



Evolution Coaching U

A Week of Plant Based Eating

A week of menu plans, recipes and ideas to make plant based living easy and delicious. Start your plant based diet and see the difference it makes.



Table of Contents

1. Welcome.

Congratulations on your decision to eat a plant-based diet.

2. About Shayla

As a Peak Performance Coach I have years of experience helping people just like you, make changes that last. Get fit, have fun and feel great!

3. A Plant-Based Menu

A daily menu plan with all the recipes to help you eat a plant based diet. Have more energy, reduce your risk of chronic conditions and eat better everyday for improved performance.

4. Are you ready?

Make 2019 Your Personal Best

5. Week 1 Menu Plan

6. Recipes

All the recipes I made for one week of meals

Welcome.

Congratulations on your decision to eat a plant-based diet.



A plant-based diet is a great step to your healthy lifestyle. Change doesn't happen overnight, but every step brings you closer to your personal vision of health and wellness.

I have included a menu plan with recipes to help you get started or jump start your regular routine. Foods I eat regularly, that are healthy and easy to make.

Enjoy!

Shayla

About Shayla

As a Peak Performance Coach I have years of experience helping people just like you, make changes that last. Get fit, have fun and feel great!



Shayla Roberts, Peak Performance Coach

I specialize in helping adults get fit, lose weight and have fun at all ages and stages of life. You can make a difference to your health and wellness with sustainable changes that last a lifetime. I can help you be your personal best.

My experience

I have been helping adults change their diet while improving their health and fitness to have fun for more than 20 years!

As a Professional Health Coach, I have the education and experience to help you make changes that last for a lifetime. I only use evidence based methods. I won't be jumping on the latest trend or promoting supplements for a quick fix. I have hundreds of happy, successful clients that started just like you.

I love cooking. The meals that I like to make are tasty, easy and fast. This isn't about fancy or fussy recipes. This is real food for real people.

Shayla



A Plant-Based Menu



A daily menu plan with all the recipes to help you eat a plant based diet. Have more energy, reduce your risk of chronic conditions and eat better everyday for improved performance.

Are you ready?

Make 2019 Your Personal Best

Fill me out to book a consultation!

Week 1 Menu Plan

Day One:

Breakfast: 2 slices of whole wheat or whole grain bread, toasted

2 tbsp natural, peanuts only, no salt. peanut butter

1 banana

Nutrients: 560 calories; 21 grams FAT, 80 grams CHO, 18 grams PRO

Lunch:

Mixed green salad with 2 tbsp Balsamic Vinaigrette Dressing

1 whole wheat roll and 2 Tbsp hummus

Nutrients: 575 Cal; 30 grams FAT, 67 grams CHO, 16 grams PRO

Dinner:

3 cups Roasted Pumpkin Soup

2 Slices Whole Grain Baguette

Nutrients: 350 Cal, 6 grams Fat, 37 grams CHO, 6 grams PRO

Snacks:

1 grapefruit 82 Calories, 0 grams FAT, 21 grams CHO, 2 grams PRO

Total Nutrients: 1567 Calories, 57 grams FAT, 205 grams CHO, 42 grams PRO

Day Two

Breakfast:

1 Whole wheat bagel

2 Tbsp natural, unsalted peanut butter

1 tbsp Bonne Maman Apricot Jam

Nutrients: 525 calories, 18 grams FAT, 73 grams CHO, 21 grams PRO

Lunch:

2 slices whole wheat bread

2 Tbsp Hummus

2 slices tomato, cucumber and lettuce

1 slice Daiya Cheddar "cheese"

Nutrients: 500 calories, 18 grams FAT, 107 grams CHO, 24 grams PRO

Dinner:

2 servings Chick Pea, Potato & Tomato Stew

Nutrients: 675 Calories, 14 grams FAT, 116 grams CHO, 26 grams PRO

Snacks:

1 apple

Calories: 75

Total Nutrients: 1775 Calories, 51 grams FAT, 315 grams CHO, 71 grams PRO

Day Three

Breakfast:

1 Whole wheat bagel

2 Tbsp natural, unsalted peanut butter

1 tbsp Bonne Maman Apricot Jam

Black Coffee

Nutrients: 525 calories, 18 grams FAT, 73 grams CHO, 21 grams PRO

Lunch:

Mixed green salad with 2 tbsp Balsamic Vinaigrette Dressing

1 whole wheat roll

2 Tbsp hummus

Nutrients: 575 Cal; 30 grams FAT, 67 grams CHO, 16 grams PRO

Dinner:

1 large serving Buddha Bowls with Peanut Sauce

Nutrients: 400 Calories, 13 grams FAT, 60 grams CHO, 10 grams PRO

Snacks:

2 pieces of fruit

Nutrients: 225 Calories, 0 grams FAT, 10 grams CHO, 1 gram Protein

Total Nutrients: 1725 Calories, 61 grams FAT, 210 grams CHO, 48 grams PRO

Day Four

Breakfast:

2 slices of whole wheat or whole grain bread, toasted

2 tbsp natural, peanuts only, no salt. peanut butter

1 banana

Nutrients: 560 calories; 21 grams FAT, 80 grams CHO, 18 grams PRO

Lunch:

1 large serving Buddha Bowls with Peanut Sauce

Nutrients: 400 Calories, 13 grams FAT, 60 grams CHO, 10 grams PRO

Dinner:

