

EASY, HEALTHY, AND LOW-COST MEALS FOR EVERY DAY OF THE WEEK.

# Whole Food Plant-Based



Extensive scientific evidence supports the use of a whole-food, plant-based (WFPB) dietary pattern as treatment for diet-related chronic diseases

# Make Ahead Staples

Several of the recipes in this sample menu plan include the following homemade staples that can be made ahead and refrigerated.

## Hummus

- 1 x 16 oz chickpeas (canned or cooked from dry). 4 oz dry = equivalent to a 16 oz can (roughly 8 oz yield beans when strained, or 1.5 cups).
- 2 Tbsp lemon juice (or juice of one lemon)
- ¼ cup soy milk
- Cumin spice (optional)

Blend or food process until smooth.

### Price per ¼ cup serve:

- Dry chickpeas: Approximately 16c per serving

- Canned chickpeas: Approximately 35c per serving

Spice containers can be purchased for 99 cents in most stores. One serving is approximately 2 cents.



This resource was created by ACLM member Renae Thomas, MD, for use in a Women Infants and Children (WIC) practice setting, which does influence the ingredients selected for the recipes. Individuals with soy allergies can replace the cottage cheese staple with hummus or a fruit/veggie puree. Other plant milks may be used for all recipes except for the cottage cheese since the protein structure of soy is important for creating the right texture.



## Homemade Soy Yogurt

- 1/2 cup of yogurt from previous batch (for first batch, use 1 probiotic capsule per 1 cup milk OR ½ cup store-bought soy yogurt as a 'starter').
- 4 cups soy (or plant-based) milk

Preheat oven to 200 degrees F (or lowest setting if it doesn't go that low).

Mix soy milk and starter together well and pour into an empty jar or heatproof container.

Turn oven off. Place container in oven for 8 hours, then refrigerate before serving.

### Price per 1 cup serve: 31c -38c

*(WIC allowance = 48 cups soy milk per month = roughly 12 cups per week) Each week you can make one batch, with 8 cups of soy milk left per eligible person.*

## Homemade Soy Cottage Cheese

- 4 cups soy milk
- 2 tbsp lemon juice (or juice of one lemon)

Heat soy milk until warm, but not boiling. Add lemon juice and stir quickly. The milk will separate.

Pour into a strainer lined with paper towel and drain for about 20 minutes. Gently squeeze out the liquid and transfer the solids to a bowl, food processor, or blender.

Mix until smooth. Refrigerate before serving.

### Price per 1/2 cup serve: 36c -44c

*(WIC allowance = 48 cups soy milk per month = roughly 12 cups per week) Each week you can make one batch, with 8 cups of soy milk left per eligible person.*

Buying lemon juice is usually more expensive for the bottle, but cheaper per serving than buying individual lemons to squeeze.

# Shopping List

## Whole Grains and Breakfast Cereals:

- Rolled Oats: 4 cups
- Corn Tortillas: 15
- Wholegrain Pasta: 2 cups
- Wholegrain Bread: 6 slices
- Brown Rice: 2 ½ cups
- Corn Kernels: 2 oz

## Beans and Legumes:

- Soy Milk, half gallon
- Tofu, 1 pkg.
- 1 can each of:
  - Chickpeas
  - Kidney Beans
  - Cannellini Beans
  - Black Beans
  - Pinto Beans
  - Lentils

## Fruits

- Apples: 5
- Raisins
- Bananas: 6
- Grapes: 2 cups
- Frozen Berries: 4 cups
- Watermelon: 4 cups
- Unsweetened Applesauce
- 100% orange juice
- Peaches: 1
- Dates: 7
- Strawberries: 1 cup

## Vegetables:

- Carrots: 3 ½ cups, 3 whole
- Cucumbers: 1 medium
- Tomatoes: 4
- Lettuce: 1 ½ cup
- Potatoes: 5 medium to large
- Mixed vegetables, fresh or frozen: 8 cups
- Fresh or frozen broccoli: 3 cups
- Fresh or frozen corn: 1 cup
- Avocado: 1
- Celery: six large sticks, 3 cups
- Zucchini/courgetti: 1 small
- Kale: 1 ½ cups
- Green Bell Peppers: 1
- Mushrooms: 4 large
- Fresh or Frozen Spinach: 3 cups
- Low sodium V8 or tomato juice: 1 cup
- Tomato puree: 2 cups

