

The Ultimate List Of

30

**PLANT BASED
FOODS FOR QUICK
HEALTHY MEALS**

to keep you from unwise calorific choices
when hungry and short on time



CUPBOARD
& FRIDGE
PLANT BASED
MUST HAVES
FOR QUICK
MEALS

AIM TO HAVE AT LEAST 3 OF THE 30 FOODS LISTED
AVAILABLE FOR QUICK OPTIONS TO HEALTHY MEALS



HUMMUS

Hummus can be used as a dip for raw or steamed vegetables, as a spread on crackers or filling in a wrap.

[Recipe for homemade hummus.](#)



STEAMED VEG

Eat steamed vegetables as they are, with a dip or quickly tossed in a salad.

I love to add them to my meals and to munch on them when hungry while cooking.

Add to pasta, soup, quinoa and curries.



VEGAN PESTO

Pesto Pasta Salad, toss cooked pasta with halved cherry tomatoes, spinach, olives and vegan pesto.

Or try couscous, 5 minutes to prepare, add the same ingredients as above for a quick healthy meal.



RAW VEGGIES

Raw crunchy veg are a delight to snack on.

Carrot and celery sticks, little tomatoes, cucumber, radishes, whatever you like.

Have them washed and ready to be eaten or used in a meal.

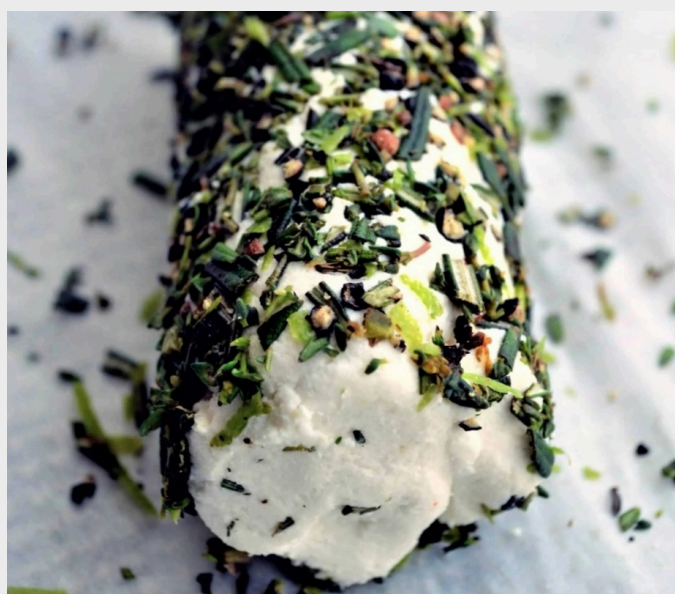


AVOCADO

Avocados make every salad, dressing, blended soup creamy and delicious.

Chop the insides and add in chopped tomato, onion, garlic, fresh herbs, lemon juice and save it in a airtight container. Great on toast for a quick meal.

USE THESE FOODS AS A BASE FOR QUICK MEALS,
ADDITIONS TO DISHES, OR ENJOYED ON THEIR OWN



VEGAN CHEESE

A good quality vegan cheese is a great addition to your fridge. Add it to pasta dishes, salads, spread on crackers and blend into sauces or soups.

[Recipe for homemade vegan cheese.](#)



OVEN BAKED VEG

Same as for steamed vegetables but with a different bite. Prepare a large oven sheet filled with all your favorite veg and bake until golden.

Store them in a container. Add to salads, rice, stir fry, pasta, soups and wraps.



ROASTED CHICKPEAS

Roasted chickpeas are a delicious snack but can also be added to meals to amp up the protein, add texture and flavour.

Toss mixed greens, tomatoes, cucumber, onion, add roasted chickpeas on top, lemon juice and tahini dressing. [Recipe.](#)



GUACAMOLE

Guacamole is also a must have. Delicious in tortillas, wraps and on toast.

Fill tortillas with black beans, lettuce, and guacamole, and top with salsa.

[Recipe for homemade guacamole.](#)



CRACKERS

Nutrient dense crackers rich in flax and other seeds or GF whole grain base.

Spread them with hummus, guacamole or avocado as an addition to your salad or soup for extra nutrients, fiber and texture. [Recipe for these raw flax crackers.](#)

THEY ARE PERFECT FOR WHO ARE AIMING TO MAINTAIN
A HEALTHY DIET WHILE MANAGING BUSY LIVES



FROZEN FRUIT

Frozen fruit, especially berries, are great because they don't go bad, are cheaper and better tasting than the fresh variety. Add them to smoothies, chia pudding or oats.

[Recipe for a Raspberry Smoothie.](#)



BAKED TEMPEH/TOFU

One of the highest sources of plant based protein. Try to only get organic. Add them baked to sandwiches, wraps, chopped and tossed with a salad and in a quick stir fry.

[Recipe for marinated baked tempeh.](#)



COOKED LENTILS

Lentils are versatile and a great source of fiber and protein.

Make a quick stir-fry with grilled veg, garlic, ginger, lentils and soy sauce.

[Or try the recipe for my Red Beet Walnut Salad.](#)



GRANOLA

Add to plant based milk or yogurt for a quick breakfast, add as topping to a smoothie bowl for fiber, nutrients and crunch.

[Recipe for my homemade fat free granola](#)



VEGAN YOGURT

Yogurt with fruit and granola is a quick breakfast but yogurt can also add a fresh flavour to wraps, as topping on soups, stews and in a quick curry.

[Recipe for my homemade coconut yogurt.](#)

GET INTO THE HABIT OF PREPARING AND ALWAYS
HAVING SOME OF THESE FOODS READY & AVAILABLE



BAKED SWEET POTATO

Reheated or added cold, chopped up, to a salad, soup or wrap.

