruit

DAY TWO

Breakfast:

QUICK OATS W/ FRUIT

1 1/2 cups oats, 1/4 dried cranberries or fresh cranberries, 1 cup plant base milk, brown sugar to taste. If you're not using non-dairy milk, I suggest buying the quick oats and using water.

Lunch:

SIMPLE VEGAN SANDWICH (non vegans can simply add turkey or chicken)

- 1 sandwich roll or 2 slices hearty bread - I used a gluten-free ciabatta
- 6-8 pickle slices – use your fav type of pickle
- 2-3 tomato slices
- 2-3 red onion slices
- 3-4 curly green lettuce leaves or my fav arugula
- fine black pepper
- dijon mustard or a spicy brown

Here's what you do

1. Toast bread.
2. Slather on vegan cream cheese and optional spicy mustard.
3. Add the veggie toppings, top with black pepper.
4. Close sandwich. Slice. Enjoy!

Dinner:

NOODLE FREE TOFU PAD THAI

(If you're not a tofu fan, sub chicken or just add more peanuts)

Noodle-free pad thai made with shaved carrots and zucchini, a tamarind-based dressing, peanut sauce and raw tofu.

PAD THAI

- 5 carrots, washed and ribboned with vegetable peeler
- 1 zucchini, washed and ribboned with vegetable peeler
- 1/4 cup firm tofu, drained, pressed and cubed
- Toppings: sriracha, crushed peanuts, cilantro

Here's what you do:

- Whisk dressing ingredients together and taste to adjust seasonings.
- Add carrots and zucchini and toss to combine. Let marinate for 5 minutes, then add tofu and toss again.
Divide between two serving plates and top with peanut sauce, fresh cilantro, sriracha and crushed peanuts.

Snacks:

Lara bar (all fruit bar w/ no added anything) popcorn. apple sauce

DAY THREE:

Breakfast:

BREAKFAST SMOOTHIE

- 2 ripe Bananas
- Fist of spinach
- ¼ cup oats
- 1 scoop protein powder
- 2 cup non-dairy milk (any kind)
- Be sure to add a pinch of turmeric (great for relieving inflammation), a tsp of chia seeds (great energy booster)

Lunch:

VEGAN CREAM CHEESE CUCUMBER MINT SANDWICH (of course non vegans can add chicken/ turkey)

- 2 slices of sandwich bread, toasted
- 2 tbsp. cashew crème cheese (recipe for crème cheese below)
- 6 cucumber slices
- pinch of salt
- dash pepper
- 1 scallion, chopped
- 2 tbsp. fresh mint leaves

Here's what you do

- Spread 1 tablespoon of cream cheese on each bread slice.
- Sprinkle with scallions.
- Arrange cucumber slices in a single layer over one bread slice. Sprinkle with salt and pepper.
- Arrange mint over top of cucumber slices.
- Place your other bread slice over mint/cucumber bread slice, cream cheese side down.

Dinner:

VEGAN PORTOBELLO PIZZAS

- 3 large portobello mushrooms, wiped clean, stems removed
- 1/4 tsp garlic powder
- 1/4 tsp dried basil
- 1/4 tsp dried oregano
- 1 cup (pizza sauce)
- 1/2 cup mixed veggies (onion, mushroom, tomato, green pepper, etc.)
- vegan parmesan cheese

Here's what you do:

- Preheat oven to 400 degrees F.
- Place cleaned mushrooms on a baking sheet and lightly drizzle both sides with a little veggie broth. Sprinkle with garlic powder, basil and oregano, then bake for 5 minutes.
- In the meantime, prep veggies and prepare pizza sauce if you haven't done so already.
- Once par-baked, pull mushrooms out of the oven and top with desired amount of pizza sauce, veggies and a sprinkle of vegan parmesan.
- Bake for 15-20 minutes, or until the veggies are mostly cooked.
Serve with fresh basil, red pepper flake and extra vegan parmesan

DAY FOUR:

Breakfast:

GRANOLA W/ FRUIT

1 1/2 cups of Pumpkin Flax Granola (or your fav granola) in 1 cup of plant milk. Add your favorite fruit (blueberries, cranberries etc)
According to nutritional facts, this serving of granola contains: • The bulk bins at Whole Foods have a great selection

Lunch:

SIMPLE SALAD w/ MUSTARD VINAIGRETTE (add chicken for non vegans or super firm tofu)

MUSTARD VINAIGRETTE

Combine 1/3 cup your choice yellow or stone-ground mustard with 1/4 cup [raw apple cider vinegar](#), 1/2 teaspoon your choice sweetener (such as agave, liquid stevia, coconut syrup, maple syrup), 1 teaspoon black pepper and 2 tablespoons water. Blend in a small blender and drizzle onto your salad.