- Fresh or canned tomatoes: 2 ½ cups
- Tomato paste: 2 Tbsp
- Salsa: ¾ cup

## Nuts and Seeds:

- Chia Seeds: 2 Tbsp
- Walnuts: 1 Tbsp
- Unsweetened Shredded Coconut: 1 Tbsp
- Peanut Butter: 4 Tbsp
- Ground Flax Seeds: 5 Tbsp
- Pistachio Nuts: 1 Tbsp
- Mix unsalted nut/seed mix (of choice): ¼ cup
- Almonds: 1 Tbsp

## Herbs and Spices:

- Cinnamon
- Mexican Spice Mix (Taco Seasoning)
- Cocoa Powder
- Curry Powder
- Italian Herb Mix
- Chives
- Balsamic Vinegar
- Oregano/Basil
- Smoked Paprika
- Baking Powder
- Soy Sauce
- Mustard
- Cumin
- Lemon juice
- Lime juice

## Total Cost Per Week

- Approximately: \$30-\$50 per person, per week
- Removing spices (as only have to buy every few months) saves \$1 per week.

### Other ways to make the weekly menu cheaper:

- Buy in the biggest size packages available, or from the bulk bins.
- See if you are eligible for WIC, CalFresh or similar programs in your area.
- Buy dried beans and cook yourself rather than canned (saves over \$4 per person per week).
- Buy frozen fruits and vegetables, and/or whichever are discounted (fresh or frozen).
- Substitute other nuts in recipes for peanut butter or other cheaper nuts.
- Repeat some of the cheaper meals on the menu - many are less than \$1 per serve!

# Day One

## Daily Nutritional Intake:

2047 Calories.

81g Protein.

31g Fat.

70g Fiber.

397g Carbohydrates.

**Total Cost per day:** \$4.12 - \$7.60

*Over 100% RDI for B vitamins 1-6, Vitamin A, C and K, iron, zinc, omega three fatty acids, and all amino acids.*

## BREAKFAST

### Overnight Oats/Bircher Muesli

- ½ cup rolled oats
- ½ cup homemade soy yogurt (see staples)
- 1 Tbsp raisins
- 1 grated medium apple
- 1 Tbsp chia seeds
- Dash of cinnamon
- 1 small banana, to serve

Mix all ingredients except the banana, adding a small amount of water, if necessary to mix thoroughly, then soak overnight in the refrigerator.

In the morning, slice the banana over the top and serve.

#### Breakfast Nutrition:

554 Calories.

15g Protein.

7.4g Fat.

115g Carbohydrates.

**Price per serve:** \$1.00 - \$1.45

## LUNCH

### Hummus Salad Wraps

- 2 corn tortillas
- ¼ cup homemade hummus (see staples)
- ½ cup shredded carrot
- ¼ cucumber, finely sliced
- 1 tomato, sliced
- ½ cup shredded lettuce
- 1 cup grapes

Spread tortilla with hummus. Top with salad and roll wrap. Serve with grapes.

#### Lunch Nutrition:

315 Calories.

9g Protein.

3.1g Fat.

69g Carbohydrates.

**Price per serve:** \$0.95 - \$1.58

## DINNER

### Bean Stuffed Baked Potato

- 1 large potato
- 1 cup of tomato puree
- ½ cup cooked or canned kidney beans, drained
- ¼ tsp Mexican spices, to taste
- 2 cups of fresh or frozen vegetables (pea/corn/carrot mix works well)

Bake potato in oven until soft. When close to done, heat beans, vegetables and tomato puree until warmed through. Split open potato and fill with bean mixture to serve.

#### Dinner Nutrition:

793 Calories.

38g Protein.

4.5g Fat.

166g Carbohydrates.

**Price per serve:** \$1.00 - \$2.50

## DESSERT

### Berry Whip

- 1 cup of frozen berries
- ½ cup homemade soy yogurt (see staples)
- 1 Tbsp crushed walnuts

Blend in a high-speed blender or food processor until ice-cream consistency. If you don't have a blender, you can just stir the ingredients together for a berry pudding. Top with crushed nuts to serve.

#### Dessert Nutrition:

202 Calories.

7.6g Protein.

11g Fat.

19.4g Carbohydrates.

**Price per serve:** \$0.63 - \$1.17

## SNACKS

- **2 cups watermelon, diced**  
**OR**
- **1 cup soy milk mixed with 1 tsp pure cocoa powder - Serve hot or cold!**

#### Snack Nutrition:

183 Calories.

20g Protein.

5.3g Fat.

