

A vibrant basket of fresh vegetables including radishes, cauliflower, carrots, bell peppers, and herbs. The vegetables are arranged in a woven basket, with some spilling out onto a dark wooden surface. The colors are bright and fresh, with red radishes, white cauliflower, orange carrots, yellow and red bell peppers, and green herbs. The background is a dark, textured wooden surface.

A 7-DAY PLANT-BASED MEAL PLAN

to eat abundantly and healthfully

BY THE SISTERS THAT STRAY

2nd Edition



We love empowering YOU.

We love empowering you and sharing how *easy* it is to fuel your body with all of the nutrients it needs to **THRIVE** from *only* PLANTS.

This 7-Day Plant-Based Meal Plan is super easy to fit into your lifestyle - we even provided a shopping list of all the ingredients you'll need to make the recipes!

We're so excited you're here! Congratulations on making your health a priority.

Enjoy and have fun!



what we do.

**We are Manda and Meleah Manning,
the founders of Sisters That Stray.**

**We are spiritual wellness educators, mindset experts and
conscious leadership coaches.**

**Our approach to health and wellness is holistic.
We teach purpose-hungry souls how to live a life aligned
with their inner purpose with practices that nourish
their minds, bodies and spirits.**

get in touch: @sistersthatstray | sistersthatstray.com

menu of the week

monday

Breakfast: Overnight Oats
Lunch: Superfood Salad
Snack: Cherry Cacao Protein Balls
Dinner: Cauliflower Tikka Masala
Dessert: Salted Caramel Peanut Butter Truffles

tuesday

Breakfast: Avocado Chocolate Smoothie
Lunch: Cauliflower Tikka Masala
Snack: Cherry Cacao Coconut Protein Balls
Dinner: Chickpea Avocado Crema Tacos
Dessert: Salted Caramel Peanut Butter Truffles

wednesday

Breakfast: Overnight Oats
Lunch: Superfood Salad
Snack: Cherry Cacao Coconut Protein Balls
Dinner: Chickpea Avocado Crema Tacos
Dessert: Salted Caramel Peanut Butter Truffles

thursday

Breakfast: Avocado Chocolate Smoothie
Lunch: Nourish Buddha Bowl
Snack: Cherry Cacao Coconut Protein Balls
Dinner: Pad Thai
Dessert: Salted Caramel Peanut Butter Truffles

friday

Breakfast: Overnight Oats
Lunch: Pad Thai
Snack: Cashew Pesto Dip
Dinner: Nourish Buddha Bowl
Dessert: Banana Walnut Bread

saturday

Breakfast: Avocado Chocolate Smoothie
Lunch: Garden Veggie Tofu Scramble
Snack: Cashew Pesto Dip
Dinner: Zesty Southwest Bowl
Dessert: Banana Walnut Bread

sunday

Breakfast: Overnight Oats
Lunch: Zesty Southwest Bowl
Snack: Cashew Pesto Dip
Dinner: Garden Veggie Tofu Scramble
Dessert: Banana Walnut Bread

shopping list

produce

Arugula
Asparagus
Avocado
Bananas
Basil
Blueberries
Broccoli
Bean Sprouts
Carrots
Cilantro
Cucumber
Garlic
Ginger
Lemons
Limes
Kale
Mushrooms
Purple Cabbage
Radish
Red and Yellow Onion
Red Pepper
Spinach
Alfalfa Sprouts
Sweet Potatoes
Tomatoes, Cherry
Tomatoes, Large

refrigerated

Organic Hummus
Non-Dairy Milk, Unsweetened
Non-Dairy Yogurt, Unsweetened
Super Firm Tofu
Tortillas

kitchen staples

Almonds, raw
Apple Cider Vinegar (raw, unfiltered)
Baking Soda
Baking Powder
Cacao powder
Chia Seeds
Cinnamon (75% or above)
Coconut strips (dried, unsweetened)
Cracked Black Pepper
Cumin
Curry Powder
Coconut Oil
Extra Virgin Olive Oil
Garlic Powder
Flour
Hemp Seeds
Nut Butter
Nutritional Yeast
Oats
Oregano
Paprika
Pink Himalayan Salt
Plant-Based Protein Powder
Pure Maple Syrup
Quinoa
Raw Sunflower Seeds
Raw Pumpkin Seeds
Red Wine Vinegar
Turmeric Powder
Tahini
Sesame Oil
Vanilla Extract

pantry

Black Beans
Chickpeas/Garbanzo Beans

SUNDAY

Market + Meal Prep Day

Meal Prep:

