



## Overview

### *Breakfast*

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Curried Chickpea Burrito (6 servings)

### *Lunch*

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Vegan Tom Yum (6 servings)

Alfalfa And Avocado Sandwich (6 servings)

### *Dinner*

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Baked Tofu Buddha Bowl (6 servings)

### *Snack*

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The Mealvana Bar (6 servings)

## Nutrition

Note: this meal plan is a one-person plan and is based on a 2000-Calorie diet. We purposefully target the plan under 2000 Cal so that you can still enjoy a (small) free muffin in the office, or grab a latte with your friends. We also suggest 6 servings for each meal, so you can enjoy your local eateries occasionally, or finish leftovers. We will be soon offering flexible personalized plan – so stay tuned. We are run by a very small team. If you like what we do, follow us @mealvana on [Instagram](#) or [Facebook](#). If you would like to give us feedback, we'd love to hear from you. Click here to [Contact](#) us directly.

Shinometer ([what is shinometer](#))



## Nutrition Label

<b>Nutrition Facts</b>		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		<b>Total Fat</b> 98g	<b>126%</b>	<b>Total Carbohydrate</b> 234g	<b>85%</b>
Saturated Fat 26.94g	<b>135%</b>	Dietary Fiber 55g	<b>196%</b>		
<i>Trans</i> Fat 0.04g		Total Sugars 65g			
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>		
<b>Sodium</b> 3290mg	<b>143%</b>	<b>Protein</b> 89g	<b>178%</b>		
Vitamin D 2.5mcg	10%	Calcium 1580mg	120%		
Potassium 4133mg	90%	Iron 24.36mg	140%		

**Serving size**

**Calories per serving** **2050**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Shopping List

### Vegetables and Vegetable Products

4 large red peppers, about 3-3/4" long, 3" in diameter (100% usage)  
4 stalks broccoli (100% usage)  
1 medium cauliflower, 5-6" in diameter (100% usage)  
2 cucumbers, about 8-1/4" long (75% usage)  
13 ounces shiitake mushrooms (93% usage)  
10 ounces sweet potatoes (92% usage)  
8 ounces cherry tomatoes (99% usage)  
1 pound carrots (49% usage)  
1 head romaine lettuce leaves (27% usage)  
6 ounces iceberg lettuce (95% usage)  
4 ounces bok choy (93% usage)  
1 bunch celery (17% usage)  
3 ounces Thai chili pepper (79% usage)  
2 ounces alfalfa sprouts (87% usage)  
1 shallot (75% usage)  
1 ounce ginger (32% usage)  
1 ounce fresh ginger (21% usage)  
1 ounce fresh cilantro (21% usage)  
fresh tarragon

### Fruits and Fruit Juices

3 avocados (100% usage)  
2 large apples, 3-1/4" in diameter (61% usage)  
4 ounces dried cranberries (79% usage)  
3 ounces pitted medjool dates (85% usage)  
3 ounces dried plums (77% usage)  
1 lemon wedge (74% usage)  
1 ounce deglet noor dates (97% usage)  
1 fresh lime (52% usage)  
1 fresh lemon (21% usage)  
1 ounce goji berries (30% usage)

### Legumes and Legume Products

2 (1 lb) blocks extra-firm tofu (100% usage)  
2 blocks firm tofu (75% usage)  
2 (15.5 oz) cans canned chickpeas (75% usage)  
7 ounces French lentils (97% usage)

### Cereal Grains and Pasta

7 ounces brown rice (93% usage)

### Nut and Seed Products

5 ounces cashews (90% usage)  
1 ounce sunflower seeds (93% usage)  
1 ounce chia seeds (75% usage)  
1 ounce unsweetened shredded coconut (66% usage)  
1 ounce sesame seeds (63% usage)  
1 ounce flaxseeds (54% usage)  
1 ounce walnuts (39% usage)  
1 ounce almonds (39% usage)

### Baked Products

6 (10-inch) whole-wheat tortillas (100% usage)  
1 loaf multigrain bread (46% usage)

### Beverages

1 ounce medium roast coffee beans (24% usage)

### Pantry

2 (32 oz) cartons mushroom broth (99% usage)  
1 (14 oz) can canned coconut milk (85% usage)  
canola oil  
nutritional yeast  
sesame oil  
salt  
corn starch