28g Carbohydrates.

**Price per serve:** \$0.54 - \$0.88





# Day Two

## Daily Nutritional Intake:

1992 Calories.

75g Protein.

42g Fat.

60g Fiber.

356g Carbohydrate.

**Total Cost per day:** \$4.27 - \$7.21

*Over 100% RDI for fiber, folate, B vitamins 1-6, Vitamin A, C and K, iron, zinc, and all amino acids.*

## BREAKFAST

### Sweet Tortillas

- 3 corn tortillas
- 1 banana, sliced
- 1 Tbsp peanut butter
- 1 glass of soy milk

Spread tortillas with peanut butter, then top with sliced banana. Serve with a glass of cold soy milk.

#### Breakfast Nutrition:

346 Calories.

18g Protein.

15g Fat.

66g Carbohydrates.

**Price per serve:** \$0.52 - \$0.62

## LUNCH

### Mexican Rice Bowl

- 1 cup cooked brown rice
- ½ cup cooked or canned pinto beans, drained
- ½ cup fresh or frozen corn, thawed
- ½ cucumber, diced
- ¼ cup bought salsa (or homemade with chopped tomato, onions, lime, garlic, cilantro, and peppers)
- ½ avocado, chopped
- ½ tsp Mexican Spice mix, to taste

Mix cucumber and salsa, set aside. Warm pinto beans and corn with spice. Top rice with bean mix, avocado, and salsa mix, and serve.

#### Lunch Nutrition:

573 Calories.

17g Protein.

13.5g Fat.

102g Carbohydrates.

**Price per serve:** \$1.07 - \$2.58

## DINNER

### Potato Chickpea Curry

- 1 large potato, diced
- ½ cup cooked or canned chickpeas, drained
- 1 cup fresh or canned tomatoes, diced
- 1 carrot, diced
- 1 cup fresh or frozen broccoli, chopped
- ½ tsp curry powder, to taste
- ¼ cup homemade yogurt (see staples)

Mix together all ingredients except yogurt, and cook until soft. Stir in yogurt to serve.

#### Dinner Nutrition:

485 Calories.

22.5g Protein.

6g Fat.

92g Carbohydrates.

**Price per serve:** \$1.09 - \$1.94

## DESSERT

### Apple Crumble

- 1 large apple, diced
- ½ cup unsweetened apple sauce
- 1/3 cup rolled oats
- 1 Tbsp raisins
- Dash of cinnamon

Mix apple with 1 spoonful of apple sauce and a dash of cinnamon, then place in small, oven proof dish. Mix remaining apple sauce with oats and raisins, and top the apples with the mixture. Bake until lightly browned and warmed throughout.

#### Dessert Nutrition:

255 Calories.

4.5g Protein.

2g Fat.

60g Carbohydrates.

**Price per serve:** \$0.78 - \$1.06

## SNACKS

- Celery sticks filled with cottage cheese

Fill six large celery sticks with ½ cup home-made soy cottage cheese (see staples)

- 1 cup of fresh 100% orange juice

#### Snack Nutrition:

232 Calories.

13g Protein.

5.5g Fat.

36g Carbohydrates.

**Price per serve:** \$0.81 - \$1.01

# Day Three

## Daily Nutritional Intake:

2048 Calories.

91g Protein.

35g Fat.

75g Fiber.

376g Carbohydrate.

**Total Cost per day:** \$4.04 - \$7.25

*Over 100% RDI for fiber, folate, B vitamins 1-6, Vitamin A, C and K, iron, zinc, magnesium, potassium, selenium, zinc, omega three fatty acids, and all amino acids.*

## BREAKFAST

### Yogurt Fruit Salad

- 1 cup homemade soy yogurt (see staples)
- 1 cup grapes, sliced
- 1 large apple, diced
- 1 medium peach, diced
- 1 Tbsp flax seeds, ground

Mixed fruit and yogurt together and place in a bowl. Sprinkle with ground flax seeds to serve.

#### Breakfast Nutrition:

494 Calories.

18g Protein.

11g Fat.

89g Carbohydrates.

**Price per serve:** \$1.25 - \$1.72

## LUNCH

### Bean Soup and Cheese Toast

- ½ cup cooked or canned kidney beans, drained
- 1 cup V8 or tomato juice, low sodium
- 2 cups mixed fresh or frozen vegetables
- 2 slices wholegrain toast
- ¼ cup homemade soy cottage cheese (see staples)

Warm kidney beans, juice and vegetables until cooked through. Spread toast with cottage cheese and serve with soup.

