

This meal plan is designed to make best use of your time by cooking recipes in large batches that can be saved as leftovers. The food is just as delicious as the “gourmet” plan, but takes far less time to prepare and offers more flexibility. This schedule is similar to my own eating plan on most weeks. Note: each meal is clickable and links back the the recipe on OneIngredientChef.com.

	Breakfast	Lunch	Dinner	Snack / Dessert
Monday	The Famous One Ingredient Granola with Homemade Almond Milk	Homemade Veggie Burgers on Ezekiel bread	Tacos with slow-cooker pinto beans , avocado, lettuce, and corn tortillas	One Ingredient Banana Ice Cream
Tuesday	Chocolate Peanut Butter Cup Oatmeal	(leftover) pinto bean tacos	Spaghetti with Meat(less) Sauce (using leftover veggie burgers)	Easy Banana Oat Cookies
Wednesday	(leftover) One Ingredient Granola and Almond Milk	(leftover) Homemade Veggie Burgers on Ezekiel bread	Lentil & Sweet Potato Shepherd's Pie	Tarahumara Pinole Energy Bars
Thursday	Chocolate Peanut Butter Cup Oatmeal	Spicy Quinoa Taco Bowl	(leftover) Lentil & Sweet Potato Shepherd's Pie	Sesame Steamed Greens & (leftover) Banana Oat Cookies
Friday	(leftover) One Ingredient Granola and Almond Milk	(leftover) Spicy Quinoa Taco Bowl	Grown-Up Macaroni & Cashew Cheese	Sesame Steamed Greens & (leftover) Pinole Energy Bars
Saturday	Banana Coconut Chia Pudding	(leftover) Macaroni & Cashew Cheese	Coconut Curried Sweet Potato & Chickpea Stew	Homemade Roasted Salsa with corn tortillas & avocado
Sunday	The “Perfect” Vegan Pancakes	The 8-Minute Black Bean Soup	(leftover) Coconut Curried Sweet Potato Stew	Super Kale Shake

The “gourmet” meal plan is designed for those who like to cook and need additional meal ideas. It makes no use of leftovers but offers more variety. This plan show the wide range of recipes that can be created on The One Ingredient Diet. Note: each meal is clickable and links back the the recipe on OneIngredientChef.com.

	Breakfast	Lunch	Dinner	Snack / Dessert
Monday	Chocolate Peanut Butter Cup Oatmeal	Homemade Veggie Burgers on Ezekiel bread	Cauliflower Alfredo Sauce with whole wheat fettuccine	Super Kale Shake
Tuesday	Banana Coconut Chia Pudding	Spicy Quinoa Taco Bowl	Spaghetti with Meat(less) Sauce (using leftover veggie burgers)	Maple Pecan Pie Bars
Wednesday	Apple Pie Oatmeal	Sunflower Pesto Tabbouleh with Radishes	Coconut Curried Sweet Potato & Chickpea Stew	Homemade Roasted Salsa with corn tortillas & avocado
Thursday	Orange Vanilla Bean Chia Pudding	Vegan BLT Sandwich with Maple Tempeh Bacon	Quinoa-Stuffed Bell Peppers	Sesame Steamed Greens
Friday	The "Perfect" Vegan French Toast	Zucchini Pasta with Avocado Pesto	Homemade Sopas with Refried Black Beans	Sexy 5-Ingredient Strawberry Cocoa Ice Cream
Saturday	Black Bean & Tofu Hash	The World's Best 7-Layer Dip with corn tortillas	Spinach “Chicotta” Stuffed Shells	No-Bake Cheesecake Cups
Sunday	The “Perfect” Vegan Pancakes	Mini Mexican Pizzas	Cauliflower Fried Rice with Vegan XO Sauce	Steamed Artichoke with Vegan Aioli Sauce

Use this blank template to create your own healthy meal plan for the week:

	Breakfast	Lunch	Dinner	Snack / Dessert
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				