

A BEGINNER'S GUIDE

7-Day Plant-Based Starter Meal Plan

Simple, nourishing meals for one — with a grocery list, batch-prep plan, and swaps for common allergens.



Prepared as general nutrition education • Consult a qualified clinician or dietitian for individualized advice

Table of Contents

How to Use This Plan	3
Nutrition Notes — Protein, Calcium, B12, Hydration	4
Portion Guidance & Daily Estimates	6
The 7-Day Plan	7
Day 1 — Monday	8
Day 2 — Tuesday	9
Day 3 — Wednesday	10
Day 4 — Thursday	11
Day 5 — Friday	12
Day 6 — Saturday	13
Day 7 — Sunday	14
Snack Ideas	15
Grocery List	16
60–90 Minute Batch-Prep Plan	18
Allergen Substitutions	19
Food Safety Basics	20
The 6 Nutrients That Matter Most — Companion Reference	21
Disclaimer	24

How to Use This Plan

This plan is designed for one adult who is new to plant-based eating. It repeats a handful of core ingredients across the week — brown rice, lentils, chickpeas, tofu, sweet potato, spinach — so you shop once, cook a few things in bulk on Sunday, and assemble quick meals the rest of the week.

Measurements are shown in US units first with metric equivalents in parentheses where helpful (for example, $\frac{1}{2}$ cup / 45 g rolled oats). Cook times are approximate and vary with your stove, pan, and altitude. Trust your senses — taste, smell, and texture — over the clock.

Portions here suit a moderately active adult, but appetite is personal. If you feel hungry, add another slice of toast, an extra scoop of grains, a bigger handful of greens, or a second snack. If a meal feels like too much, save half for tomorrow's lunch. Leftovers are baked into the plan on purpose: Day 3 lunch reuses Day 1 dinner, Day 6 lunch reuses Day 5 dinner, and cooked grains stretch across several meals.

Think of this as a template, not a rulebook. Swap in vegetables you already have. Move a meal from Thursday to Tuesday. Repeat a favorite breakfast. The goal is a comfortable, balanced week of eating you can actually keep up.

Important — Please Read

This document is general nutrition education, not personalized medical or dietary advice. If you are pregnant or breastfeeding, manage a medical condition (including diabetes, kidney disease, thyroid, cardiovascular, or gastrointestinal disorders), take prescription medications, have a history of disordered eating, or have any food allergies or intolerances, please consult a qualified physician or a registered dietitian before starting this or any new eating pattern.

Nutrition Notes

A few habits keep a plant-based week well-rounded. You don't need to hit every number every day — think weekly averages, not perfection.

Protein

Include legumes at most meals: beans, lentils, tofu, tempeh, or edamame. A common general target is **~0.8–1.0 g of protein per kg of body weight per day**, and a little more if you're very active or building muscle. Whole grains, nuts, and seeds contribute meaningfully too.

Calcium

Good plant sources include **fortified plant milks, tofu set with calcium sulfate** (check the label), **tahini**, leafy greens like kale and collards, and fortified orange juice. Aim for a couple of calcium-rich foods each day.

Vitamin B12

Vitamin B12 is not reliably present in plant foods. Everyone eating a fully plant-based diet should use a dependable source: a supplement (commonly **25–100 mcg daily**, or **1,000 mcg two to three times per week**) and/or B12-fortified foods every day, such as fortified plant milk and nutritional yeast labeled "fortified with B12." If you're unsure what dose is right for you, ask a clinician or dietitian.

Iron & Vitamin C

Pair iron-rich plant foods (lentils, tofu, beans, spinach, pumpkin seeds) with vitamin-C-rich foods (citrus, bell peppers, tomatoes, strawberries) in the same meal to boost absorption. Coffee and tea can reduce iron absorption — try to enjoy them *between* meals rather than with them.

