



WELLNESS PEACE
UNIVERSITY

A FREE GUIDE

Your First Plant-Forward Week

Seven days of simple meals, one Sunday prep plan, and one shopping list. No counting, no giving anything up for good. Just a week to taste the difference.

wellnesspeaceuniversity.com

How this week works

For seven days, plants go in the middle of the plate. Every meal below is built from beans, lentils, whole grains, vegetables and fruit. Most people are surprised by two things: how full they feel, and how little they miss the meat.

01

Change one thing

This week is only about food. Don't start a new workout or cut anything out. Just eat these meals and notice how you feel.

02

Cook once, eat twice

Every dinner makes leftovers for the next day's lunch. That's how a week of home cooking fits into a busy life.

03

Eat until you're full

No counting, no weighing, no portion rules. Beans, grains and vegetables are filling. Have seconds.

04

Share at least one meal

Cook for your family, a friend or a neighbor. Food tastes better, and habits stick better, with company.

ONE HOUR THAT MAKES THE WEEK EASY

Sunday prep

- 1 Cook a big pot of brown rice (3 cups dry). Cool and refrigerate. It covers four meals.
- 2 Mix three jars of overnight oats for Days 1, 2 and 4.
- 3 Wash and dry the salad greens and spinach. Store them wrapped in a towel.
- 4 Make the lemon-tahini dressing (below) in a jar. It keeps all week.
- 5 Chop onions and peppers for Day 1 chili, or buy them pre-chopped.

Seven days at a glance

	BREAKFAST	LUNCH	DINNER
Day 1	Overnight oats	Big salad with chickpeas	Three-bean chili Make a full pot. Tomorrow's lunch is done.
Day 2	Overnight oats	Leftover chili over rice	Sweet potato & black bean tacos Roast extra sweet potato for Day 3.
Day 3	Peanut butter banana toast	Taco bowl with leftover filling	Red lentil coconut curry Lentils need no soaking. Dinner in 30 minutes.
Day 4	Overnight oats	Leftover curry	White bean & spinach pasta The pantry-night dinner. Everything's on the shelf.
Day 5	Peanut butter banana toast	Hummus & veggie wrap	Sheet-pan chickpeas & vegetables One pan, almost no cleanup.
Day 6	Tofu scramble	Sheet-pan leftovers in a wrap	Build-your-own burrito bowls Family night. Everyone builds their own.
Day 7	Oatmeal with fruit	Clean-out-the-fridge bowl	Your favorite from this week, for someone else Cook the meal you liked best and share it.

Snacks any time: fruit, a handful of nuts, hummus with vegetables, or toast with peanut butter.

Everything you'll cook

Overnight oats

1 JAR · 5 MINUTES, PLUS OVERNIGHT

- ½ cup rolled oats
 - ½ cup plant milk
 - ¼ cup water
 - 1 tablespoon chia seeds
 - 1 teaspoon maple syrup
 - Pinch of cinnamon
 - ½ cup berries or a sliced banana
- 1 Stir everything except the fruit in a jar. Cover and refrigerate overnight.
 - 2 In the morning, top with fruit. Eat cold, or warm it for 1 minute in the microwave.

Three-bean chili

6 SERVINGS · 45 MINUTES

- 1 tablespoon olive oil
 - 1 onion and 1 bell pepper, diced
 - 4 cloves garlic, minced
 - 2 tablespoons chili powder, 2 teaspoons cumin, 1 teaspoon smoked paprika
 - 1 can each black, kidney and pinto beans, drained
 - 1 can (28 oz) crushed tomatoes
 - 1 cup frozen corn and 1 cup water
 - 1 teaspoon salt, juice of ½ lime
- 1 Soften the onion and pepper in the oil for 6 minutes. Add garlic and spices for 1 minute.
 - 2 Add beans, tomatoes, corn, water and salt. Simmer 20 to 25 minutes until thick.
 - 3 Finish with lime juice. Serve with rice, avocado or green onions.

Sweet potato & black bean tacos

4 SERVINGS · 35 MINUTES

- 2 large sweet potatoes, cut in ½-inch cubes
 - 1 tablespoon olive oil, 1 teaspoon each cumin and chili powder, ½ teaspoon salt
 - 1 can black beans, drained and warmed
 - 8 small corn or flour tortillas
 - Shredded cabbage, salsa, lime wedges
- 1 Toss the sweet potato with oil, spices and salt. Roast at 425°F for 25 minutes, turning once.
 - 2 Warm the tortillas in a dry skillet.
 - 3 Fill with sweet potato, beans, cabbage and salsa. Squeeze lime over the top.

Red lentil coconut curry

4 SERVINGS · 30 MINUTES

- 1 tablespoon oil, 1 onion diced, 3 cloves garlic, 1 tablespoon grated ginger
 - 2 tablespoons curry powder
 - 1 cup red lentils, rinsed
 - 1 can (14 oz) diced tomatoes
 - 1 can (14 oz) coconut milk (light is fine)
 - 2 cups water, 1 teaspoon salt
 - 2 big handfuls spinach
- 1 Soften the onion in the oil for 5 minutes. Add garlic, ginger and curry powder for 1 minute.
 - 2 Add lentils, tomatoes, coconut milk, water and salt. Simmer 20 minutes, stirring, until the lentils are soft.
 - 3 Stir in the spinach until wilted. Serve over rice.