#### Lunch Nutrition:

583 Calories.

32g Protein.

11g Fat.

99g Carbohydrates.

**Price per serve:** \$1.37 - \$2.29

#### Snack Nutrition:

360 Calories.

11g Protein.

5g Fat.

## DINNER

### Lentil Bolognese

- 1 cup cooked whole-wheat pasta
- 1 cup fresh or canned tomatoes, diced
- ½ cup cooked or canned lentils, drained
- 1 carrot, shredded
- 1 zucchini, shredded
- ½ tsp Italian herbs

Heat tomatoes, lentils, vegetables and herbs together and simmer until cooked through and thickened.

Serve over cooked pasta.

#### Dinner Nutrition:

425 Calories.

22g Protein.

4g Fat.

83g Carbohydrates.

**Price per serve:** \$0.56 - \$1.70

## DESSERT

### Rice Pudding

- ½ cup cooked brown rice
- ½ cup soy milk
- 1 Tbsp raisins
- Dash of cinnamon

Mix together all ingredients and warm through. Sprinkle cinnamon on top to serve.

#### Dessert Nutrition:

180 Calories.

7g Protein.

3g Fat.

32g Carbohydrates.

**Price per serve:** \$0.36 - \$0.63c

## SNACKS

### Oatmeal Banana-Raisin Cookies

- 1/3 cup rolled oats
- ½ medium banana, mashed
- 1 Tbsp raisins

Mix ingredients together, form into cookies, and place on a cookie sheet. Bake until lightly browned.

### Carrot sticks with Hummus

- 1 cup carrot sticks
- 1/3 cup homemade hummus (see staples)

72g Carbohydrates.

**Price per serve:** \$0.50 - \$0.91







# Day Four

## Daily Nutritional Intake:

2029 Calories.

71g Protein.

35g Fat.

66g Fiber.

387g Carbohydrate

**Total Cost per day:** \$4.68 - \$7.36

*Over 100% RDI for fiber, B vitamins 1-6 and 12, calcium, magnesium, potassium, zinc, omega three fatty acids, Vitamin A, C and K, iron, zinc, and all amino acids.*

## BREAKFAST

### Berry Oatmeal

- ½ cup rolled oats
- 1 cup frozen berries
- 1 cup soy milk
- 1 Tbsp chia seeds
- Dash of cinnamon

Mix all ingredients in a small saucepan, simmer until thickened then serve.

#### Breakfast Nutrition:

377 Calories.

14g Protein.

9g Fat.

61g Carbohydrates.

**Price per serve:** \$0.96 - \$1.47

## LUNCH

### Bean Burritos

- 3 corn tortillas
- ½ cup cooked or canned pinto beans, drained
- ½ cup tomato puree, no added salt
- ½ cup homemade soy cottage cheese (see staples)
- ¼ tsp Mexican spice, to taste
- 1 cup each of carrot and celery sticks

Mix beans and tomato puree with Mexican spice and heat until warm. Spread beans evenly in tortillas, with carrot and celery sticks dipped in cottage cheese on the side.

#### Lunch Nutrition:

446 Calories.

20g Protein.

7g Fat.

83g Carbohydrates.

**Price per serve:** \$1.11 - \$2.17

#### Snack Nutrition:

379 Calories.

10g Protein.

7g Fat.

76g Carbohydrates.

**Price per serve:** \$0.92 - \$1.14

## DINNER

### Mashed Potatoes with Chickpeas

- 1 medium potato, diced
- ½ cup soy milk
- 1 tsp chives
- ½ cup cooked or canned chickpeas, drained
- ½ cup canned tomatoes, diced
- 2 cups fresh or frozen vegetables

Boil potato until soft. Mix together chickpeas, tomatoes and vegetables and heat until warmed through. Drain potatoes. Add soy milk and chives and mash until smooth. Serve chickpea mix over mashed potatoes.

#### Dinner Nutrition:

524 Calories.

23g Protein.

10g Fat.

93g Carbohydrates.

**Price per serve:** \$1.20 - \$2.07

## DESSERT

### Banana "Nice" Cream

- 2 frozen medium size bananas
- 1 date
- ¼ cup soy milk
- Dash of cinnamon

Blend all ingredients until smooth.

#### Dessert Nutrition:

300 Calories.

5g Protein.

2g Fat.

75g Carbohydrates.