Omega-3s

Aim for **1 Tablespoon of ground flaxseed or chia seeds daily**, plus a small handful of walnuts a few times a week. Some people also take an algae-based DHA/EPA supplement.

Hydration reminder

Aim for roughly **8–10 cups (2–2.5 L) of water per day**, and more in hot weather or with exercise. Herbal tea, sparkling water, and water-rich foods (fruits, soups, salads) all contribute. A refillable bottle on your desk or counter is the single easiest win.

Portion Guidance

A simple mental "plate" works better than tracking every gram. Build most meals like this:

½ plate Vegetables and fruit — cooked, raw, or a mix. Aim for color.

¼ plate Whole grains or a starchy vegetable — brown rice, quinoa, oats, whole-grain bread/pasta, sweet potato, potato, corn.

¼ plate Legumes or soy foods — beans, lentils, chickpeas, tofu, tempeh, edamame.

Daily 1–2 Tablespoons of nuts or seeds (walnuts, almonds, pumpkin seeds, chia, ground flax).

Daily 1–2 servings of fortified plant milk (soy, oat, pea, or almond).

Daily Water throughout the day; herbal tea counts.

Approximate Daily Targets ESTIMATES

These are general adult ballparks. Actual values vary substantially by body size, activity level, brand, and portion. Don't chase precision.

- **Calories:** roughly **1,800–2,200 kcal/day** — adjust up or down for your size, activity, and hunger.
- **Protein:** roughly **60–90 g/day** for most adults on this plan.
- **Fiber:** roughly **30–40 g/day** — this plan meets it easily. If you're new to a high-fiber diet, ramp up gradually over a week or two and drink plenty of water to stay comfortable.

The 7-Day Plan

Each day includes breakfast, lunch, dinner, and one snack. Ingredients repeat on purpose so nothing goes to waste. Daily calorie and protein totals are rough estimates — treat them as directional, not precise.

If you complete the batch-prep plan on Sunday (see page reference in the Table of Contents), most weekday meals come together in 10–15 minutes.

How to read each day

The **Meal** column tells you what you're making. The **What to make** column is your ingredient sketch — quantities are for one adult unless noted. The **Prep notes** column flags leftovers, batch links, and quick tips.

Day 1 — Monday

Meal	What to make	Prep notes
Breakfast	Overnight oats. ½ cup (45 g) rolled oats + 1 cup (240 ml) fortified soy or oat milk + 1 Tbsp chia seeds + 1 Tbsp peanut butter + ½ banana, sliced. Top with berries.	<i>Assemble the night before in a jar; refrigerate 6+ hours.</i>
Lunch	Chickpea salad sandwich. Mash 1 cup (165 g) cooked chickpeas with 2 Tbsp hummus, chopped celery, red onion, a squeeze of lemon, salt & pepper. Serve on 2 slices whole-grain bread with lettuce and tomato. Side: apple.	<i>Filling keeps 3 days refrigerated. Great as a wrap too.</i>
Dinner	Lentil & sweet potato stew. Sauté onion + garlic; add 1 cup (200 g) diced sweet potato, 1 tsp cumin, ½ cup (100 g) dry brown/green lentils, 3 cups (720 ml) vegetable broth. Simmer ~25 min. Stir in 1 cup baby spinach at the end. Serve with ⅔ cup cooked brown rice.	<i>Makes 2 servings — save half for Day 3 lunch.</i>
Snack	Walnuts & clementine. A generous handful (¼ cup / 30 g) walnuts plus one clementine.	<i>Portion into a small bag or jar for on-the-go.</i>

