



Overview

Breakfast

Falafel Pita Sandwich (6 servings)

Lunch

Coconut Red Curry With Tofu (6 servings)

Cooked Brown Rice (6 servings)

Dinner

Yellow Split Pea Dal With Spinach (6 servings)

Fall Harvest Roasted Vegetables (6 servings)

Snack

Apple (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

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		Serving size	1770	Total Fat 60g	77%
Calories per serving	1770	Saturated Fat 17.4g	87%	Dietary Fiber 53g	189%
		<i>Trans</i> Fat 0.059g		Total Sugars 61g	
		Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
		Sodium 1970mg	86%	Protein 72g	144%
		Vitamin D 0.0425mcg	0%	Calcium 1468mg	110%
		Potassium 4005mg	90%	Iron 19.38mg	110%

*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

20 ounces butternut squash (98% usage)
4 large red onions (85% usage)
2 (10 oz) packages frozen spinach (75% usage)
12 ounces cremini mushrooms (100% usage)
11 ounces sweet potatoes (97% usage)
8 ounces Brussels sprouts (100% usage)
8 ounces cherry tomatoes (99% usage)
8 ounces napa cabbage (94% usage)
2 large onions (71% usage)
1 cucumber, about 8-1/4" long (57% usage)
4 ounces jalapeño pepper (86% usage)
1 bunch celery stalks (18% usage)
3 ounces arugula (71% usage)
2 ounces fresh cilantro (85% usage)
1 head garlic (90% usage)
1 ounce fresh ginger (63% usage)
1 shallot (25% usage)
1 ounce cilantro (21% usage)
fresh rosemary
fresh thyme
fresh Thai basil leaves
fresh dill

Fruits and Fruit Juices

7 large apples, 3-1/4" in diameter (100% usage)
2 ounces dried cranberries (71% usage)
1 freshly squeezed lemon juice (69% usage)
1 lime (75% usage)
1 fresh lemon (48% usage)

Dairy Alternative

1 (16 oz) container plain almond milk yogurt (56% usage)

Legumes and Legume Products

2 blocks firm tofu (75% usage)
1 pound yellow split peas (97% usage)

Cereal Grains and Pasta

10 ounces brown rice (98% usage)
all-purpose flour

Nut and Seed Products

1 ounce pecans (96% usage)

Baked Products

3 large whole-wheat pita bread, 6-1/2" in diameter (100% usage)

Pantry

2 cartons vegetable broth (56% usage)
2 (14.5 oz) cans canned diced tomatoes (75% usage)
1 (32 oz) carton mushroom broth (40% usage)
1 (14 oz) can canned coconut milk (85% usage)
1 pound dried chickpeas (66% usage)
canola oil
olive oil
vegetable oil
nutritional yeast
extra-virgin olive oil
salt
black pepper

Spices and Herbs

garam masala
ground cumin
ground coriander
ground turmeric
bay leaves

Sauce and Condiments

miso paste
Thai red curry paste

Mise en place

"Mise en place" is a French culinary phrase which means "everything in its place". We suggest doing the following prepping work ahead of time and we grouped some vegetable preparation steps together so you can work in batch and save time.

Coconut Red Curry With Tofu	3/4 lime, juiced, cut into wedges, about 33 grams
Vegan Tzatziki Sauce	6 ounces cucumber, grated, about 170 grams
Coconut Red Curry With Tofu	12 ounces cremini mushrooms, stemmed, quartered, about 340 grams
Fall Harvest Roasted Vegetables	1 large sweet potato, peeled and cubed, about 303 grams
Coconut Red Curry With Tofu	7 1/2 ounces napa cabbage, separate stem parts and leafy parts, chopped, save leafy parts to add later, about 213 grams
Coconut Red Curry With Tofu	napa cabbage, leafy parts, to taste
Coconut Red Curry With Tofu	3 jalapeño peppers, stemmed, seeded, finely chopped, about 42 grams
Yellow Split Pea Dal With Spinach	2 jalapeño peppers, stemmed, seeded, and chopped, about 28 grams
Baked Falafel	2 jalapeño peppers, stemmed, seeded, and roughly chopped, about 28 grams
Coconut Red Curry With Tofu	3 cloves garlic, minced, about 9 grams
Yellow Split Pea Dal With Spinach	3 cloves garlic, minced, about 9 grams
Baked Falafel	6 cloves garlic, roughly chopped, about 18 grams
Coconut Red Curry With Tofu	1 1/2 tablespoons grated fresh ginger, about 9 grams
Yellow Split Pea Dal With Spinach	1 1/2 tablespoons grated fresh ginger, about 9 grams
Yellow Split Pea Dal With Spinach	1 1/2 (10 oz) packages frozen spinach, allow it to thaw before use, about 426 grams
Fall Harvest Roasted Vegetables	1 small butternut squash, trimmed, peeled, cut open lengthwise, seeded, cut into 0.5" strips crosswise, about 553 grams
Fall Harvest Roasted Vegetables	2 medium celery stalks, diced, about 80 grams
Yellow Split Pea Dal With Spinach	6 tablespoons chopped cilantro, about 6 grams
Baked Falafel	3 cups chopped fresh cilantro, about 48 grams
Coconut Red Curry With Tofu	7 1/2 ounces onions, chopped, about 213 grams
Yellow Split Pea Dal With Spinach	1 1/2 cups chopped red onions, about 240 grams
Fall Harvest Roasted Vegetables	1 large red onion, peeled, trimmed but leave the bottom intact, cut into wedges, about 150 grams
Baked Falafel	3/4 cup chopped red onions, about 120 grams
Fall Harvest Roasted Vegetables	1/4 cup chopped pecans, roasted, about 27 grams
Fall Harvest Roasted Vegetables	8 ounces Brussels sprouts, trimmed and halved, about 227 grams
Falafel Pita Sandwich	1 1/2 cups cherry tomatoes, halved, about 224 grams
Vegan Tzatziki Sauce	1 1/2 tablespoons chopped shallots, about 15 grams
Fall Harvest Roasted Vegetables	1 large apple, cored and sliced, about 223 grams
Coconut Red Curry With Tofu	1 1/2 cups fresh Thai basil leaves, chopped, about 36 grams
Vegan Tzatziki Sauce	3 sprigs fresh dill, stemmed and minced, about 1 grams
Yellow Split Pea Dal With Spinach	2 1/4 cups yellow split peas, soaked overnight and drained, about 441 grams
Coconut Red Curry With Tofu	1 1/2 blocks firm tofu, sliced or cubed, about 486 grams
Fall Harvest Roasted Vegetables	1 tablespoon minced fresh rosemary, about 2 grams
Baked Falafel	1 1/2 cups dried chickpeas, soaked overnight, drained before use, about 300 grams