**Price per serve:** \$0.49 - \$0.51

## SNACKS

### Energy Balls

- 2 dates
- 1 Tbsp almonds
- 1 tsp cocoa powder
- 1/3 cup rolled oats

Blend or food-process ingredients together, then roll into balls.

### Popcorn

- 3 cups air-popped popcorn (approximately 2 oz raw kernels)

# Day Five

## Daily Nutritional Intake:

1951 Calories.  
83g Protein.  
39g Fat.  
68g Fiber.  
342g Carbohydrate.

**Total Cost per day:** \$4.31 - \$7.40

*Over 100% RDI for fiber, folate, B vitamins 1-6, Vitamin A, C and K, iron, zinc, magnesium, potassium, omega three fatty acids, and all amino acids.*

## BREAKFAST

### Berry French Toast

- 2 slices wholegrain bread
- ½ cup soy milk
- 2 Tbsp ground flax
- Dash of cinnamon
- 1 cup frozen berries
- ¼ cup 100% orange juice

Mix soy milk, ground flax and cinnamon, let sit for 2 minutes until thickened, then soak bread in mixture for a further 2 minutes Fry in a non-stick pan, or oven bake on parchment paper until golden brown each side.

Warm frozen berries with orange juice in a pan until soft and thickened, then serve over toast.

#### Breakfast Nutrition:

390 Calories.  
18g Protein.  
7g Fat.  
70g Carbohydrates.

**Price per serve:** \$0.80 - \$1.29

## DINNER

### Totialla Calzones

- 4 corn tortillas
- 1 Tbsp tomato paste
- 1 large tomato, sliced
- ¼ green bell pepper, finely sliced
- 2 large mushrooms
- 1 cup spinach
- ½ tsp dried oregano/basil
- ½ cup homemade soy cottage cheese (see staples)

Spread 2 tortillas with tomato paste, then top with vegetables, herbs, cheese, then a second tortilla.

Bake on parchment paper in oven on high heat or in a sandwich press, until lightly browned and vegetables are soft.

#### Dinner Nutrition:

344 Calories. 16g Protein. 8g Fat. 61g Carbohydrates. **Price per serve:** \$0.98 - \$1.36

## LUNCH

### Bean Burgers and Fries

- ½ cup cooked or canned black beans
- ¼ cup rolled oats
- ½ tsp curry powder, to taste
- 1 Tbsp tomato paste, no added salt
- ½ cup kale
- 1 medium potato
- 1 cup lettuce, shredded
- 1 carrot, grated
- 1 medium tomato, sliced
- 1 Tbsp balsamic vinegar

In a food processor (or with a fork), combine beans, oats, curry powder, kale and tomato paste until well combined. Form into burger patties and fry in a non-stick pan, or oven bake on parchment paper until golden brown.

Slice potato into fry shapes and bake in oven on parchment paper until golden brown.

Serve with salad made from lettuce, grated carrot, and sliced tomato, dressed with balsamic vinegar.

#### Lunch Nutrition:

553 Calories.  
20g Protein.  
4g Fat.  
117g Carbohydrates.

**Price per serve:** \$0.93 - \$1.71

## DESSERT

### Fruit Yogurt Parfait

- 1 cup homemade soy yogurt (see staples)
- 1 small banana, mashed
- 1 cup strawberries, sliced
- 1 Tbsp unsalted pistachio nuts, crushed

Mix yogurt with mashed banana until smooth. Stir in strawberries. Sprinkle nuts over the top to serve.

#### Dessert Nutrition:

311 Calories.  
14g Protein.  
10g Fat.  
45g Carbohydrates.

**Price per serve:** \$0.97 - \$1.37

## SNACKS

### Crunchy Chickpeas

- 1 cup cooked or canned chickpeas, drained
- ½ tsp smoked paprika, or curry powder

Mix spice with chickpeas, then spread over parchment paper on an oven tray. Bake for about 5-10 minutes, until golden and crisp.

### “Ants on a Log”

- 1 cup celery sticks
- 1 Tbsp natural peanut butter
- 1 Tbsp raisins

Spread peanut butter in groove of celery, then top with raisins.

### Snack Nutrition:

349 Calories.                      16g Protein.  
12g Fat.                              48g Carbohydrates.

Price per serve: \$0.63 - \$1.67





# Day Six

## Daily Nutritional Intake:

2044 Calories.

85g Protein.

54g Fat.

55g Fiber.

333g Carbohydrate.

