



Overview

Breakfast

Almond Overnight Oats With Fruits And Cocoa Nibs (6 servings)

Lunch

Baked Tempeh Salad Bowl (6 servings)

Dinner

Yellow Split Pea Dal With Spinach (6 servings)

Snack

Assorted Veggies With Hummus (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	Calories per serving	1800	
		Total Fat 82g	105%	Total Carbohydrate 216g	79%
		Saturated Fat 13.12g	66%	Dietary Fiber 69g	246%
		<i>Trans</i> Fat 0.054g		Total Sugars 60g	
		Cholesterol 0mg	0%	Includes 6g Added Sugars	12%
		Sodium 1560mg	68%	Protein 73g	146%
		Vitamin D 2mcg	10%	Calcium 1013mg	80%
		Potassium 4384mg	90%	Iron 20.6mg	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

25 ounces carrots (100% usage)
2 (10 oz) packages frozen spinach (75% usage)
2 cucumbers, about 8-1/4" long (57% usage)
1 bunch celery stalks (53% usage)
2 large red onions (80% usage)
2 large red bell peppers, about 3-3/4" long, 3" in diameter (63% usage)
4 ounces radishes (95% usage)
3 ounces alfalfa sprouts (100% usage)
3 ounces fresh cilantro (100% usage)
2 jalapeño peppers (100% usage)
1 head garlic (38% usage)
1 ounce fresh ginger (32% usage)
1 ounce cilantro (21% usage)
fresh mint

Fruits and Fruit Juices

3 avocados (100% usage)
3 medium bananas, 7" to 7-7/8" long (100% usage)
7 ounces raspberries (93% usage)
6 ounces pitted dates (85% usage)
2 lemons (74% usage)

Dairy Alternative

5 cups almond milk (90% usage)

Legumes and Legume Products

1 pound yellow split peas (97% usage)
2 (15.5 oz) cans canned chickpeas (63% usage)
4 ounces creamy peanut butter (85% usage)
reduced-sodium soy sauce

Cereal Grains and Pasta

9 ounces old-fashioned rolled oats (96% usage)

Nut and Seed Products

4 ounces almond butter (85% usage)
3 ounces sunflower seeds (100% usage)
3 ounces tahini (88% usage)
3 ounces chia seeds (85% usage)
3 ounces flaxseeds (73% usage)

Meat Alternative

13 ounces organic three grain tempeh (92% usage)

Pantry

2 cartons vegetable broth (56% usage)
2 (14.5 oz) cans canned diced tomatoes (75% usage)
nutritional yeast
extra virgin olive oil
1 (6 oz) can tomato paste (13% usage)
vegetable oil
black pepper

Spices and Herbs

ground cumin
smoked paprika
ground coriander
ground turmeric
bay leaves

Sweets

maple syrup

Sauce and Condiments

sriracha sauce
white miso paste
miso paste

Others

3 ounces organic cacao nibs (71% usage)

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.

Almond Overnight Oats With Fruits And Cocoa Nibs	6 pitted dates, minced, about 144 grams
Baked Tempeh Salad Bowl	12 ounces cucumber, cubed, about 340 grams
Yellow Split Pea Dal With Spinach	2 jalapeño peppers, stemmed, seeded, and chopped, about 28 grams
Yellow Split Pea Dal With Spinach	3 cloves garlic, minced, about 9 grams
Roasted Red Pepper Hummus	2 cloves garlic, peeled and crushed, about 6 grams
Yellow Split Pea Dal With Spinach	1 1/2 tablespoons grated fresh ginger, about 9 grams
Assorted Veggies With Hummus	12 large radishes, trimmed, quartered, about 108 grams
Yellow Split Pea Dal With Spinach	1 1/2 (10 oz) packages frozen spinach, allow it to thaw before use, about 426 grams
Almond Overnight Oats With Fruits And Cocoa Nibs	6 tablespoons flaxseeds, ground, about 62 grams
Assorted Veggies With Hummus	6 medium celery stalks, cut into strips, about 240 grams
Yellow Split Pea Dal With Spinach	6 tablespoons chopped cilantro, about 6 grams
Baked Tempeh Salad Bowl	3 ounces fresh cilantro, chopped, about 85 grams
Yellow Split Pea Dal With Spinach	1 1/2 cups chopped red onions, about 240 grams
Roasted Red Pepper Hummus	1 1/4 large red bell peppers, fire-roasted whole, skinned, stemmed and seeded, about 205 grams
Baked Tempeh Salad Bowl	12 ounces carrots, grated, about 340 grams
Assorted Veggies With Hummus	6 medium carrots, trimmed, cut into strips, about 366 grams
Baked Tempeh Salad Bowl	3 avocados, sliced, about 603 grams
Yellow Split Pea Dal With Spinach	2 1/4 cups yellow split peas, soaked overnight and drained, about 441 grams
Baked Tempeh Salad Bowl	12 sprigs fresh mint, picked over, about 0 grams
Almond Overnight Oats With Fruits And Cocoa Nibs	3 medium bananas, sliced, about 354 grams
Baked Tempeh Salad Bowl	1 1/2 (8 oz) blocks organic three grain tempeh, cubed, about 340 grams

Prepping Guide

Almond Overnight Oats With Fruits And Cocoa Nibs (6 servings)

To prepare ahead:

3 cups old-fashioned rolled oats
6 pitted dates, minced
6 tablespoons chia seeds
6 tablespoons flaxseeds, ground

4 1/2 cups almond milk

Toppings:

3 medium bananas, sliced
1 1/2 cups raspberries
6 tablespoons almond butter
6 tablespoons organic cacao nibs

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Baked Tempeh Salad Bowl (6 servings)

To make the marinate and dressing:

6 tablespoons creamy peanut butter
3 tablespoons maple syrup
3 tablespoons sriracha sauce
3 tablespoons reduced-sodium soy sauce

For baked tempeh:

1 1/2 (8 oz) blocks organic three grain tempeh, cubed

To assemble:

12 ounces cucumber, cubed
12 ounces carrots, grated
3 ounces fresh cilantro, chopped
3 ounces alfalfa sprouts

Top with:

3 avocados, sliced
3 ounces sunflower seeds
12 sprigs fresh mint, picked over

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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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Assorted Veggies With Hummus (6 servings)

3 cups roasted red pepper hummus
6 medium carrots, trimmed, cut into strips
6 medium celery stalks, cut into strips
12 large radishes, trimmed, quartered

[View directions](#)

Roasted Red Pepper Hummus (12 servings)

7 teaspoons extra virgin olive oil
2 cloves garlic, peeled and crushed

1 1/4 (15.5 oz) cans canned chickpeas, drained and rinsed
1 1/4 large red bell peppers, fire-roasted whole, skinned, stemmed and seeded
5 tablespoons tahini, stir well before measuring
7 teaspoons freshly squeezed lemon juice
4 teaspoons tomato paste
4 teaspoons white miso paste
4 teaspoons water, or as needed
4 teaspoons nutritional yeast, optional, recommended if you follow strict vegan diet
1 1/4 teaspoons smoked paprika
1 1/4 teaspoons ground cumin

[View directions](#)

* Not suggested for batch prep; make one serving at a time.