### Spices and Herbs

lemongrass  
ground cumin  
curry powder  
ground cinnamon  
cayenne pepper  
vanilla extract

### Sauce and Condiments

organic teriyaki sauce  
miso paste

### Others

6 ounces Herb-garlic creamy treenut cheese (100% usage)  
1 ounce cacao nibs (24% usage)

## Prepping Guide

### Curried Chickpea Burrito

(6 servings)

To make the filling:

1 1/2 (15.5 oz) cans canned chickpeas, drained and rinsed, reserve 0.5-cup for a later step  
3 pitted medjool dates  
3 tablespoons water, or more if needed  
3 tablespoons chopped fresh tarragon  
1 1/2 tablespoons nutritional yeast, optional, recommended if you follow strict vegan diet  
2 teaspoons freshly squeezed lemon juice  
1 tablespoon curry powder  
3/4 teaspoon miso paste

1 1/2 medium apples, cored and diced  
3 3/4 ounces cashews, chopped  
3/4 cup chopped celery  
1/2 cup grated carrots  
3 tablespoons chopped shallots  
canned chickpeas, <u>reserved from previous step</u>

To assemble:

6 (10-inch) whole-wheat tortillas

2 1/4 cups shredded iceberg lettuce

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### Vegan Tom Yum

(6 servings)

To make the base broth:

7 1/2 cups mushroom broth  
3 stalks lemongrass, crushed  
1 1/2 tablespoons grated ginger

1 1/2 blocks firm tofu  
18 shiitake mushrooms  
3/8 teaspoon salt

1 1/2 cups canned coconut milk  
1 1/2 cups cherry tomatoes, halved  
1 1/2 cups grated carrots  
1 1/2 cups shredded bok choy  
1 1/2 Thai chili peppers, crushed

1 1/2 tablespoons freshly squeezed lime juice  
1 1/2 tablespoons chopped shallots

6 tablespoons chopped fresh cilantro

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### Baked Tofu Buddha Bowl

(6 servings)

baked tofu:

2 (1 lb) blocks extra-firm tofu, drained, pressed to get rid of extra water, cubed  
1 tablespoon canola oil  
1 tablespoon corn starch  
1 tablespoon ground cumin  
3/4 teaspoon salt

baked broccoli:

4 stalks broccoli, trimmed, cut into florets  
1 tablespoon canola oil  
1 tablespoon ground cumin  
1/2 teaspoon salt

baked cauliflower:

1 medium cauliflower, trimmed, cored, cut into florets  
1 tablespoon canola oil  
1 tablespoon ground cumin  
1/2 teaspoon salt

baked red pepper:

4 large red peppers, stemmed, seeded, quartered lengthwise, and halved crosswise  
1/4 teaspoon salt

baked sweet potato:

2 sweet potatoes, peeled, cut into 1-inch cubes  
1 tablespoon canola oil  
1/2 teaspoon salt

cooked lentils:

2 1/2 cups water  
1 cup French lentils

cooked rice:

1 1/2 cups water  
1 cup brown rice

ginger teriyaki dressing:

6 tablespoons organic teriyaki sauce  
2 tablespoons sesame oil  
2 tablespoons nutritional yeast, optional, recommended if you follow strict vegan diet  
1 tablespoon grated fresh ginger

topping:

2 tablespoons sesame seeds

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### Alfalfa And Avocado Sandwich

(1 serving)\*

2 slices multigrain bread  
1 ounce Herb-garlic creamy treenut cheese

1/2 avocado, pitted, scooped out, and sliced  
1/4 cucumber, sliced  
1 romaine lettuce leaf, washed and dried  
1/4 cup alfalfa sprouts  
1 lemon wedge, juiced

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### The Mealvana Bar

(6 servings)

3/4 ounce chia seeds  
1 1/2 tablespoons flaxseeds

6 tablespoons dried plums  
3 tablespoons deglet noor dates  
3/4 ounce cashews  
11 grams almonds  
11 grams walnuts  
3/8 teaspoon vanilla extract  
3/16 teaspoon salt  
3/16 teaspoon ground cinnamon  
3/16 teaspoon cayenne pepper

9 tablespoons dried cranberries  
3 tablespoons sunflower seeds  
1 1/2 tablespoons goji berries  
2 teaspoons medium roast coffee beans  
2 teaspoons cacao nibs  
1 teaspoon water, or as needed

3 tablespoons unsweetened shredded coconut

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