Cherry Cacao Coconut Protein Balls

Overnight Oats

Wash and cut veggies + fruit for the week



MINDFUL MONDAY

Today's Line Up:

Breakfast: Overnight Oats | **Lunch:** Superfood Salad
Snack: Cherry Cacao Coconut Protein Balls
Dinner: Cauliflower Tikka Masala | **Dessert:** Salted Caramel
Peanut Butter Truffles





OVERNIGHT OATS

Ingredients:

- 1 Cup Oats, Cooked
- 1 Cup Plant-Based Milk
- 1/2 Banana, Sliced
- 1/3 Cup Blueberries
- 1 Tbsp Almond Butter
- 1 Tbsp Chia Seeds
- 1 Tbsp Pumpkin Seeds
- 1 Tsp Cinnamon
- 1 Tsp Maple Syrup

Directions:

1. Boil water and cook oats.
2. Add cinnamon and maple syrup.
3. Assemble in a large mason jar or bowl.
4. Add banana, blueberries, almond butter, pumpkin seeds, chia seeds, and plant-based milk.
5. Double or triple the amount of oats you prepare, then store the leftovers in the fridge for up to a couple days! They are super delicious cold or you can reheat them.



CAULIFLOWER TIKKA MASALA

Ingredients:

5 Cups Cauliflower Florets
5 Garlic Cloves
3 Medium Tomatoes, chopped
2 Cups Mushrooms, chopped
1 Can Chickpeas, drained and rinsed
1 Green Pepper, chopped
1 Can Crushed Tomatoes
1/2 Yellow Onion, chopped
1/4 Cup Minced Cilantro, stems and leaves (leave some for garnish)
1 1-Inch Piece Fresh Ginger, peeled and minced
1/2 Cup Water
1/2 Can Coconut Milk
3 Tbsp Coconut Oil
1 Tbsp Red Wine Vinegar
Dairy-Free Yogurt, for topping
4 Tsp Garam Masala Seasoning
Salt to taste

Garam Masala Seasoning:

1 Tbsp Cumin
2 Tsp Cardamom
2 Tsp Coriander
1 1/2, Tsp Cinnamon
1 Tsp Pepper
1/2 Tsp Nutmeg
1/2 Tsp Cloves
1/2 Tsp Cayenne



CAULIFLOWER TIKKA MASALA

Directions:

1. Preheat the oven to 375 F.
2. Place the cauliflower in a medium mixing bowl and toss with 1 tbsp melted coconut oil, 1/4 tsp salt, and 2 tsp of the garam masala seasoning.
3. Transfer to a baking sheet and roast for 30 minutes, turning once halfway through.
4. In a large skillet over medium-high heat, melt two tbsp of coconut oil in the pan.
5. Add the onions and cook for about 3 minutes.
6. Add the fresh tomatoes and cilantro, season with a pinch of salt.
7. Cook, breaking up the tomatoes with a wooden spoon, until the water has evaporated and the tomatoes appear dry (about 5 minutes).
8. Add the garam masala to the pan, stir well, and cook for 1 minute to toast the spices.
9. Add the canned tomatoes and a half can of water. Allow the mixture to come to a boil, then turn the heat down to medium-low.
10. Add the garlic, ginger, and red wine vinegar.
11. Simmer for about 10 minutes.
12. Transfer half of the sauce mixture to a blender and puree.
13. Return the sauce to the pan and add in the chickpeas, green peppers, and mushrooms.
14. Cook for about 5 minutes then add the roasted cauliflower.
15. Add the coconut milk and simmer for another 5 minutes.
16. Serve over a bed of cooked basmati rice and garnish with remaining cilantro leaves