Approximate daily total: ≈ 1,950 kcal • ≈ 75 g protein ESTIMATE

Day 2 — Tuesday

Meal	What to make	Prep notes
Breakfast	Peanut butter–banana toast. 2 slices whole-grain toast + 2 Tbsp peanut butter + 1 sliced banana + a sprinkle of chia seeds. 1 cup fortified plant milk on the side.	<i>5-minute breakfast. Swap in sunflower seed butter if nut-free.</i>
Lunch	Buddha bowl. 1 cup cooked brown rice + 1 cup black beans (rinsed) + ½ cup roasted or raw bell pepper + 1 cup baby spinach + 2 Tbsp hummus + a squeeze of lime.	<i>Uses batch-prepped rice from Sunday.</i>
Dinner	Tofu stir-fry. 6 oz (170 g) extra-firm tofu, cubed and pan-seared until golden. Add 2 cups mixed vegetables (broccoli, bell pepper, onion), 2 Tbsp soy sauce or tamari, 1 tsp sesame oil, garlic, ginger. Serve over ¾ cup brown rice or quinoa.	<i>Press tofu 10 min for crisper edges.</i>
Snack	Apple + peanut butter. Sliced apple with 1 Tbsp peanut butter for dipping.	<i>Squeeze lemon on apple to prevent browning.</i>

Approximate daily total: **≈ 1,900 kcal • ≈ 80 g protein** ESTIMATE

Day 3 — Wednesday

Meal	What to make	Prep notes
Breakfast	Berry oatmeal. ½ cup (45 g) rolled oats cooked in 1 cup (240 ml) fortified plant milk. Top with ½ cup berries, 1 Tbsp ground flaxseed, and a small drizzle of maple syrup.	<i>Microwave option: 2 min at 50% power, stir, 1 min more.</i>
Lunch	Leftover lentil stew. Reheat the second serving of Day 1 stew with ⅔ cup brown rice. Add a squeeze of lemon and a handful of fresh spinach for brightness.	<i>Add a splash of broth or water when reheating.</i>
Dinner	Black bean & sweet potato tacos. 3 corn tortillas + ¾ cup black beans warmed with cumin and lime + ½ cup roasted sweet potato cubes + ¼ avocado + salsa + cilantro. Side: shredded cabbage or lettuce.	<i>Uses batch-prepped sweet potato from Sunday.</i>
Snack	Almonds & dates. ¼ cup (about 30 g) roasted almonds plus 2–3 dried dates.	<i>A satisfying afternoon pick-me-up.</i>

Approximate daily total: **≈ 2,000 kcal • ≈ 72 g protein** ESTIMATE

Day 4 — Thursday

Meal	What to make	Prep notes
Breakfast	Tofu scramble. Crumble 4 oz (115 g) tofu; sauté with ½ tsp turmeric, 1 Tbsp nutritional yeast, a pinch of black salt (kala namak) if you have it, ½ cup diced bell pepper, and a handful of spinach. Serve with 1 slice whole-grain toast.	<i>Black salt gives an "eggy" flavor — optional but fun.</i>
Lunch	Hummus & veggie wrap. 1 whole-grain tortilla + 3 Tbsp hummus + roasted or raw bell pepper + cucumber + spinach + 2 Tbsp shredded carrot. Side: orange or apple.	<i>Wrap tightly in parchment for a portable lunch.</i>
Dinner	One-pot chickpea pasta. 2 oz (60 g) whole-grain pasta + 1 cup cooked chickpeas + 1 can (14 oz / 400 g) diced tomatoes + garlic + onion + oregano + basil. Stir in a big handful of spinach at the end and top with nutritional yeast.	<i>Everything in one pot; ~20 min total.</i>
Snack	Pumpkin seeds & clementine. Small handful (¼ cup) pumpkin seeds plus one clementine.	<i>Roasted, salted pumpkin seeds (pepitas) work great.</i>

