



## Overview

### *Breakfast*

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Beans And Grains Morning Bowl (6 servings)

### *Lunch*

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Frittata (6 servings)

Roasted Brussels Sprouts (6 servings)

Double Seared Scallops With Garlic Butter Sauce (6 servings)

### *Dinner*

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Baked Tofu Buddha Bowl (6 servings)

### *Snack*

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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

<b>Nutrition Facts</b>		Amount/serving		% Daily Value*		Amount/serving		% Daily Value*		
		Total Fat 92g		118%		Total Carbohydrate 228g		83%		
Serving size	Saturated Fat 16.42g		82%		Dietary Fiber 53g		189%		*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.	
	Calories per serving	Trans Fat 0.09g				Total Sugars 63g				
Cholesterol 320mg		107%		Includes 12g Added Sugars		24%				
2050		Sodium 3080mg		134%		Protein 97g		194%		
		Vitamin D 37.5mcg		190%		Calcium 1411mg		110%		
		Potassium 5319mg		110%		Iron 26.6mg		150%		

## Shopping List

### Vegetables and Vegetable Products

48 ounces Brussels sprouts (100% usage)  
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)  
13 ounces carrots (99% usage)  
1 pound asparagus (75% usage)  
10 ounces sweet potatoes (92% usage)  
2 large green sweet peppers, approximately 3-3/4" long, 3" in diameter (75% usage)  
1 bunch celery stalks (53% usage)  
2 large red bell peppers, about 3-3/4" long, 3" in diameter (63% usage)  
6 ounces shiitake mushrooms (100% usage)  
6 ounces fresh cherry tomatoes (100% usage)  
4 ounces radishes (95% usage)  
1 head garlic (90% usage)  
1 ounce fresh ginger (35% usage)  
1 bunch parsley (10% usage)

### Fruits and Fruit Juices

2 (1 lb) packages fresh strawberries (56% usage)  
3 medium bananas, 7" to 7-7/8" long (100% usage)  
2 lemons (85% usage)

### Dairy and Egg Products

9 large fresh eggs (100% usage)  
3 ounces goat cheese (100% usage)  
unsalted butter

### Dairy Alternative

5 cups almond milk (90% usage)

### Legumes and Legume Products

2 (1 lb) blocks extra-firm tofu (100% usage)  
2 (15.5 oz) cans canned chickpeas (63% usage)  
7 ounces French lentils (97% usage)  
7 ounces dried large lima beans (90% usage)

### Cereal Grains and Pasta

7 ounces brown rice (93% usage)  
7 ounces farro (91% usage)

### Nut and Seed Products

3 ounces slivered almonds (100% usage)  
3 ounces tahini (88% usage)  
2 ounces ground flaxseeds (74% usage)  
1 ounce chia seeds (85% usage)  
1 ounce sesame seeds (63% usage)

### Finfish and Shellfish Products

24 ounces sea scallops (100% usage)

### Beverages

1 (750 ml) bottle white wine (24% usage)

### Pantry

olive oil  
canola oil  
extra virgin olive oil  
nutritional yeast  
sesame oil  
1 (6 oz) can tomato paste (13% usage)  
vegetable oil  
salt  
corn starch  
black pepper

### Spices and Herbs

ground cumin  
capers  
Creole seasoning  
ground turmeric  
smoked paprika

### Sweets

maple syrup

### Sauce and Condiments

organic teriyaki sauce  
sriracha sauce  
white miso 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.*

