

INTUITIVE HEALTH & WELLNESS

# Plant-Based Meal Guide

Easy, heart-centered meals, snacks, tips and more to start your plant-based meal journey and add some inspiration to your kitchen.



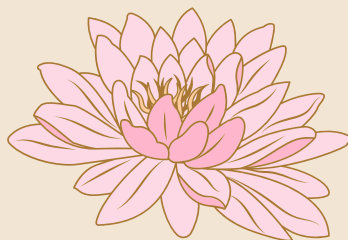
TRIA ARONOW DECKER

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Welcome to the delicious and nutritious world of plant-based eating!

This meal guide is highly intuitive in terms of ingredient measurements and even the ingredients themselves. We are all unique individuals with our own tastes, preferences, and food sensitivities. The meals in here are always up for your interpretation and creativity! Substitute ingredients to fit your needs, get creative, and have fun! They are meant to inspire you and get you started on the road to plant-based eating.

These are some intuitive meals I have created, discovered and made my own over many years. Use this guide to get you going with easy breakfasts, lunches, dinners and snacks that are healthy and stress-free, with the focus being on vegetables and whole foods.



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# Om Oatmeal

## Ingredients

- 1 cup water
- half cup oats
- a pinch of salt
- a splash of coconut milk
- small handful of chia seeds
- small handful of flax seeds
- sprinkle of hemp hearts
- tsp coconut sugar
- raisins
- fresh or frozen fruit on top
- a drizzle of organic maple syrup
- chopped cashew nuts or sunflower seeds



## Instructions

- Bring water to a boil. Add in your whole rolled oats and stir a few times. It will thicken quickly.
- Add in the rest of the ingredients with the fruit and maple syrup on top. Eat mindfully and chew each bite well!

# Power Smoothie

Breakfast  
Easy!

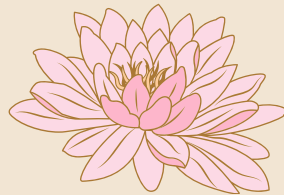
## Ingredients

- 1-2 bananas
- 1-2 handfuls of your favorite fruit
- 1 cup milk base of choice –  
coconut milk, almond milk, soy milk, oat milk, hemp milk
- Protein powder/green powder/vitamin mix of your choice
- A handful of flax and chia seeds
- Optional for additional good fats and nutrient density:  
half an avocado and a handful of spinach



## Instructions

- Blend together and YUM! Make a batch and save some to drink throughout the day.



# Overnight Chia Pudding

Breakfast  
Easy!

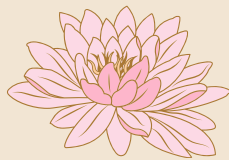
## Ingredients



- 1 cup milk of choice
- Half cup chia seeds A pinch of spice – cinnamon and/or cardamom
- A pinch of natural sweetener – coconut sugar, monkfruit sweetener, agave nectar, etc. Stir together and let sit in the refrigerator overnight. Top with nuts and fruit in the morning. Enjoy! Blend together and YUM!!

## Instructions

- Stir together and let sit in the refrigerator overnight.
- Top with nuts and fruit in the morning!





# SWEET POTATO PUDDING

Breakfast  
*Easy!*



## *Ingredients*

- Yam or sweet potato
- Coconut milk
- Almond butter
- Pinch of cinnamon
- Sprinkle of flax seeds
- Sprinkle of chia seeds
- Fresh or frozen fruit



## *Instructions*

- Bake your sweet potato of choice in the oven until a fork can pierce all the way through without resistance.
- Peel off the skin and then mash the potato with a fork.
- Pour in some coconut milk to get the right consistency.
- Add cinnamon, and a scoop of almond butter as well as flax and chia seeds.
- Top your pudding with berries of your choice. Yum! This makes a good breakfast, snack or desert.

Lunch  
*Easy!*

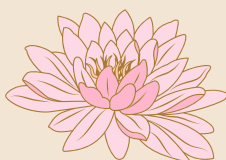
# Avocado Toast

## *Ingredients*

- Bread of choice
- Avocado slices
- Vegan spread
- Sliced tomatoes
- Spinach leaves
- Garlic salt or seasoning of choice
- Drizzle of balsamic vinegar, tamari, or salsa

## *Instructions*

- Toast the bread.
- Slice the tomatoes and avocado.
- Spread the vegan spread on each slice of bread.
- Layer the avocado, tomatoes and spinach on the bread.
- Sprinkle the seasoning and sauce of choice on top.
- Easiest and yummiest lunch! Dig in!





# Collard Wraps

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## Ingredients

- Collard leaves
- firm tofu
- vegan spread
- carrots
- shitake mushrooms
- peanut, pesto or soy sauce

## Instructions

- Wash however many leaves you want - one leaf per wrap.
- Cut the tofu into long, slender cubes. Saute lightly with the shitake mushrooms in olive oil and a sprinkle of garlic salt.
- Spread vegan spread on the inside of your leaves.
- Cut the stem in the middle out of the collard leaves.
- Chop the carrots length wise into slender pieces.
- Layer the tofu and veggies in the collard leaves.
- Wrap all the ingredients in the collard leaves.
- Put your sauce of choice in a little bowl for dipping.
- Enjoy! Tasty and satisfying.