CHERRY CACAO COCONUT PROTEIN BALLS

Ingredients:

8 Dates, pitted
3 Cups Oats
1 Cup Fresh Cherries,
pitted
1/2 Cup Coconut Flakes
1/3 Cup Dairy-Free Milk
1/3 Cup Sunflower Seeds
1/4 Cup Cashews
2 Tbsp Organic Cacao
Powder
2 Tbsp Hemp Seeds
2 Tbsp Almond Butter
2 Tbsp Chia Seeds
2 Tsp Almond Extract

Directions:

1. Place cherries, dates, cashews, 1.5 cups oats, and dairy-free milk in blender or food processor, blend until cashews and dates are small pieces.
2. Place the blended ingredients with the rest of the ingredients in a large bowl and mix.
3. Use your hands to combine mixture. If mixture is too dry, add dairy-free milk. If mixture is too wet, add oats.
4. You may want to play with the ingredients and amounts to reach your desired texture, consistency, and taste. Double the recipe if you would like more balls!
5. Once mixture has reached your desired consistency, roll into small 1 inch balls.
6. Store in the refrigerator.



VITALITY SUPERFOOD SALAD

Ingredients:

- 1 Cup Kale
- 1 Cup Arugula
- 6 Cherry Tomatoes
- 1/4 Avocado
- 1/4 Cucumber
- 1/2 Cup Alfalfa Sprouts
- 1/2 Cup Purple Cabbage, chopped finely
- 3 Radishes, sliced
- 1/4 Cup Chopped Carrots
- 1/4 Cup Blueberries
- 1 Tbsp Hemp Seeds
- 1 Tbsp Pumpkin Seeds
- 1 Tbsp Sliced almonds
- 1 Tbsp Nutritional yeast
- 1 Tbsp Hummus

Tahini Lemon Dressing:

- 2 Tbsp Tahini
- 1 Fresh Lemon, juiced
- 1 Small Garlic Clove, minced
- Hot Water as needed
- Salt and Pepper to taste

Directions:

1. Add kale and 1 tablespoon olive oil into a large bowl and massage well.
2. Add nutritional yeast and massage again.
3. Add remaining ingredients.
4. To make dressing: Whisk together the tahini, lemon juice, garlic, and a couple teaspoons of hot water in a small bowl. Add more hot water as needed to thin out the dressing to the desired consistency. Season to taste with salt and pepper.
5. Mix together and enjoy!

TACO TUESDAY!

Today's Line Up:

Breakfast: Avocado Chocolate Smoothie | **Lunch:** Leftover Cauliflower Tikka Masala

Snack: Cherry Cacao Coconut Protein Balls

Dinner: Chickpea Avocado Crema Tacos | **Dessert:** Salted Caramel Peanut Butter Truffles





AVOCADO CHOCOLATE SMOOTHIE

Ingredients:

3 Cups Spinach
2 Dates, pitted
1 Avocado
2 Cups Dairy-Free Milk
1 Cup Ice
1/2 Cup Blueberries
2 Tbsp Cacao Powder
1 Tbsp Hemp Seeds
1 Tbsp Chia Seeds (topping)

Directions:

1. Place all ingredients in the blender.
2. Blend until you reach desired consistency.
3. Top with a sprinkle of chia seeds.



CHICKPEA AVOCADO CREMA TACOS

Ingredients:

Corn Tortillas
2 Cans Chickpeas, drained and rinsed
1 Cup Tomatoes, chopped
1 Cup Purple Cabbage, chopped lengthwise
1 Cup Arugula
1 Cup Fresh Cilantro
2 Tsp Ground Cumin
2 Tsp Smoked Paprika
1 Tsp Chili Powder
1 Tsp Salt
1 Clove of Garlic
1 Lime, squeezed

Avocado Crema:

1 Avocado
1 Lime, squeezed
1/4 Cup cilantro
2 Tbsp water
1 Tbsp Kite Hill unsweetened plain yogurt (optional)

Directions:

1. Place chickpeas in a medium saucepan on the stove over medium heat.
2. Add cumin, paprika, garlic, salt, chili powder, and fresh lime juice.
3. Warm corn tortillas by placing in skillet over medium heat for 30 seconds each side.
4. Chop and prepare the toppings: tomatoes, purple cabbage, arugula, cilantro, lime.
5. For the Avocado Crema: Place all ingredients in blender, blend until smooth. Add more water if you like a thinner sauce. Add 1 tbsp dairy-free yogurt if you like a creamier sauce.
6. To assemble: fill each tortilla with chickpeas, add the remaining ingredients, then top with avocado crema.