**Total Cost per day:** \$4.28 - \$5.76

*Over 100% RDI for fiber, B vitamins 1-6 and 12, Vitamin A and C, calcium, magnesium, omega three and six fatty acids, zinc, and all amino acids.*

## BREAKFAST

### Banana Pancakes

- ½ cup rolled oats
- 1 large banana, halved
- ¼ cup soy milk
- 2 Tbsp ground flax
- Dash of cinnamon
- ¼ tsp baking powder

Blend oats, ½ banana, soy milk, flax, baking powder and cinnamon until smooth. Let sit for 2 minutes until thickened. Cook pancakes in a non-stick pan, then top with the remaining half of banana, mashed or sliced.

#### Breakfast Nutrition:

361 Calories.

11g Protein.

7g Fat.

66g Carbohydrates.

**Price per serve:** \$0.42 - \$0.48

## LUNCH

### Chips and Dip

- 3 corn tortillas
- ½ cup bought salsa (or homemade with chopped tomato, onions, lime, garlic, cilantro, and peppers)
- ½ cup homemade soy cottage cheese (see staples)
- 1 cup each carrot sticks and celery sticks

Bake tortillas in oven for 2-5 minutes until browned and crisp, then break into pieces. Mix salsa with cottage cheese. Serve dip with tortilla chips and vegetable sticks for dipping.

#### Lunch Nutrition:

339 Calories.

13g Protein.

6g Fat.

63g Carbohydrates.

**Price per serve:** \$0.93 - \$1.32

## DINNER

### Tofu Stir-Fry and Rice

- 1 cup cooked brown rice
- ½ cup firm tofu, cubed
- 2 cups fresh or frozen vegetable mix
- 1 Tbsp peanut butter
- ½ tsp curry powder
- 1 tsp soy sauce

Stir-fry the tofu and vegetables until soft in a non-stick pan. Mix together the peanut butter, curry powder and soy sauce, and add to the stir-fry and mix well. Serve over rice.

#### Dinner Nutrition:

620 Calories.

37g Protein.

23g Fat.

76g Carbohydrates.

**Price per serve:** \$1.14 - \$1.57

## DESSERT

### Berry Brownie Bites

- 2 dates
- 1 tsp cocoa powder
- ¼ cup frozen mixed berries, thawed
- ½ cup rolled oats

Pulse ingredients in food processor until mix comes together, then roll into balls.

#### Dessert Nutrition:

308 Calories.

7g Protein.

3g Fat.

69g Carbohydrates.

**Price per serve:** \$0.78 - \$1.06

## SNACKS

### Peanut Butter and Apples

- 1 large apple
- 1 Tbsp peanut butter

### Berry Smoothie

- 1 cup soy milk
- ½ cup homemade soy yogurt (see staples)
- ½ cup frozen berries
- ½ cup ice

Blend together until smooth.

#### Snack Nutrition:

417 Calories.

16g Protein.

15g Fat.

59g Carbohydrates.

**Price per serve:** \$1.12 - \$1.58

# Day Seven

## Daily Nutritional Intake:

1972 Calories.

103g Protein.

61g Fat.

56g Fiber.

295g Carbohydrate.

**Total Cost per day:** \$4.86 - \$8.02

*Over 100% RDI for fiber, folate, B vitamins 1-6, Vitamin A, C, E and K, iron, calcium, magnesium, potassium, omega three and six fatty acids, zinc, and all amino acids.*

## BREAKFAST

### Tofu Potato Scramble

- 1 medium potato, cooked, diced
- ½ cup soft tofu
- 1 large tomato, diced
- 1 cup fresh or frozen spinach (thawed)
- 2 large mushrooms, diced
- ½ tsp curry powder, to taste
- ½ cup homemade soy cottage cheese (see staples)

Mix all ingredients together, cook in a non-stick pan, stirring, until warmed through and vegetables are soft.

#### Breakfast Nutrition:

457 Calories.

35g Protein.

15g Fat.

54g Carbohydrates.

**Price per serve:** \$1.24 - \$1.68

## LUNCH

### Beans on Toast

- 2 slices wholegrain bread
- ½ cup cooked or canned cannellini beans, drained
- ½ cup tomato puree
- 1 cup kale
- ¼ avocado, mashed or sliced
- 1 Tbsp balsamic vinegar

Mix beans, tomato puree and kale, heat until warmed through and kale is soft. Toast bread and spread with avocado. Top toast with bean mix and drizzle with vinegar to serve.

#### Lunch Nutrition:

406 Calories.

19g Protein.