Approximate daily total: **≈ 1,950 kcal • ≈ 82 g protein** ESTIMATE

Day 5 — Friday

Meal	What to make	Prep notes
Breakfast	Green smoothie. 1 cup fortified soy milk + 1 banana + ½ cup frozen berries + 1 Tbsp peanut butter + 1 Tbsp ground flaxseed + a handful of spinach. Blend until smooth.	<i>Freeze extra banana slices for creamier smoothies.</i>
Lunch	Big quinoa salad. 1 cup cooked quinoa + 2 cups mixed greens + ½ cup chickpeas + cherry tomatoes + cucumber + 2 Tbsp tahini-lemon dressing (tahini, lemon juice, garlic, water to thin, pinch of salt).	<i>Dressing keeps 5 days refrigerated.</i>
Dinner	Veggie chili. Sauté onion, garlic, bell pepper. Add 1 can black beans + 1 can kidney beans + 1 can diced tomatoes + 1 Tbsp chili powder + 1 tsp cumin + ½ cup corn. Simmer 20 min. Top with avocado.	<i>Makes 2 servings — save half for Day 6 lunch.</i>
Snack	Crackers & hummus. Whole-grain crackers with 2 Tbsp hummus.	<i>Add cucumber slices or bell pepper strips.</i>

Approximate daily total: **≈ 2,050 kcal • ≈ 85 g protein** ESTIMATE

Day 6 — Saturday

Meal	What to make	Prep notes
Breakfast	Weekend pancakes. Whisk 1 cup whole-wheat flour + 1 Tbsp baking powder + 1 Tbsp ground flaxseed + 1 cup fortified plant milk + 1 Tbsp maple syrup. Cook in a hot pan. Top with berries and 1 Tbsp peanut butter.	<i>Makes ~2 servings — freeze half for a later week.</i>
Lunch	Leftover chili + sweet potato. Reheat second serving of Day 5 chili. Serve with ½ baked sweet potato and a simple green salad with lemon.	<i>Microwave sweet potato ~6 min, or bake 45 min at 400°F.</i>
Dinner	Tempeh or tofu rice bowl. 4 oz (115 g) tempeh or tofu, cubed and pan-seared with soy sauce. ½ cup brown rice + 2 cups sautéed broccoli, bell pepper, and garlic. Sprinkle with sesame seeds.	<i>Steam tempeh 5 min before searing to mellow bitterness.</i>
Snack	Banana & peanut butter. Sliced banana with 1 Tbsp peanut butter.	<i>Add a dusting of cinnamon if you like.</i>

Approximate daily total: **≈ 2,000 kcal • ≈ 78 g protein** ESTIMATE

Day 7 — Sunday

Meal	What to make	Prep notes
Breakfast	Chia pudding. Stir 3 Tbsp chia seeds + 1 cup fortified plant milk + 1 tsp maple syrup + a splash of vanilla. Refrigerate at least 4 hours (make Saturday night). Top with berries and 1 Tbsp chopped walnuts.	<i>Whisk twice in the first 30 min to prevent clumps.</i>
Lunch	Loaded hummus plate. 4 Tbsp hummus + whole-grain pita + cucumber + cherry tomatoes + bell pepper strips + olives + a handful of arugula. Drizzle with olive oil.	<i>A no-cook lunch — perfect for a slow Sunday.</i>
Dinner	Lentil-vegetable soup + bread. Sauté onion, carrot, celery. Add ½ cup dry lentils + 1 can diced tomatoes + 4 cups broth + 1 tsp thyme. Simmer 30 min. Stir in a big handful of spinach. Serve with a slice of whole-grain bread.	<i>Doubles nicely — freeze extras for next week.</i>
Snack	Apple & nut butter. Apple slices with 2 Tbsp peanut butter (or almond butter).	<i>A cozy end to the week.</i>

Approximate daily total: **≈ 1,900 kcal • ≈ 74 g protein** ESTIMATE

Snack Ideas

If a snack in the plan doesn't appeal or you need an extra, mix and match from this list. Aim for a combination of a whole food + a bit of protein or healthy fat.