SALTED CARAMEL PEANUT BUTTER TRUFFLES

Ingredients:

1 Pound Medjool Dates, pitted
3 Cup Dairy-Free Dark Chocolate
1/2 Cup Creamy Peanut Butter
2 Tbsp Coconut Oil
1/2 Tsp Pink Himalayan Sea Salt
(or more for topping)

Directions:

1. Process medjool dates and sea salt together to form a paste. You can do this in a high speed blender or in a food processor.
2. Form about 1-2 inch mounds/ balls and place them on a non-stick tray or baking sheet lined with parchment paper.
3. Place the tray in the freezer until hard, about 15-20 minutes.
4. Remove from freeze and dollop peanut butter on top to cover the entirety of the top surface. If your peanut butter is dry, add a little coconut oil and heat on the stove. It works best if it is creamy.
5. Place the tray in the freezer again until hard, about 20-30 minutes.
6. Melt the dark chocolate with the coconut oil on the stove top using a double boiler. To create a double boiler, place about 2-3 inches of water in a medium size pot. Then place a stainless steel bowl on top of the pot. This is where you will place the chocolate to melt it.
7. Keep heat on medium heat. You want to melt slowly.
8. Remove the truffles from the freeze and cover fully with melted chocolate.
9. The best way to do this is to place a truffle on a fork, hold it over the bowl of melted chocolate, and use a spoon to drizzle the chocolate over the truffle until it is fully covered.
10. Place the truffle back onto the tray and sprinkle with sea salt.
11. Place the truffles in the freezer once more until hard, about 30 minutes.

WELLNESS WEDNESDAY

Today's Line Up:

Breakfast: Overnight Oats | **Lunch:** Superfood Salad

Snack: Cherry Cacao Coconut Protein Balls

Dinner: Chickpea Avocado Crema Tacos | **Dessert:** Salted Caramel
Peanut Butter Truffles



TASTY THURSDAY

Today's Line Up:

Breakfast: Avocado Chocolate Smoothie | **Lunch:** Nourish Buddha Bowl | **Snack:** Cherry Cacao Coconut Protein Balls
Dinner: Pad Thai with Tofu | **Dessert:** Salted Caramel Peanut Butter Truffles





NOURISH BUDDHA BOWL

Ingredients:

- 1 Large Sweet Potato, cut into small cubes
- 1 Cup Mushrooms
- 1/2 Red Onion, sliced
- 1 Cup Quinoa, cooked
- 1 Cup Kale, chopped, massaged in olive oil
- 1/2 Cup Cherry Tomatoes
- 1/2 Avocado
- 1 Tbsp Hemp Seeds
- 1 Tbsp Pumpkin Seeds
- 1 Tbsp Sliced Almonds
- 1 Tbsp Nutritional Yeast
- 1 Tbsp Olive Oil
- 1 Tsp Oregano

Garlic Cashew Aioli:

- 1 Cup Cashews
- 2 Tbsp Olive Oil
- 3 Cloves Garlic
- 2 Lemons, squeezed
- 1/4 Tsp Himalayan Pink Salt
- 1/2 to 1 cup water

Aioli Directions:

1. Place all ingredients into the blender and blend until you reach a smooth consistency (about 2-3 minutes)
2. Start with 1/2 cup of water and add more if you need to thin out the sauce.