# NOT JUST YOUR AVERAGE SALAD

Lunch  
*Easy!*



## *Ingredients*



- Spinach/salad greens mix
- Grain of choice (quinoa, brown rice)
- Black, pinto or garbanzo beans
- Chopped veggies of choice (tomatoes, cucumbers, carrots)
- Avocado
- Salad dressing of choice (you can make a simple olive oil and balsamic dressing easily!)
- Salad toppings (sunflower seeds, hemp hearts, flax seeds)

## *Instructions*

- Wash your salad leaves and chop your veggies.
- Combine all ingredients in a medium size bowl.
- Drizzle your dressing on top and add your toppings.
- Enjoy your salad! (Chew mindfully and well; it helps with digestion.)

# PACKED VEGETABLE MISO SOUP

Dinner  
*Easy!*



## *Ingredients*

- A tub of yellow miso to taste
- vegetable broth or water
- Shitake mushrooms
- Tofu
- Nori or spinach
- Any other vegetables of choice!



## *Instructions*

- Combine all ingredients in a pot. It should taste somewhat salty (Miso is a fermented paste made from soy beans. Excellent for a healthy gut)
- You may want to lightly sauté the veggies and tofu with a little olive oil and garlic in a pan first. I find it adds more flavor and the veggies will be softer.
- Cook until soup is hot and veggies are at your desired consistency.

Delicious in colder weather and really, whenever! It is a very nutritious savory breakfast as well.

Dinner  
*Easy!*

# LENTIL VEGETABLE CASSEROLE



## *Ingredients*



- 1 can of lentils (or 1 cup lentils to 2 cups water. Bring to a boil and cook until soft)
- Veggies of choice (broccoli, tomatoes, zucchini, yellow squash, eggplant, cauliflower)
- Tofu (optional)
- Potatoes of choice (red, white, yellow or purple! Or you can also use sweet potatoes)
- Garlic and onion to taste
- Spices to taste

## *Instructions*

- Sauté the cooked lentils and veggies in a pan with the onion and garlic, until all veggies lightly cooked.
- Boil the potatoes or bake your sweet potatoes in the oven. When done, a fork should go through easily.
- Mash up the potatoes. You can add a little plant milk, salt and garlic powder.
- Transfer the veggie and lentil stir fry into a casserole dish. Top it with a thick layer of the mashed potatoes. Sprinkle some vegan cheese or nutritional yeast on top.
- Bake in the oven for another 15 minutes. Voila! Dinner is ready.

# PORTABELLA MUSHROOM BURGERS



Dinner  
*Easy!*

## *Ingredients*

- 2-3 portabella mushrooms
- Burger fixings of choice (lettuce, tomatoes, onions, mustard ketchup, mayo, avocado)
- Whole wheat buns



## *Instructions*

- Sauté the mushroom in a pan with a little olive oil, garlic and tamari. They should be juicy and soft when they are done.
- Toast your burger buns. You can sauté the onions in oil for a fancier burger.
- Chop your lettuce, tomato, onions and avocado.
- Spread your vegan mayo on both sides of the bun and create your masterpiece with the portabella as the main attraction in the middle. YUM!

# LOADED VEGETABLE PASTA

Dinner  
*Easy!*



## *Ingredients*

- 3-4 veggies of choice (I like eggplant, broccoli, cauliflower, zucchini)
- Onion
- Garlic
- Pasta of choice (there are many gluten free, whole grain and other types of pastas to choose from. You can also use a spaghetti squash!)
- Pasta sauce of choice (look for one without added sugars) or you can make your own.

## *Instructions*

- Sauté the onions and garlic in a pan with olive oil or other oil with a high smoke point for a few minutes.
- Add in the eggplant, broccoli, and other veggies. Add the veggies that are hearty and take longer to cook first. Cook until soft but not falling apart. Eggplant should NOT be chewy.
- When veggies are cooked, pour your pasta sauce into the pan, covering all your veggies. You can add nutritional yeast for a slightly cheesy flavor.
- If using spaghetti squash: Cut squash in half, drizzle a little olive oil over it. Season the inside with some garlic salt and other spices to taste. Bake for 45 minutes or until "spaghetti" comes away easily from the sides of the squash with a fork. Scoop out the middle seeds when cooked. Serve under the veggie sauce as you would regular pasta.
- Enjoy!



Dinner  
Easy!

# Back to Basics Stir-Fry

## Ingredients

- Vegetables of choice (zucchini, celery, broccoli, spinach, cauliflower, tomatoes, bell peppers)
- Tofu
- Onions
- Garlic
- Oil of choice - olive, coconut, avocado, grapeseed.



## Instructions

- Add your chopped onions and garlic to a pan with oil. Sauté until becoming soft.
- Add in your tofu and veggies, stirring periodically. Cook until tender.
- Sprinkle with a little salt, other herbs spices to taste. Add a few splashes of tamari.

Stir fries are also excellent paired with a homemade sauce such as pesto.  
Serve with a side of lentils and/or quinoa.