9g Fat.

71g Carbohydrates.

**Price per serve:** \$0.70 - \$1.86

## DINNER

### Cheesy Pasta

- 1 cup wholegrain pasta, cooked
- ½ cup homemade soy cottage cheese (see staples)
- 1 tsp mustard
- ¼ cup soy milk
- 2 cups fresh or frozen broccoli
- 1 cup fresh or frozen spinach
- ½ cup fresh or frozen corn kernels

Cook vegetables in a non-stick pan until soft. Mix together cottage cheese, mustard and soy milk until smooth, then stir into vegetables and heat through. Stir through pasta, mix well.

#### Dinner Nutrition:

476 Calories.

30g Protein.

7g Fat.

86g Carbohydrates.

**Price per serve:** \$1.46 - \$2.03

## DESSERT

### Chocolate Pudding

- 1 date
- 1 cup homemade soy yogurt (see staples)
- 1 tsp cocoa powder
- 1 Tbsp unsweetened shredded coconut

Blend together date, yogurt and cocoa until smooth. Sprinkle with coconut and serve.

#### Dessert Nutrition:

233 Calories.

12g Protein.

9g Fat.

29g Carbohydrates.

**Price per serve:** \$0.72 - \$0.92



## SNACKS

### Trail Mix

- ¼ cup mixed raw unsalted nuts and seeds (such as peanuts, almonds, sunflower, cashews, walnuts)
- 1 date, chopped
- 1 Tbsp raisins

### fruit

- 2 cups watermelon, diced
- Dash of lime juice

Serve chilled. May also blend for a refreshing drink.

### Snack Nutrition:

406 Calories.

8g Protein.

8g Fat.

56g Carbohydrates.

Price per serve: \$0.74 - \$1.53



The American College of Lifestyle Medicine is a professional medical society dedicated to the treatment, reversal and prevention of chronic, non-communicable diseases through the use of a variety of lifestyle interventions. One of the most powerful lifestyle interventions is the application of a whole food plant-based (WFPB) eating pattern that is based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds. While many members of the ACLM recognize WFPB eating as the “north star” of chronic disease treatment, they also recognize that each person is on their own health journey and encourage any progression across the dietary spectrum depicted below. This guide was created to help patients move toward the “north star” while eating on a budget.”

# DIETARY SPECTRUM



## THE AMERICAN COLLEGE OF LIFESTYLE MEDICINE DIETARY POSITION STATEMENT

ACLM recommends an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.

## WHOLE FOOD PLANT-BASED (WFPB) EATING PLAN

### WHAT AMERICA EATS



Increased risk for obesity, type 2 diabetes, heart disease, and some cancers <sup>1,2</sup>

Poor nutrition is the leading cause of death globally <sup>3</sup>

Increase: vegetables, fruits, whole-grains, beans, legumes, nuts, seeds, herbs, spices and water

Decrease or avoid: sugary drinks, processed meats like sausage, bacon and deli meat, processed snacks like chips, pretzels, cakes, pastries, candies, dairy (especially high-fat types with added salt and/or sugar), red meats, poultry and eggs



Decreased risk for obesity, type 2 diabetes, heart disease, and some cancers <sup>4-7</sup>

Chronic disease treatment and potential reversal



### TIPS FOR IMPROVED NUTRITION AND HEALTH

- Any movement toward a WFPB eating plan is positive
- More movement toward a WFPB eating plan increases impact
- Tailored and sustainable approaches are recommended

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Citation: <https://lifestylemedicine.org/references/dietary-spectrum/>

## General Information

- All Recipes are ‘per person’; multiply as necessary for your family size!
- Full day menu based on approximately 2,000 Calories per day. Adjust intake as needed for individual requirements.
- All prices based on averages taken from Walmart, Stater Bros, Dollar Store, 99c store, Food4Less, Aldi, Ralphs, Smart & Final, Vons, in the San Bernardino area, and are estimates only, subject to change and store availability/sales.
- Buying in bulk is often more expensive per purchase, but leads to significant savings per serve.
- Where possible, choose low-salt or no-added salt options.
- Feel free to use spices and herbs freely to flavor meals and snacks per taste preferences.

# Allergy Substitutions

Note that making substitutions will also change nutrition information and prices listed

Individuals with **soy allergies** can replace the cottage cheese staple with hummus or a fruit/veggie puree.

**Other plant milks may be used for all recipes** except for the cottage cheese since the protein structure of soy is important for creating the right texture.