Directions:

1. Heat oven to 400 F.
2. Place sweet potatoes, mushrooms, and onion on a large baking pan. Drizzle with olive oil and season with salt, pepper, and oregano. Roast for about 30 minutes or until sweet potatoes are tender.
3. Meanwhile, cook the quinoa and prepare the other vegetables and sauce.
4. To assemble: place quinoa in a large bowl, add roasted veggies, add remaining ingredients and top with sauce



PAD THAI WITH CRISPY TOFU

Ingredients:

- 1 Pack Pad Thai Rice Noodles
- 1 Package Extra Firm Organic Tofu, drained and pressed
- 2 Cloves Garlic
- 2 Cups Snap Peas
- 2 Limes
- 1 Cup Bean Sprouts
- 1 Red Pepper, cut lengthwise
- 1 Large Carrot, shaved or peeled
- 1 Cup Green Onions, chopped
- 1/3 Cup Peanuts, chopped
- 1 Tbsp Sesame Oil
- 1 Tbsp Tamari
- 2 Tbsp Nutritional Yeast

Directions:

1. Preheat the oven to 400 F.
2. Press tofu to remove excess liquid then cut into bite size cubes.
3. Place tofu cubes in a large bowl then add 1 tbsp tamari and 2 tbsp nutritional yeast.
4. Mix together then the tofu is coated evenly.
5. Bake for about 15 minutes, then carefully flip the tofu cubes, and bake another 15 minutes, until golden brown.
6. Set aside. Tofu will get slightly crisper as it cools.
7. Meanwhile, cook noodles, drain, toss with a little sesame oil to prevent sticking.
8. Heat olive oil in a saucepan over medium heat.
9. Add garlic and ginger and cook for about 5 minutes.
10. Add red peppers, snap peas, sesame oil, and lime juice and cook for about 5 minutes.
11. Add carrots and cook about 3 more minutes then remove from heat.



PAD THAI PENUT SAUCE

Sauce Ingredients:

2 Tbsp Tamari
1-3 Sriracha
1 Clove Garlic
2 Tbsp Peanut Butter
1 Lime, squeezed
2 Tbsp Water

Toppings:

Fresh Cilantro
Peanuts
Fresh Lime
Sriracha
Fresh Green Onions
Fresh Bean Sprouts

Directions Continued:

13. To prepare sauce: Whisk together until combined and there are no chunks left.
14. Combine noodles, stir fry, and sauce in a big pan and mix together.
15. To assemble: place Pad Thai into a bowl then top with desired toppings!

TGI-FRIDAY!

Today's Line Up:

Breakfast: Overnight Oats | **Lunch:** Leftover Pad Thai with Tofu | **Snack:** Cashew Pesto Dip with Veggies
Dinner: Nourish Buddha Bowl | **Dessert:** Banana Walnut Bread





BANANA WALNUT BREAD

Wet Ingredients:

- 3 Overripe Bananas
- 1/3 Cup Coconut Oil
- 1/3 Cup Plant-Based Milk
- 2 Tsp Vanilla Extract
- 2 Tbsp Maple Syrup
- 2 Tbsp Ground Flaxseeds (optional)

Dry Ingredients:

- 1/2 Cup Oats
- 1 Tsp Baking Soda
- 1/2 Tsp Baking Powder
- 1/4 Cup Coconut Sugar
- 1 1/2 Cup Spelt Flour (or Almond Meal)
- 1 Tsp Cinnamon
- 1/2 Tsp Salt

Directions:

1. Preheat Oven to 350 F and oil a loaf pan.
2. In a large bowl, smash the bananas until almost smooth. Stir in wet ingredients to the mashed bananas.
3. Combine dry ingredients then stir together.
4. Add dry mix into wet mix, little by little!
5. Spoon the dough into the loaf pan and spread out evenly.
6. Bake the loaf for about 40 minutes, or until golden brown.
7. Add the walnuts on top halfway through baking.
8. Place loaf on the cooling rack for about 20 minutes before cutting.