White bean & spinach pasta

4 SERVINGS · 20 MINUTES

- 12 oz whole-wheat pasta
 - 2 tablespoons olive oil, 4 cloves garlic sliced, pinch of red pepper flakes
 - 1 can (14 oz) diced tomatoes
 - 1 can white beans, drained
 - 4 big handfuls spinach
 - Salt, pepper, lemon juice
- 1 Cook the pasta. Save 1 cup of the cooking water before draining.
 - 2 Warm the oil, garlic and pepper flakes for 1 minute. Add tomatoes and beans and simmer 5 minutes.
 - 3 Add the spinach, pasta and a splash of pasta water. Toss, season, and finish with lemon.

Sheet-pan chickpeas & vegetables

4 SERVINGS · 35 MINUTES

- 2 cans chickpeas, drained and patted dry
 - 1 head broccoli in florets, 1 red onion in wedges, 2 carrots sliced
 - 2 tablespoons olive oil, 1 teaspoon each paprika and garlic powder, 1 teaspoon salt
 - Lemon-tahini dressing (below)
- 1 Toss everything except the dressing on a large sheet pan.
 - 2 Roast at 425°F for 25 to 30 minutes, stirring halfway, until the chickpeas are crisp.
 - 3 Drizzle with dressing. Serve with rice or in wraps.

Tofu scramble

2-3 SERVINGS · 15 MINUTES

- 1 block (14 oz) firm tofu, drained
 - 1 tablespoon olive oil
 - ½ teaspoon each turmeric, garlic powder and salt
 - 2 handfuls spinach
 - Toast and salsa to serve
- 1 Crumble the tofu into a hot oiled skillet with your hands.
 - 2 Add the spices and cook 5 to 7 minutes, stirring, until heated through and a little golden.
 - 3 Stir in the spinach until wilted. Serve with toast and salsa.

Build-your-own burrito bowls

4 SERVINGS · 15 MINUTES WITH COOKED RICE

- 3 cups cooked brown rice
 - 1 can black or pinto beans, warmed with ½ teaspoon cumin
 - 1 cup corn, thawed
 - Shredded lettuce or cabbage, diced tomato, salsa, avocado, lime
- 1 Set everything out in bowls.
 - 2 Let everyone build their own: rice, beans, corn, greens, then toppings.

Lemon-tahini dressing

ABOUT 1 CUP · 5 MINUTES

- ⅓ cup tahini
 - Juice of 1 lemon
 - 1 small clove garlic, grated
 - ⅓ cup water, plus more to thin
 - ½ teaspoon salt, 1 teaspoon maple syrup
- 1 Whisk everything in a jar until smooth, adding water until it pours. It thickens at first, then loosens. Keeps 7 days in the fridge.

The shopping list

Feeds 2 to 4 people for the week, with leftovers built in. Check your pantry first.

PRODUCE

- ☐ 3 onions + 1 red onion
- ☐ 2 heads garlic
- ☐ 1 piece fresh ginger
- ☐ 2 bell peppers
- ☐ 2 large sweet potatoes
- ☐ 2 carrots
- ☐ 1 head broccoli
- ☐ 1 bag salad greens
- ☐ 1 large bag spinach (10 oz or more)
- ☐ 1 small head cabbage or bag of slaw
- ☐ 2 tomatoes
- ☐ 2 avocados
- ☐ 3 lemons, 3 limes
- ☐ Bananas and berries (fresh or frozen)
- ☐ Green onions or cilantro
- ☐ Veggies for wraps and hummus: cucumber, carrots

CANS & JARS

- ☐ 2 cans black beans
- ☐ 1 can kidney beans
- ☐ 1 can pinto beans
- ☐ 3 cans chickpeas
- ☐ 1 can white beans
- ☐ 1 can (28 oz) crushed tomatoes
- ☐ 2 cans (14 oz) diced tomatoes
- ☐ 1 can (14 oz) coconut milk
- ☐ 1 jar salsa
- ☐ 1 jar tahini
- ☐ 1 jar peanut butter
- ☐ 1 tub hummus (or make your own)

GRAINS & DRY GOODS

- ☐ Brown rice (2 lb bag)
- ☐ Rolled oats
- ☐ Red lentils (1 cup)
- ☐ Whole-wheat pasta (12 oz)
- ☐ Whole-grain bread
- ☐ Corn or flour tortillas (8) + large wraps (4)
- ☐ Chia seeds

FRIDGE & FREEZER

- ☐ Plant milk (unsweetened)
- ☐ 1 block firm tofu
- ☐ 1 bag frozen corn

SPICES & BASICS (CHECK FIRST)

- ☐ Olive oil
- ☐ Chili powder, cumin, smoked paprika, curry powder
- ☐ Cinnamon, garlic powder, red pepper flakes
- ☐ Salt, pepper, maple syrup

WHAT TO EXPECT

A few honest notes

You may feel fuller than usual. Beans and whole grains have a lot of fiber. Drink plenty of water.

Beans can cause some gas at first. It usually settles as you eat them more often. Rinsing canned beans helps.

Leftovers are the plan. If a dinner runs out, swap in another night's leftovers or the burrito bowls.

Take medication for blood sugar or blood pressure? Tell your doctor you're changing how you eat, since doses sometimes need adjusting.

Liked this week? There are eight more.

This is Step 1 of Wellness Peace University, a 9-week plant-forward program you do with a group. Find out more and join the founding cohort at wellnesspeaceuniversity.com. New recipes every Monday at wellnesspeaceuniversity.com/recipes.

WPU is an educational wellness program, not medical advice. Talk with your doctor before changing your diet, activity, or medications.