Dinner:

30 MINUTE COCONUT CURRY

CURRY

- 1 small onion, diced (150 g)
- 4 cloves garlic, minced (2 Tbsp or 12 g)
- 1 Tbsp fresh grated ginger (or 1 tsp ground)
- 1/2 cup broccoli florets (or green bell pepper), diced
- 1/2 cup diced carrots
- 1/4 cup diced tomato
- 1/3 cup snow peas (loosely cut)
- 1 Tbsp curry powder
- Pinch cayenne or 1 dried red chili, diced (optional for heat)
- 2 14-ounce (396 g) cans light coconut milk (sub full fat for richer texture)
- 1 cup (240 ml) veggie stock
- Sea salt and black pepper to taste

COCONUT QUINOA

- 1 14-ounce (396 g) can light coconut milk
- 1 cup (170 g) white quinoa, rinsed in a fine mesh strainer*
- 1 Tbsp (15 ml) agave nectar (optional)

FOR SERVING *optional*

- Fresh lemon juice
- Cilantro, mint and/or basil
- Red pepper flake

Here's what you do:

- If serving with coconut quinoa, begin by washing thoroughly in a fine mesh strainer. Add to a medium saucepan over medium heat and toast for 3 minutes. Add 1 can light coconut milk and 1/2 cup water. Bring to a boil, then reduce heat to simmer, cover and cook for 15 minutes or until the quinoa is light, fluffy and the liquid is absorbed. Set aside until serving.
- In the meantime, heat a large saucepan or pot to medium heat and add 1 Tbsp veggie broth. Add the onion, garlic, ginger, carrot, broccoli and a pinch each salt and pepper and stir. Cover and cook, stirring frequently, until softened – about 5 minutes.
- Add curry powder, cayenne (or chili pepper), veggie stock, coconut milk, another healthy pinch of salt and stir. Bring to a
- simmer then reduce heat slightly and continue cooking for 10-15 minutes.
- Add the snow peas and tomatoes in the last 5 minutes so they don't overcook.
- Taste and adjust seasonings as needed. Serve over coconut quinoa and garnish with fresh lemon juice and herbs.

DAY FIVE:

Breakfast:

BANANA KALE SMOOTHIE

2 ripe Bananas

1 cup Kale leaves, stems removed

1 cup non-dairy milk (any kind)

Be sure to add a pinch of turmeric (great for relieving inflammation), a tsp of chia seeds (great energy booster)

Lunch:

CASHEW CREAM CHEESE

- 2 slices of sandwich bread, toasted
- 2 tbsp. Cashew cream cheese (or vegan mayo)
- 6 cucumber slices
- dash salt
- dash pepper
- 1 scallion, chopped
- 2 tbsp. fresh mint leaves

Here's what you do:

Cream Cheese

- 1 cup raw cashews, soaked in water 4-8 hours
- 2 tbsp. Nutritional yeast
- 1/4 cup lemon juice (or to taste)
- 1/4 tsp. Salt
- 1 tsp. apple cider vinegar
- Optional: your favorite cream cheese flavorings (I used 2 chopped scallions)

Instructions

- Drain cashews and blend in high speed blender or food processor until smooth. This might take a few minutes.
- Add in remaining ingredients and continue to blend until everything is well mixed.
- Remove from blender or food processor and stir in your flavoring(s), if using.

Notes

This recipe yields about a cup. If you're using a larger sized blender or food processor, you might want to make a larger batch to ensure that the ingredients fill up the bowl or blender sufficiently for adequate blending. You'll get a rather large batch, but the good news is that you can freeze it for long term storage.