CASHEW PESTO DIP

Ingredients:

2 Cups Raw Cashews, soaked overnight in water or for at least 30 minutes in very hot water
4 Tbsp Olive Oil
1/4 Cup Nutritional yeast
2 Tbsp Apple Cider Vinegar
2-3 Handfuls of Fresh Basil
3 Cloves Garlic
1/4-1/2 Cup Water
2 Tsp Pink Himalayan Salt

Toppings:

Sunflower Seeds
Drizzle of Olive Oil
Fresh Basil
Nutritional Yeast

Directions:

1. Soak the cashews in very hot water for at least 30 minutes (or in cool water overnight).
2. Place the cashews, olive oil, nutritional yeast, apple cider vinegar, basil, garlic, salt, and 1/4 cup water in the blender.
3. Blend for a few seconds, push down ingredients, blend, push down, repeat until you reach the desired consistency.
4. You may need to add more water, add just a little at a time. You may desire to add additional salt, olive oil, or other seasonings to taste!
5. Once you've reached desired taste and consistency, transfer dip into a medium size bowl.
6. Top with fresh basil, olive oil, sunflower seeds, and nutritional yeast.
7. Enjoy with fresh vegetables!

SLAYIN' SATURDAY

Today's Line Up:

Breakfast: Avocado Chocolate Smoothie | **Brunch:** Garden Veggie Tofu Scramble | **Snack:** Cashew Pesto Dip with Veggies
Dinner: Zesty Southwest Bowl | **Dessert:** Banana Walnut Bread





GARDEN VEGGIE TOFU SCRAMBLE

Ingredients:

1 Package of Extra Firm Organic Tofu
1/2 Avocado
1/4 Red Onion, chopped
2 Cups Kale, chopped
1 Cup Cherry Tomatoes, sliced
1 Cup Mushrooms, chopped
1 Red Pepper, sliced lengthwise
2 Tbsp Nutritional yeast
1 Tbsp Olive Oil
1 Tsp Turmeric Powder
1 Tsp Garlic Powder
Salt and Black Pepper

Directions:

1. Heat olive oil in skillet over medium heat, and add red onion. Cook until it begins to golden.
2. Add crumbled tofu and seasonings.
3. Cook for about 5 minutes, then add red pepper and mushrooms.
4. Cook about 5 minutes, then add tomatoes and kale.
5. Add more nutritional yeast if you'd like a creamier, cheesy texture.
6. Cook for one more minute, then remove from heat.
7. Serve with 1/2 an avocado and your favorite toast or some extra fresh greens!



ZESTY SOUTHWEST BOWL

Ingredients:

1 Can Black Beans, drained and rinsed
3 Limes
2 Tomatoes, chopped
1 Green Pepper, chopped lengthwise
1 Small Yellow Onion
1 Small Red Onion
1 Avocado
1 Cup Quinoa, cooked
1 Cup Fresh Spinach
1/2 Cup Cilantro
1 Tbsp Dairy-Free Yogurt
1 Tsp Cumin
1 Tsp Paprika
1 Tsp Garlic Powder
Salt and Black Pepper, to taste