## Recommended substitutions making nut-free:

- Day 1 - Berry whip - eliminate walnuts, and/or use seeds such as flax, chia, sesame, pumpkin, sunflower or hemp seeds OR buckwheat kernels, coconut (if tolerated), or rolled oats for sprinkle.
- Day 2 - Sweet tortillas - substitute peanut butter for seed butter such as tahini or sunflower (Sun butter), or spread with unsweetened applesauce, homemade soy cottage cheese (see staples), or additional mashed banana.
- Day 4 - Banana 'nice'cream - eliminate walnuts and/or use seeds such as flax, chia, sesame, pumpkin, sunflower or hemp seeds OR buckwheat kernels, coconut (if tolerated), or rolled oats for sprinkle.
- Day 4 - Snacks - substitute almonds for seeds such as flax, chia, sesame, pumpkin, sunflower or hemp seeds OR buckwheat kernels, coconut (if tolerated), or rolled oats.
- Day 5 - Fruit yogurt parfait - eliminate pistachios and/or use seeds such as flax, chia, sesame, pumpkin, sunflower or hemp seeds OR buckwheat kernels, coconut (if tolerated), or rolled oats for sprinkle.
- Day 5 - Snacks - substitute peanut butter for seed butter such as tahini or sunflower (Sun butter), or fill celery with unsweetened applesauce, homemade soy cottage cheese (see staples), or mashed banana.
- Day 6 - Tofu stir-fry and rice - substitute peanut butter for seed butter such as tahini or sunflower seed butter (Sun butter), or coconut cream (if tolerated).
- Day 6 - Snacks - substitute peanut butter for seed butter such as tahini or sunflower seed butter (Sun butter), or use blended dates or mashed banana for apple dip.
- Day 7 - Chocolate pudding - if don't tolerate coconut, substitute for seeds such as flax, chia, sesame, pumpkin, sunflower or hemp seeds OR buckwheat kernels, or rolled oats for sprinkle.
- Day 7 - Snacks - substitute nuts for seeds such as flax, chia, sesame, pumpkin, sunflower or hemp seeds, or use buckwheat kernels, or rolled oats.

## Recommended substitutions making gluten-free:

- Make sure tortillas are gluten-free and/or 100% corn
- Make sure spice/herb mixes do not have gluten-containing fillers
- Day 1 - Overnight oats - can substitute oats with buckwheat kernels, rolled quinoa, rolled rice, or other gluten-free wholegrain cereal mix.
- Day 2 - Apple crumble - substitute oats with buckwheat kernels, rolled quinoa, rolled rice, or other gluten-free wholegrain cereal mix.
- Day 3 - Bean soup with cheese toast - Substitute gluten-free bread or 100% corn tortillas for wholegrain toast
- Day 3 - Lentil Bolognese (check herb ingredients) - substitute whole-wheat pasta for gluten-free pasta such as brown rice pasta.
- Day 3 - Snacks - can substitute oats with rolled quinoa, rolled rice, or other gluten-free wholegrain cereal mix.
- Day 4 - Berry oatmeal (check cinnamon ingredients) - substitute oats with buckwheat kernels, rolled quinoa, rolled rice, or other gluten-free wholegrain cereal mix.
- Day 4 - Snacks - substitute oats with buckwheat kernels, rolled quinoa, rolled rice, or other gluten-free wholegrain cereal mix OR additional almonds, or other nuts/seeds as desired.
- Day 5 - Berry French toast (check cinnamon ingredients) - substitute gluten free bread for wholegrain bread
- Day 5 - Bean burgers and fries (check spice ingredients) - substitute oats with mashed potato, buckwheat kernels, rolled quinoa, rolled rice, or other gluten-free wholegrain cereal mix.
- Day 6 - Banana Pancakes (check cinnamon ingredients and baking powder ingredients) - can substitute oats with rolled quinoa, rolled rice, or other gluten-free wholegrain cereal mix.
- Day 6 - Tofu stir-fry and rice (check spice ingredients) - substitute gluten-free tamari for soy sauce.
- Day 6 - Berry brownie bites - substitute oats with buckwheat kernels, rolled quinoa, rolled rice, or other gluten-free wholegrain cereal mix.
- Day 7 - Beans on toast - substitute gluten-free bread or 100% corn tortillas for wholegrain bread.
- Day 7 - Cheesy pasta (check mustard ingredients) - substitute whole-wheat pasta for gluten-free pasta such as brown rice pasta.



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