Prepping Guide

Baked Falafel

(6 servings)

1 1/2 cups dried chickpeas, soaked overnight, drained before use
3/4 cup chopped red onions
3 cups chopped fresh cilantro
6 tablespoons all-purpose flour
3 tablespoons olive oil
1 1/2 tablespoons garam masala
1 1/2 tablespoons freshly squeezed lemon juice
2 jalapeño peppers, stemmed, seeded, and roughly chopped
6 cloves garlic, roughly chopped
1 1/2 tablespoons nutritional yeast, optional, recommended if you follow strict vegan diet
3/4 teaspoon salt

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Vegan Tzatziki Sauce

(6 servings)

18 tablespoons plain almond milk yogurt
6 ounces cucumber, grated
1 1/2 tablespoons extra-virgin olive oil
1 1/2 tablespoons chopped shallots
2 teaspoons freshly squeezed lemon juice
3 sprigs fresh dill, stemmed and minced

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Falafel Pita Sandwich

(1 serving)*

1/2 large whole-wheat pita bread
2 pieces baked falafel
1/4 cup cherry tomatoes, halved
1/2 cup arugula
1/4 cup vegan tzatziki sauce

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* we do not suggest batch prep

Yellow Split Pea Dal With Spinach

(6 servings)

1 1/2 tablespoons vegetable oil
1 1/2 cups chopped red onions
2 jalapeño peppers, stemmed, seeded, and chopped
1 1/2 tablespoons grated fresh ginger
3 cloves garlic, minced
1/2 tablespoon miso paste
1/2 tablespoon ground cumin
3/4 teaspoon ground coriander
3/8 teaspoon ground turmeric
4 1/2 cups vegetable broth
2 1/4 cups yellow split peas, soaked overnight and drained
2 bay leaves

1 1/2 (14.5 oz) cans canned diced tomatoes
1 1/2 (10 oz) packages frozen spinach, allow it to thaw before use
3 tablespoons nutritional yeast, optional, recommended if you follow strict vegan diet
1 1/2 tablespoons fresh lemon juice

black pepper, to taste

6 tablespoons chopped cilantro

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Fall Harvest Roasted Vegetables

(6 servings)

1 small butternut squash, trimmed, peeled, cut open lengthwise, seeded, cut into 0.5" strips crosswise
1 large sweet potato, peeled and cubed
8 ounces Brussels sprouts, trimmed and halved
1 large apple, cored and sliced
1 large red onion, peeled, trimmed but leave the bottom intact, cut into wedges
2 medium celery stalks, diced
2 tablespoons canola oil
3/4 teaspoon salt
1 tablespoon minced fresh rosemary
1 teaspoon fresh thyme

1/4 cup dried cranberries
1/4 cup chopped pecans, roasted

black pepper, to taste

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Coconut Red Curry With Tofu
(6 servings)

1 1/2 tablespoons canola oil

7 1/2 ounces onions, chopped

3 jalapeño peppers, stemmed, seeded, finely chopped
1 1/2 tablespoons grated fresh ginger
3 cloves garlic, minced

12 ounces cremini mushrooms, stemmed, quartered
7 1/2 ounces napa cabbage, separate stem parts and leafy
parts, chopped, save leafy parts to add later
3/8 teaspoon salt

3 tablespoons Thai red curry paste

1 1/2 cups mushroom broth
1 1/2 cups canned coconut milk

1 1/2 blocks firm tofu, sliced or cubed
napa cabbage, leafy parts, to taste

1 1/2 cups fresh Thai basil leaves, chopped

salt, to taste
black pepper, to taste

3/4 lime, juiced, cut into wedges

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