



Overview

Breakfast

Curried Chickpea Burrito (6 servings)

Lunch

Simple Baked Cod (6 servings)

Baked Asparagus (6 servings)

Israeli Couscous And Sauteed Mushrooms With Herbs (6 servings)

Dinner

Baked Tofu Buddha Bowl (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*
		Total Fat 82g	105%	Total Carbohydrate 223g	81%
Saturated Fat 13.56g	68%	Dietary Fiber 48g	171%		
<i>Trans</i> Fat 0.064g		Total Sugars 53g			
Cholesterol 50mg	17%	Includes 0g Added Sugars	0%		
Sodium 3150mg	137%	Protein 92g	184%		
Vitamin D 1.32mcg	6%	• Calcium 1072mg	80%	• Iron 23.18mg	130%
Potassium 4552mg	100%				

Serving size

Calories per serving **1920**

*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

2 pounds asparagus (75% 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)
16 ounces cherry tomatoes (99% usage)
15 ounces carrots (99% usage)
12 ounces cremini mushrooms (100% usage)
12 ounces shiitake mushrooms (100% usage)
10 ounces sweet potatoes (92% usage)
1 bunch celery stalks (53% usage)
2 large red bell peppers, about 3-3/4" long, 3" in diameter (63% usage)
1 fennel bulb (75% usage)
6 ounces iceberg lettuce (95% usage)
4 ounces radishes (95% usage)
1 bunch celery (17% usage)
1 head garlic (90% usage)
1 shallot (50% usage)
fresh tarragon
1 bunch parsley (20% usage)
1 ounce fresh ginger (21% usage)
fresh rosemary
fresh thyme

Fruits and Fruit Juices

2 large apples, 3-1/4" in diameter (61% usage)
3 lemons (75% usage)
3 ounces pitted medjool dates (85% usage)

Legumes and Legume Products

2 (1 lb) blocks extra-firm tofu (100% usage)
3 (15.5 oz) cans canned chickpeas (92% usage)
7 ounces French lentils (97% usage)

Cereal Grains and Pasta

7 ounces brown rice (93% usage)
7 ounces pearl couscous (86% usage)

Nut and Seed Products

4 ounces cashews (94% usage)
3 ounces tahini (88% usage)
1 ounce sesame seeds (63% usage)

Finfish and Shellfish Products

24 ounces cod fillets (100% usage)

Baked Products

6 (10-inch) whole-wheat tortillas (100% usage)

Pantry

1 (32 fl oz) carton reduced-sodium chicken broth (38% usage)
olive oil
canola oil
nutritional yeast
extra virgin olive oil
sesame oil
salt
1 (6 oz) can tomato paste (13% usage)
corn starch
black pepper

Spices and Herbs

ground cumin
balsamic vinegar
curry powder
smoked paprika
fresh sage
saffron

Sauce and Condiments

organic teriyaki 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.

Curried Chickpea Burrito	3 tablespoons chopped fresh tarragon, about 18 grams
Simple Baked Cod	1 1/2 lemons, half sliced, half reserved for later, about 72 grams
Baked Asparagus	1 1/2 pounds asparagus, snap off the ends, about 680 grams
Israeli Couscous And Sauteed Mushrooms With Herbs	12 ounces cremini mushrooms, stemmed and sliced, about 340 grams
Baked Tofu Buddha Bowl	2 sweet potatoes, peeled, cut into 1-inch cubes, about 260 grams
Simple Baked Cod	3 cloves garlic, peeled and smashed, about 9 grams
Baked Asparagus	4 cloves garlic, minced, about 12 grams
Israeli Couscous And Sauteed Mushrooms With Herbs	3 cloves garlic, minced, about 9 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
Israeli Couscous And Sauteed Mushrooms With Herbs	12 ounces shiitake mushrooms, trimmed and sliced, about 340 grams
Curried Chickpea Burrito	2 1/4 cups shredded iceberg lettuce, about 162 grams
Assorted Veggies With Hummus	12 large radishes, trimmed, quartered, about 108 grams
Simple Baked Cod	3/4 fennel bulb, sliced, about 176 grams
Baked Tofu Buddha Bowl	1 medium cauliflower, trimmed, cored, cut into florets, about 588 grams
Curried Chickpea Burrito	3/4 cup chopped celery, about 76 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
Curried Chickpea Burrito	3 3/4 ounces cashews, chopped, about 106 grams
Baked Tofu Buddha Bowl	4 stalks broccoli, trimmed, cut into florets, about 604 grams
Curried Chickpea Burrito	1/2 cup grated carrots, about 55 grams
Assorted Veggies With Hummus	6 medium carrots, trimmed, cut into strips, about 366 grams
Simple Baked Cod	3 tablespoons chopped parsley, about 11 grams
Curried Chickpea Burrito	3 tablespoons chopped shallots, about 30 grams
Simple Baked Cod	black pepper, to taste
Israeli Couscous And Sauteed Mushrooms With Herbs	1 1/2 tablespoons chopped fresh sage, about 2 grams
Curried Chickpea Burrito	1 1/2 medium apples, cored and diced, about 273 grams
Simple Baked Cod	1 1/2 pounds cod fillets, patted dry, about 680 grams
Israeli Couscous And Sauteed Mushrooms With Herbs	1 1/2 tablespoons minced fresh rosemary, about 3 grams
Curried Chickpea Burrito	1 1/2 (15.5 oz) cans canned chickpeas, drained and rinsed, reserve 0.5-cup for a later step, about 381 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

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, reserved from previous step

To assemble:

6 (10-inch) whole-wheat tortillas

2 1/4 cups shredded iceberg lettuce

[View directions](#)

Simple Baked Cod (6 servings)

1 1/2 pounds cod fillets, patted dry
3/4 teaspoon salt
black pepper, to taste

3 cups cherry tomatoes
3/4 fennel bulb, sliced
1 1/2 lemons, half sliced, half reserved for later
4 1/2 tablespoons olive oil
3 cloves garlic, peeled and smashed
6 sprigs fresh thyme

3/8 teaspoon saffron

lemon, to taste

3 tablespoons chopped parsley

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Baked Asparagus (6 servings)

1 1/2 pounds asparagus, snap off the ends
3 tablespoons olive oil
4 cloves garlic, minced
3/4 teaspoon salt

3/4 teaspoon black pepper

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Israeli Couscous And Sauteed Mushrooms With Herbs (6 servings)

1 1/2 cups reduced-sodium chicken broth
18 tablespoons pearl couscous

3 tablespoons canola oil

3 cloves garlic, minced
1 1/2 tablespoons minced fresh rosemary
1 1/2 tablespoons chopped fresh sage

12 ounces shiitake mushrooms, trimmed and sliced
12 ounces cremini mushrooms, stemmed and sliced
3/8 teaspoon salt

1 tablespoon balsamic vinegar

black pepper, to taste

[View directions](#)

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

[View directions](#)

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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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.