Assemble sandwich

- Spread 1 tablespoon of cream cheese on each bread slice.
- Sprinkle with scallions.
- Arrange cucumber slices in a single layer over one bread slice. Sprinkle with salt and pepper.
- Arrange mint over top of cucumber slices.
- Place your other bread slice over mint/cucumber bread slice, cream cheese side down.

Dinner:

MEDITERRANEAN BAKED SWEET POTATOES

- 4 medium sweet potatoes* (~140 g each)
- 1 15-ounce (425 g) can chickpeas, rinsed and drained
- 1/2 Tbsp olive oil
- 1/2 tsp each cumin, coriander, cinnamon, smoked (or regular) paprika

optional: Pinch of sea salt or lemon juice

GARLIC HERB SAUCE

1/4 cup (60 g) Hummus(or tahini)

- juice of 1/2 lemon (~1 Tbsp)

- 3/4 - 1 tsp dried dill (or sub 2-3 tsp fresh)
- 3 cloves garlic, minced (1 1/2 Tbsp or 9 g)
- Water or unsweetened almond milk to thin
- *optional*: Sea salt to taste (I didn't need any)

TOPPINGS *optional*

- 1/4 cup (45 g) cherry tomatoes, diced
- 1/4 cup (15 g) chopped parsley, minced
- 2 Tbsp (30 ml) lemon juice
- Chili garlic sauce

Here's what you do:

- Preheat oven to 400 degrees and line a large baking sheet with foil.
- Rinse and scrub potatoes and cut in half length wise. This will speed cooking time. Otherwise leave whole and bake longer (approximately double the time (45 min - 1 hour).
- Toss rinsed and drained chickpeas with spices and place on a foil-lined baking sheet.
- Rub the sweet potatoes with a bit of veggie broth and place face down on the same baking sheet (or another baking sheet depending on size).
- While the sweet potatoes and chickpeas are roasting, prepare your sauce by adding all ingredients to a mixing bowl and whisking to combine, only adding enough water to almond milk to thin so it's pourable. Taste and adjust seasonings as needed. Add more garlic for more zing, salt for savoriness, lemon juice for freshness, and dill for a more intense herb flavor. I found mine didn't need anything else.
- NOTE: If you don't have hummus, tahini will make a great base substitution for the sauce - just adjust the seasonings to accommodate the lack of flavor tahini provides.
- Also prepare the parsley-tomato topping by tossing tomato and parsley with lemon juice and setting aside to marinate.
- Once sweet potatoes are fork tender and the chickpeas are golden brown - roughly 25 minutes - remove from oven.
- For serving, flip potatoes flesh-side up and smash down the insides a little bit. Then top with chickpeas, sauce and parsley-tomato garnish. Serve immediately.
- Additional side ideas might include Hummus, Pita Chips, or a dip from TRADER JOE, Enjoy!

DAY SIX:

Breakfast:

VEGAN (NO OIL) PANCAKES

- 1 cup white whole wheat flour (you can also use whole wheat pastry flour)
- 1 & 1/4 cup soy milk (or other non dairy milk substitute)
- 2 Tablespoons fresh lemon juice
- 2 teaspoons sugar or a 2 drops of liquid stevia
- 1 teaspoon vanilla extract (optional)
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda

Here's what you do:

Measure out the soy milk and add the lemon juice. Set aside. (It will curdle like buttermilk and adds really nice flavor to the pancakes.) In a large bowl mix together the flour, sugar, baking powder and baking soda. Heat a large nonstick skillet over medium heat.

Now add in the soy milk mixture and vanilla extra. Stir only until incorporated (you don't want to over mix batters.) I made our pancakes using about 2-3 Tablespoons of batter. I could easily make four at a time this way. Make them whatever size you want but be sure to cook larger ones longer.

Pour batter into the pan and make sure not to overcrowd if you are making more than one at a time so that you can get your spatula in to flip them. Cook until the edges dry out slightly and the bottoms are golden brown (2-3 minutes for small pancakes.) Flip and cook for an additional minute or two (until this side is lightly brown.)

Serve with Spiced Apples (below), fresh fruit, applesauce and/or maple syrup if you like.