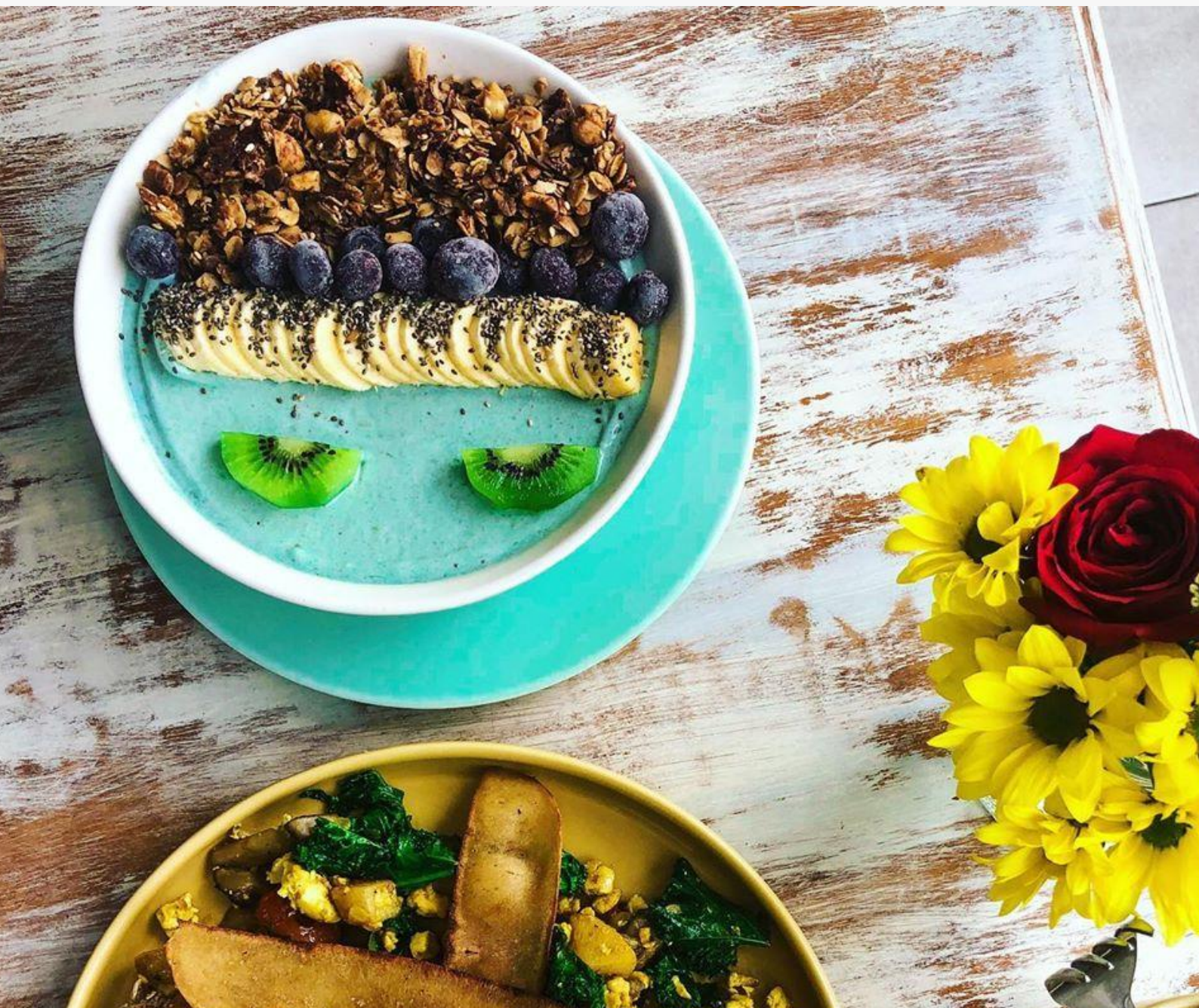
Directions:

1. Place black beans, paprika, and cumin in a small saucepan over medium heat.
2. Cook quinoa. Once quinoa is cooked, add the juice of 1 squeezed lime and 1/4 cup chopped cilantro and mix together.
3. Sauté green peppers and onions lightly over medium heat with cumin, paprika, and garlic powder.
4. To prepare guacamole: In a bowl, smash 1 to 2 whole avocados, the juice of 1 lime, 1/4 cup finely chopped red onion, 1/4 cup cilantro, and 1 tsp salt. Mix together.
5. To prepare pico de gallo: In a bowl, chop 2-3 tomatoes, the juice of 1 lime, 1/4 cup finely chopped red onion, 1/4 cup cilantro, and 1 tsp salt. Mix together.
6. To assemble: Place beans and quinoa in a bowl, top with sautéed onions and peppers, guacamole, pico de gallo, fresh spinach, extra cilantro and dollop of dairy-free yogurt.

SUNDAY FUNDAY

Today's Line Up:

Breakfast: Overnight Oats | **Brunch:** Zesty Southwest Bowl | **Snack:** Cashew Pesto Dip with Veggies | **Dinner:** Leftover Garden Veggie Tofu Scramble | **Dessert:** Banana Walnut Bread





Happy Eating!

Share your creations with us!
Take a pic of your meal and tag us:

@SISTERSTHATSTRAY