Don't slice open before using to keep it moist. Try this recipe;

[Kale Mango Salad & Sweet Potato](#)



GF BREAD

A good quality bread can be the base of many easy meals. Sandwiches, toast with jam or with avo&tomato and a bowl of leftover soup is ready in 5 minutes. Look for organic, possibly sprouted varieties or try my [GF Buckwheat Millet Bread](#)



STEAMED POTATOES

Use the steamed potatoes and steamed veg, cooked chickpeas, curry paste, fresh spinach in a quick curry. Add coconut milk for healthy fat and creaminess.

Add to a salad or heat them in an air fryer for 10 minutes for a crispy outside.



MUESLI MIX

If you have trouble with time to make breakfast this is an amazing gluten & grain free blend of seeds, grains, fruit, coconut etc. Mix with milk of choice and set it in the fridge overnight for a quick, nutrient dense breakfast. [Click here for recipe.](#)



FRESH FRUIT

The best way to be sure that your fruit gets used up is to wash and prep it before storing it in the fridge. It is so easy to grab a bowl of fruit salad or some washed berries or grapes instead of an unhealthy snack when it is ready to eat.

BY PLANNING AND PREPARING AHEAD OF TIME, YOU'RE SETTING YOURSELF UP FOR SUCCESS IN STICKING TO A HEALTHY EATING PLAN.



LETTUCE / GREENS

Washed greens can be the base of most salads and smoothies. They are a must in the fridge for a quick and healthy meal. Try my [Blended Green Soup with Spinach and Avocado](#) if you crave something quick and savory full of nutrients.



CHIA PUDDING

Chis pudding is a classic meal prep idea. Rich in omega3, fiber and protein, it is an easy to prep breakfast that you also can take along with you in a jar. Try this [Buckwheat Chia Pudding](#)



ZUCCHINI NOODLES

Raw or steamed, added to a soup or with a cooked sauce instead of regular pasta. For a fast meal add some vegan pesto, chopped tomatoes, cucumber and fresh basil to the noodles. Recipe for [Raw Zucchini Spaghetti with Walnuts](#).



COOKED GF PASTA

Cooked gf or any whole grain pasta can be added to salads, or tossed through a quick fry up with left over oven baked vegetables and a can of tomatoes and heated through for a 5 minute meal.



COOKED QUINOA

Quinoa Bowl made from cooked quinoa, roasted or fresh vegetables, lime, tahini dressing. Combine all ingredients in a bowl and drizzle with lime juice and dressing.

HAVING HEALTHY OPTIONS WILL HELP YOU ACHIEVE YOUR WEIGHT GOALS, PREVENT UNWISE FOD CHOICES AND MAKE YOUR LIFE A WHOLE LOT EASIER.



TAHINI DRESSING

Tahini can be a dip for oven baked, steamed or raw vegetables or drizzled on any salad of choice. Drizzle on toast or add it to toasted pita bread filled with a salad and falafel balls.

[Homemade tahini dressing recipe.](#)



SMOOTHIE BAGS

Smoothie bags are the solution for a busy morning. Add all the ingredients that you need and place it in the freezer ready to be used. Add water, plant based milk or coconut water and blend.

[Try my Pineapple Kale Smoothie](#)



BAKED FALAFEL BALLS

Eat on a fresh pita bread or make a salad bowl with mixed greens, baked falafel balls, cherry tomatoes, cucumbers and a garlicky tahini dressing. Delicious cold or reheated.



TORTILLA WRAPS

Fill and roll, cold or reheated, for an super easy meal. Especially if you have a few ingredients in the fridge ready to go. A spread like hummus or guac, some grilled or chopped raw vegetables, fresh greens, vegan cheese, olives, avocado.



GRANOLA BARS

Grab and go. Or crumble into yogurt, milk of choice, on smoothie bowl for added nutrients, energy and fiber.

[No-Bake Oat Energy Bars recipe.](#)

BREAK THE STRONGHOLD FOOD HAS ON YOU

and stop eating more than you need.

I was there too, feeling like a failure every time it didn't go as planned. Motivation was not enough, it fluctuates up and down. I needed an actionable plan.

I realized that I was given the power over my thoughts and feelings and do have self-discipline.

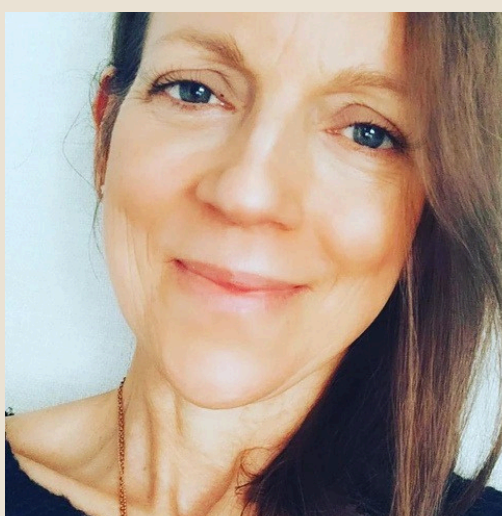
After implementing the plan I created and I can control my behavior around food and food choices.

You also can have the authority over what you eat, when you eat & how much you eat.

If you want break free from overeating and eating habits like I did, click [HERE](#) for more info!



I WANT THE
SPECIAL OFFER
INCLUDING
3 BONUS
PLANNERS



*Hi, my name is Tina,
thank you for clicking on the link for this
free download!*

*I know the importance of having a list
like this personally, something I needed
to keep myself on track.*

*I hope it will do the same for you on
your healthy eating and weight
management journey!*