- 3-4 apples (I use Fuji - they are the best for this!)
- 1/2 - 1 teaspoon ground cinnamon
- 1/4 - 1/2 teaspoon nutmeg
- 2 Tablespoons water

Slice your apples really thin. I used a mandoline for these (makes it quick and uniform!)

Add to a nonstick pan that is set over medium high heat. Add in the water and spices.

Stir occasionally and cook until softened (mine took about 5 minutes to be slightly crisp yet soft.)

Lunch:

THE ALT SANDWICH (avocado, lettuce and tomato)

- 4 slices of your favorite bread, toasted
- spicy mustard – grainy or Dijon works well
- 1 Haas avocado, sliced
- a few leaves of Romaine lettuce
- 4-6 slices of good tomato
- thinly sliced onion (optional)

Here's what you do:

Spread the mustard onto the toast, pile the avocado, lettuce, tomato, and onion (if you're using it) on, and close the two sandwiches. YUM!

Dinner:

VEGGIE BURGER W/ SPICY AVO SPREAD w/ choice of side

Make it an easy night and oven roast/ dry fry (ceramic pan) a couple vegan burgers from ALDI's Market. Add your fav toppings. Whip up a quick avo spread (avocado, garlic, Juice of a lemon, pinch pepper flakes) Make sure you add a healthy side

Snacks:

Lara bar (all fruit bar w/ no added anything)
popcorn. apple sauce

DAY SEVEN:

Breakfast:

1 1/2 cups of Pumpkin Flax Granola (no non-dairy milk) and an orange

Lunch:

Free style choose from one already listed or leftovers from one of the prior meals. Or be creative a make something up:)

Dinner:

THE BIG ASS VEGAN BOWL

- 1 large sweet potato, chopped into 3/4-inch cubes
- 1 (15-ounce) can chickpeas, drained and rinsed (about 1.5 cups)
- 1 cup uncooked quinoa
- 1 large carrot, peeled & julienned
- purple cabbage or vegetable of choice, shredded
- couple handfuls of greens for the base (optional)
- lots of hummus
- sliced avocado
- pumpkin seeds seeds

Here's what you do:

1. Preheat oven to 400F and line two large baking sheets with parchment paper.
2. Spread out the chopped sweet potato on one sheet. Drizzle with 1/2 tablespoon veggie broth or so and toss the potatoes until coated. Sprinkle with fine grain sea salt.
3. For the roasted chickpeas: Drain and rinse the chickpeas and then place on a large tea towel and pat until completely dry. Discard any skins that fall off. Transfer the chickpeas to the baking sheet and drizzle with 1/2 teaspoon veggie broth. Rub them around with your hands until lightly coated. Generously sprinkle with fine grain sea salt and your favorite spices. I like to use garlic powder, chili powder, cumin, cayenne, and salt. Toss gently to combine.
4. Place both the sweet potato and chickpeas into the preheated oven. Roast for 15 minutes at 400F and then remove both. Flip the sweet potatoes and gently roll around the chickpeas. Place back in the oven for another 15 minutes or so, watching closely during the last 5 minutes. When the chickpeas are golden and the sweet potatoes are lightly browned on the bottom and fork tender, they are ready to come out.
5. Meanwhile, cook the quinoa while the roasting is going on. In a fine mesh sieve, rinse the quinoa and then place in a medium pot. Add in 1.5 cups of water and stir. Bring the mixture to a low boil and then reduce the heat to low/medium and cover with lid. Simmer, covered, for about 14-17 minutes (you can check after 13 minutes), until all of the water is absorbed and the quinoa is fluffy. Remove from heat and leave the lid on to steam for another 5-10 minutes or longer if needed. Fluff with fork.
6. Assemble the bowl: Add a couple handfuls of greens into a large shallow bowl. Raw spinach works great. When the roasted veggies and chickpeas are done, allow the chickpeas to cool for 5 minutes and then add them on the salad followed by the sliced avocado, hummus, shredded veggies, and pumpkin seeds.
7. Serve immediately and enjoy!.

Snacks:

Lara bar (all fruit bar w/ no added anything)

popcorn. apple sauce

SUGGESTED SIDE DISHES

Collard Greens

Spinach

Broccoli

Corn

Cabbage

Oven roasted