Beans And Grains Morning Bowl	1 1/8 pounds fresh strawberries, trimmed and sliced, about 510 grams
Frittata	12 ounces asparagus, trimmed and cut into 2-inch sections, about 340 grams
Baked Tofu Buddha Bowl	2 sweet potatoes, peeled, cut into 1-inch cubes, about 260 grams
Frittata	4 cloves garlic, minced, about 12 grams
Roasted Red Pepper Hummus	2 cloves garlic, peeled and crushed, about 6 grams
Baked Tofu Buddha Bowl	1 tablespoon grated fresh ginger, about 6 grams
Mashed Grains And Beans	2 teaspoons grated fresh ginger, about 4 grams
Frittata	6 ounces shiitake mushrooms, trimmed and sliced, about 170 grams
Assorted Veggies With Hummus	12 large radishes, trimmed, quartered, about 108 grams
Baked Tofu Buddha Bowl	1 medium cauliflower, trimmed, cored, cut into florets, about 588 grams
Assorted Veggies With Hummus	6 medium celery stalks, cut into strips, 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 Tofu Buddha Bowl	4 large red peppers, stemmed, seeded, quartered lengthwise, and halved crosswise, about 656 grams
Baked Tofu Buddha Bowl	4 stalks broccoli, trimmed, cut into florets, about 604 grams
Roasted Brussels Sprouts	3 pounds Brussels sprouts, trimmed and halved, about 1361 grams
Assorted Veggies With Hummus	6 medium carrots, trimmed, cut into strips, about 366 grams
Double Seared Scallops With Garlic Butter Sauce	1 1/2 tablespoons chopped parsley, about 6 grams
Frittata	1 1/2 large green sweet peppers, stemmed, seeded, and chopped, about 246 grams
Frittata	6 ounces fresh cherry tomatoes, halved, about 170 grams
Roasted Brussels Sprouts	3 ounces slivered almonds, toasted, about 85 grams
Frittata	3 ounces goat cheese, crumbled, about 85 grams
Roasted Brussels Sprouts	3 dashes salt, or to taste, about 1 grams
Beans And Grains Morning Bowl	3 medium bananas, peeled and sliced, about 354 grams
Mashed Grains And Beans	1 cup dried large lima beans, soaked for 1 hour, drained before use, about 178 grams
Baked Tofu Buddha Bowl	2 (1 lb) blocks extra-firm tofu, drained, pressed to get rid of extra water, cubed, about 910 grams

## Prepping Guide

### Beans And Grains Morning Bowl (1 serving)\*

To heat up together:

3/4 cup almond milk

1 serving Mashed Grains And Beans

To top with:

3 ounces fresh strawberries, trimmed and sliced

1/2 medium banana, peeled and sliced

1 tablespoon maple syrup

[View directions](#)

### Frittata (6 servings)

9 large fresh eggs

3/4 teaspoon Creole seasoning

3 tablespoons olive oil

4 cloves garlic, minced

12 ounces asparagus, trimmed and cut into 2-inch sections

1 1/2 large green sweet peppers, stemmed, seeded, and chopped

6 ounces shiitake mushrooms, trimmed and sliced

3/4 teaspoon Creole seasoning

6 ounces fresh cherry tomatoes, halved

3 ounces goat cheese, crumbled

black pepper, to taste

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### Roasted Brussels Sprouts (6 servings)

3 pounds Brussels sprouts, trimmed and halved

6 tablespoons olive oil

3 dashes salt, or to taste

black pepper, to taste

3 tablespoons sriracha sauce

3 ounces slivered almonds, toasted

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### Double Seared Scallops With Garlic Butter

Sauce (6 servings)

1 1/2 pounds sea scallops

1 1/2 tablespoons unsalted butter

1 1/2 tablespoons vegetable oil

6 cloves garlic

3/4 cup white wine

3 tablespoons freshly squeezed lemon juice

1 1/2 tablespoons capers, drained

black pepper, to taste

1 1/2 tablespoons chopped parsley

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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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### 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

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### Mashed Grains And Beans (6 servings)

1 3/4 cups water  
1 cup farro  
  
3 cups water  
1 cup dried large lima beans, soaked for 1 hour, drained  
before use  
  
6 tablespoons ground flaxseeds  
2 tablespoons chia seeds  
2 teaspoons ground turmeric  
2 teaspoons grated fresh ginger

[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.