- **Edamame with sea salt** — 1 cup shelled, steamed or frozen and warmed.
- **Roasted chickpeas** — toss cooked chickpeas with olive oil + spices; roast at 400°F for ~25 min.
- **Trail mix** — a small handful of nuts, seeds, and a few dried fruits.
- **Carrot & celery sticks with hummus.**
- **Whole-grain toast + nut butter + banana.**
- **Medjool date stuffed with almond butter** — 1–2 make a satisfying treat.
- **Small oatmeal cup** — ¼ cup oats + plant milk + a spoon of peanut butter.
- **Frozen grapes or frozen berries** — refreshing and low-effort.
- **Energy balls** — blend 1 cup oats + ½ cup peanut butter + ½ cup dates + 2 Tbsp ground flax; roll into balls, chill.

Grocery List

Consolidated for one adult for the full week. Adjust quantities to your appetite and check your pantry before shopping — many pantry items last for weeks.

PRODUCE

- Bananas — 5 to 7
- Apples — 3 to 4
- Berries (fresh or frozen) — about 2 cups
- Lemons — 2
- Limes — 2
- Oranges / clementines — 4 to 5
- Avocados — 2
- Bell peppers — 3 (any color)
- Yellow onions — 2 to 3
- Garlic — 1 head
- Fresh ginger — 1 small piece
- Baby spinach — 2 bags (~10 oz total)
- Mixed salad greens — 1 bag
- Broccoli — 1 head
- Carrots — 1 lb (450 g)
- Celery — 1 bunch
- Cucumbers — 2
- Cherry tomatoes — 1 pint
- Sweet potatoes — 2 medium
- Cilantro — 1 bunch

PANTRY

- Grains & flours: rolled oats, brown rice (long-grain), quinoa, whole-grain bread, whole-grain tortillas, corn tortillas, whole-grain pasta (small box), whole-wheat flour, baking powder
- Canned/dry legumes: black beans (2 cans), kidney beans (1 can), chickpeas (2 cans or 1 lb dry), diced tomatoes (3 cans), vegetable broth (1 carton), dry brown or green lentils (1 lb / 450 g)
- Nuts, seeds & spreads: peanut butter, tahini, hummus, chia seeds, ground flaxseed, walnuts, almonds, pumpkin seeds
- Flavor & seasoning: nutritional yeast, cumin, chili powder, turmeric, oregano, thyme, basil, cinnamon, salt, black pepper
- Oils & condiments: soy sauce or tamari, olive oil, sesame oil, maple syrup, salsa, olives, dried dates

REFRIGERATED / FROZEN

- Fortified soy or oat milk — ½ gallon
- Extra-firm tofu — 1 block
- Tempeh — 1 block (optional)
- Frozen berries — 1 bag
- Frozen corn — small bag
- Frozen edamame — small bag (optional)

OPTIONAL

- Kala namak (black salt) — for an "eggy" note in tofu scramble
- Fresh herbs — parsley, basil, or dill
- Avocado oil, sesame seeds, roasted almonds, medjool dates
- Extra energy-ball ingredients: rolled oats, extra peanut butter, extra dates

60–90 Minute Batch-Prep Plan

Set aside about an hour on Sunday. If you cook the grains, lentils, and tofu at the same time you're roasting the sweet potato, you'll knock out most of the week's building blocks in one go.

0:00 Preheat oven to **400°F (200°C)**. Rinse and dry 2 sweet potatoes; cube. Toss with 1 Tbsp olive oil, salt, and pepper. Roast on a sheet pan for 25–30 min, turning once.

0:05 Start **2 cups (400 g) brown rice** on the stovetop or in a rice cooker (~40 min).

0:10 Cook **1 cup (200 g) quinoa** in 2 cups water (~15 min).

0:15 Simmer **1 cup (200 g) dry lentils** in 3 cups water or broth for ~20–25 min, until tender but not mushy.

0:20 Drain and press **1 block tofu**; slice or cube. Optional: pre-bake at 400°F for 20 min for firmer texture.

0:35 Rinse canned beans; portion into containers. Wash and dry all greens; store with a paper towel to keep them crisp.