# Veggie Tacos

## *Ingredients*

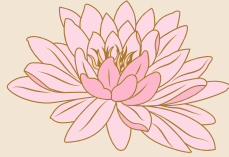
- Taco shells - hard or soft corn.
- Veggies of choice - I like zucchini, bell peppers, mushrooms, onions
- Optional: tofu or mock ground beef
- Fixings of choice - chopped tomatoes, nutritional yeast, chopped onions
- Salsa, avocado, plant based mayo



## *Instructions*

- Chop your veggies and sauté them, adding onions, garlic and oil first. cook until soft. Add in tofu and "ground beef" if using, or cook separately if preferred.
- Heat taco shells in the oven for about 10 minutes at 350.
- Chop your fixings and have your toppings ready. Easy and delicious! Pairs well with a salad and/or black beans and rice.

## *Bonus! Good on Everything Pesto Hummus*

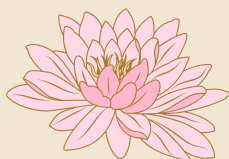


- Small handful of cashews
- Small handful of garbanzo beans
- Half a cup of fresh basil leaves
- Half a cup of olive oil
- A few splashes of lemon juice
- A medium clove of garlic
- A sprinkle of sea salt to taste
- Optional: a tablespoon of tahini, a small handful of spinach, 2-3 cherry tomatoes.

Combine everything in a food processor. Great with pita chips, carrot sticks, add a scoop on salad, or really anything! Enjoy.



# Go-To Snacks and Sides



- Frozen edamame
- Fruit salad
- Veggie and fruit plate with hummus/dip of choice
- Sautéed kale
- Quinoa
- Lentils
- Beans/corn/tomato medley
- Nut mix
- Fresh green/veggie/fruit juice (You'll need a juicer for this!)



## Tips & Tricks

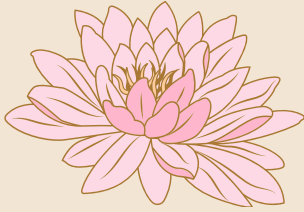
- When shopping, make sure you check ingredient labels for: artificial colors, flavors, and added sugars/sweeteners. There are some other things to look out for (such as words you don't recognize) but eliminating foods with those first three will go a long way!
- Chop your vegetables ahead of time! It is so much easier to create a meal with pre-chopped veggies stored in containers in the fridge. Saves time and hassle.
- Always make enough for left-overs. This saves time, energy and brain space. Cook once, eat 2-3 times!
- Don't over think it. Sometimes we make things harder by thinking about them too much. Focus on the moment and doing one task at a time. Mindful cooking goes a long way!
- Think of cooking as part of your self-care plan. Make it fun! Listen to a podcast, dance and sing to music in your kitchen, whatever makes it more enjoyable for you. Sometimes it just takes a re-frame.

# Getting Started Shopping List



- Vegetables! Recommended: celery, broccoli, eggplant, potatoes, cauliflower, zucchini, yellow squash, cucumbers, carrots, corn, cabbage, tomatoes, mushrooms. Get a mix of fresh and some frozen. Canned is ok, too, but will have more sodium.
- Fruit! Recommended: apples, oranges, mangoes, blueberries, raspberries, blackberries, grapes, cherries, avocados. Get a few big bags of frozen fruit of your choice (for making smoothie) My daughter also loves eating frozen blueberries as a snack!
- Black beans, garbanzo beans. You can get them canned or dry. Canned is an easy way to start.
- Green or red lentils.
- Greens mix for salad, spinach, kale.
- Dips! You can always make your own in a food processor or blender, but it's also great to buy some that you like, especially when first making changes. Recommended: Hummus, salad dressing of choice, pesto, peanut sauce, vegan mayo spread.
- Frozen edamame, nuts.
- Chia seeds, flax seeds, hemp hearts.
- Plant milk (almond, soy, oat, hemp, coconut)
- Canned coconut milk (full fat or low fat - it's up to you!)
- Miso and/or vegetable stock for soups.
- Portabella mushrooms
- Whole grain breads and tortillas
- Tofu and/or tempeh
- Garbanzo beans
- Cashews and nuts of choice
- Kimchi and kefir (fermented foods for your gut health!)
- Pasta sauce (check the ingredients for added sugars, additives)
- Tamari (like soy sauce)
- Garlic, ginger, other spices and herbs of your choice.





## About Tria:



Tria is a life-long health enthusiast and feels strongly about the benefits of eating a plant-based diet. She has developed many easy and intuitive recipes and believes the key to good health is making home cooking easy, accessible and fun. She was raised by two very health-conscious parents who fed her vegetables and kale on a regular basis. While she didn't always appreciate that as a child, now she is grateful to have had the concept of healthy living introduced to her at an early age. Tria is passionate about making health easy and delicious for everyone!

After many years working with teenagers in a counseling capacity, Tria now works as a Lifestyle and Health Coach, helping others live their best and healthiest lives. She loves spending time with her husband and two daughters, loves the outdoors, her two cats (and all animals) and anything crystals, Buddhas, oracles cards, and desert aesthetic.

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