0:50 Chop bell peppers, onion, carrots, and celery for the week; store in glass containers.

1:00 Whisk **tahini-lemon dressing**: ¼ cup tahini + juice of 1 lemon + 1 crushed garlic clove + water to thin + pinch of salt. Portion snacks (nuts, seeds, dried fruit).

1:15 Cool everything before refrigerating. Label containers with the day you'll use them.

Storage note

Cooked grains and beans keep about **4 days refrigerated**. Freeze extras in 1-cup portions for next week — labeled and dated. Roasted vegetables reheat best in a skillet or oven; the microwave will soften them.

Allergen Substitutions

If you have an allergy or intolerance, swap generously — the plan is flexible. Always double-check ingredient labels for hidden allergens (especially in breads, sauces, and pre-made hummus).

Allergen	How to adapt this plan
Soy-free	Swap tofu and tempeh for chickpeas, lentils, seitan (if you tolerate gluten), or bean-based crumbles. Use oat, almond, or pea milk in place of soy milk — choose a fortified version for calcium, B12, and vitamin D. Use coconut aminos in place of soy sauce or tamari.
Gluten-free	Use certified gluten-free oats . Swap wheat bread, tortillas, and pasta for corn tortillas, rice cakes, gluten-free bread, and brown-rice or chickpea pasta . Avoid seitan. Use tamari (check the label — some brands contain wheat) instead of standard soy sauce.
Nut-free	Replace peanut butter with sunflower seed butter (SunButter) or tahini . Swap walnuts and almonds for pumpkin seeds, sunflower seeds, or hemp hearts . Check granola bars and energy-ball recipes for cross-contamination warnings.

Food Safety Basics

Plant-based food follows the same food-safety rules as any other cooking. A few habits keep leftovers safe and delicious for the whole week.

- Wash your hands, produce, and cutting boards before and after handling food.
- Cool cooked food within **2 hours**, then refrigerate promptly. Divide big batches into shallow containers so they cool faster.
- Keep your refrigerator at $\leq 40^{\circ}\text{F}$ (4°C) and your freezer at $\leq 0^{\circ}\text{F}$ (-18°C).
- Cooked grains, beans, and stews: refrigerate **up to 4 days**, freeze **up to 3 months**.
- Reheat leftovers until steaming hot throughout — roughly **165°F (74°C)**.
- Trust your senses. When in doubt, throw it out.

4 HEALTHIER ME • NUTRIENT REFERENCE

What to eat, how much you need, and when a pill actually helps

THE 6 NUTRIENTS THAT MATTER MOST

GET YOUR NUTRIENTS FROM FOOD

• FOOD FIRST • SUPPLEMENT SECOND •

*Our approach: **Food first.** Supplements only fill the gaps your plate can't.**Always check with your doctor first.*

◆ GLP-1 USER ESSENTIALS

If you're on **Ozempic, Wegovy, Mounjaro, Zepbound**, or any weight-loss journey, you may be eating significantly less — which means nutrient gaps can develop quickly. These six nutrients are especially important to prioritize from whole foods.

● Protein

80–100 G DAILY • 30 G PER MEAL

*Preserves muscle • Curbs cravings • Keeps you full 4–6 hours***Chicken breast**

4 oz = 26 g

Greek yogurt

1 cup = 20 g

Eggs

2 large = 12 g

Salmon

4 oz = 26 g

Cottage cheese

1 cup = 24 g

Lean beef

4 oz = 28 g

Lentils

1 cup = 18 g

Tofu

4 oz = 10 g

SUPPLEMENT BACKUP → Whey or plant protein powder **only** when appetite is low or you're 20 g+ short by dinner.

● Omega-3 Fatty Acids

2–3 SERVINGS FATTY FISH / WEEK

Heart · Brain · Joints · Lowers inflammation everywhere

Salmon wild-caught best	Sardines canned = winning	Mackerel low-mercury	Anchovies tiny powerhouse
Chia seeds 2 tbsp daily	Flax seeds ground, not whole	Walnuts ¼ cup	Hemp seeds 3 tbsp

SUPPLEMENT BACKUP → Fish oil (1–2 g combined EPA/DHA) if you eat fish less than twice weekly.

● Vitamin D

15–20 MIN SUN + FOOD DAILY

Bones · Immunity · Mood · Hormones — many adults run low

Salmon 3 oz = 570 IU	Egg yolks 2 = 80 IU	Sardines 3 oz = 165 IU	Fortified milk 1 cup = 120 IU
Mushrooms (UV) 1 cup = 400 IU	Fortified yogurt 1 cup = 80 IU	Tuna 3 oz = 40 IU	Cod liver oil 1 tsp = 450 IU

SUPPLEMENT BACKUP → D3 + K2 (typically 1,000–2,000 IU) in low-sun months or if you rarely see sunlight. Ask your clinician to test your levels first.

● Magnesium

310–420 MG DAILY

Sleep · Muscle recovery · Calm nerves · 300+ body functions

Dark chocolate 1 oz = 65 mg	Almonds 1 oz = 80 mg	Spinach 1 cup cooked = 157 mg	Avocado 1 whole = 58 mg
Pumpkin seeds 1 oz = 150 mg	Black beans 1 cup = 120 mg	Cashews 1 oz = 82 mg	Banana 1 medium = 32 mg

SUPPLEMENT BACKUP → Magnesium glycinate (200–400 mg) at bedtime if you struggle with sleep or muscle cramps.

● Fiber

25–38 G DAILY

Digestion · Blood sugar · Gut health · Fullness — most people get about half of this

Chia seeds

2 tbsp = 10 g

Raspberries

1 cup = 8 g

Black beans

1 cup = 15 g

Avocado

1 whole = 10 g

Oats

1 cup cooked = 4 g

Broccoli

1 cup = 5 g

Pear (skin on)

1 medium = 6 g

Lentils

1 cup = 15 g

SUPPLEMENT BACKUP → Psyllium husk (5–10 g) — often helpful for GLP-1 users managing constipation. Increase water alongside.

● Electrolytes (Na · K · Mg)

DAILY · MORE ON HOT / SWEATY DAYS

Cramp prevention · Energy · Hydration · Blood pressure

Coconut water

nature's sports drink

Banana

422 mg potassium

Sea salt + lemon

DIY electrolyte

Watermelon

92% water + K

Sweet potato

540 mg potassium

Spinach

Mg + K powerhouse

Yogurt

Na + K + Ca

Bone broth

Na + minerals

SUPPLEMENT BACKUP → LMNT, Liquid IV Zero, or Nuun can help GLP-1 users, hot days, or heavy exercise. Check sodium if you have blood-pressure or kidney concerns.

Educational information only. This is not medical or nutrition advice and does not imply that every reader has a deficiency. Consult your doctor or a qualified clinician before starting supplements or changing your diet — especially if you use prescription medication, are pregnant or breastfeeding, or have any health condition.

Disclaimer

This meal plan is provided for **general educational and informational purposes only**. It is not a substitute for professional medical, nutrition, or dietary advice, diagnosis, or treatment. Nutrient and calorie estimates are approximate and vary considerably by ingredient brand, portion size, and preparation method.

If you are pregnant or breastfeeding, have any medical condition (including but not limited to diabetes, kidney disease, thyroid or cardiovascular conditions, gastrointestinal disorders, or a history of disordered eating), take prescription medications, or have food allergies or intolerances, please consult a qualified physician or a registered dietitian before starting this or any new eating pattern.

Full plant-based diets should include a reliable daily source of **vitamin B12** (a supplement and/or B12-fortified foods). If you are ever unsure whether a food, supplement, or dietary change is safe for you, err on the side of asking a professional.

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