Noodles with Tofu and Broccoli

Apple Pumpkin Crisp

Nutrients: 725 Calories, 26 grams FAT, 108 grams CHO, 25 grams PRO

Snacks:

1 Orange

Nutrients: 50 calories, 0 grams FAT, 15 grams CHO, 1 gram PRO

Total Nutrients: 1735 calories, 60 grams of FAT, 263 grams of CHO, 54 grams of PRO

Day Five:

Breakfast:

1 Whole wheat bagel

2 Tbsp natural, unsalted peanut butter

1 tbsp Bonne Maman Apricot Jam

Nutrients: 525 calories, 18 grams FAT, 73 grams CHO, 21 grams PRO

Lunch:

2 cups leftover Roasted Pumpkin Soup

2 Slices Whole Grain Baguette

Nutrients: 250 Cal, 4 grams Fat, 35 grams CHO, 5 grams PRO

Dinner:

1.5 Servings Veggie Thai Stir Fry

Nutrients: 530 Calories, 31 grams of FAT, 51 grams of CHO, 31 grams of PRO

Snacks:

Apple Crisp

1 Grapefruit

Nutrients: 375 calories, 15 grams of FAT, 15 grams of CHO, 5 grams of PRO

Total Calories: 1450

Day Six:

Breakfast:

1 cup oatmeal with peanut butter and maple syrup (recipe)

Served with 1 cup unsweetened almond milk

Nutrients: 440 calories, 18 grams of FAT, 55 grams of CHO, 20 grams PRO

Lunch:

1 serving leftover Chick Pea, Potato & Tomato Stew

Nutrients: 338 calories, 7 grams of FAT, 58 grams CHO, 13 grams of PRO

Dinner:

1 cup brown rice

1 serving Veggie Chili

1/2 avocado

2 tbsp Daiya shreds (mozzarella cheese substitute)

Nutrients: 732 calories, 21 grams FAT, 112 grams CHO, 23 grams PRO

Snacks:

1 apple

Nutrients: 110 calories, 0 FAT, 21 grams CHO, 1 gram PRO

Total Nutrients: 1620 calories, 46 grams of FAT, 246 grams of CHO, 57 grams of PRO

Day Seven:

Breakfast:

2 slices of whole wheat or whole grain bread, toasted

2 tbsp natural, peanuts only, no salt. peanut butter

1 banana

Nutrients: 560 calories; 21 grams FAT, 80 grams CHO, 18 grams PRO

Lunch:

1 serving chili

1 cup brown rice

2 tbsp Daiya Cheese

Nutrients: 620 calories, 11 grams of FAT, 106 grams CHO, 22 grams PRO

Dinner:

Large green salad with red leaf lettuce, arugula, 1/2 cup grated carrots, 4-6 cherry tomatoes, 1/2 cucumber. 1/4 cup chopped cabbage, 1/4 cup chick peas, 6 olives, 1/4 avocado, 1/4 cup roasted pumpkin seeds, 2 tbsp hemp hearts

Balsamic Vinaigrette

1 whole wheat roll

Nutrients: 380 calories, 18 grams FAT, 14 grams CHO, 12 grams PRO

Snacks:

1 orange

Nutrients: 62 calories, 0 grams FAT, 15 grams CHO, 1 gram PRO

Total Nutrients: 1622 calories, 50 grams FAT, 53 grams PRO

Recipes

All the recipes I made for one week of meals

Shayla Roberts

Potato, Chick Pea and Tomato Stew with Basil

Ingredients:

1 tbsp olive oil

1 medium onion chopped

2 cloves of chopped garlic

1 (796 ml) can of diced tomatoes

1/4 cup fresh chopped basil or 1/2 tsp dried

1/2 tsp dried oregano

2 medium potatoes cubed

1 cup water or vegetable stock

1 (540ml) can of chick peas

Fresh pepper and fresh parsley

Instructions

In heavy saucepan heat olive oil and sauté onion over medium heat.

Add garlic tomatoes, basil (Dried) and oregano, cook for 5 minutes

Add potatoes and water, cover and boil for 5 minutes, stir occasionally. Add chick peas, reduce heat simmer until potatoes are tender. Add fresh basil and pepper to taste garnish with parsley.

Roasted Pumpkin Soup

Ingredients

1 Leeks (bulb & lower-leaf portion), raw, chopped

4 medium stalk celery

0.25 medium chopped onion

1 clove minced garlic

2 tsp cumin seed

1 tbsp hot pepper flakes, red, hot chili, sun-dried

0.25 cup organic sunflower oil

4 cups water

2 cups pumpkin

1 cup cooked brown rice

Instructions

1. Cut, scoop out seeds and roast 1/2 pumpkin at 350 for 30-40 minutes. When soft, remove and cool. Then peel and cut into cubes

2. In large sauce pan, add oil and chopped leek, celery, onion and garlic. Stir and cook on medium heat until soft.

3. Add cumin and red pepper flakes and stir in vegetable stock or water.

4. Puree with hand blender until smooth, adding more water when necessary.

5. Add peeled and cooked pumpkin and puree.

6. If you have cooked rice or potatoes, add last and puree to thicken.

Veggie Tofu Thai Stir Fry

Ingredients

4 medium carrots

1 cup raw cabbage

1 cup frozen edamame

0.5 cup chopped onion

3 cloves minced garlic

3 tbsp minced ginger root

400 g organic tofu, medium firm or firm

2 cups green or yellow beans

0.5 cup cashews, dry roasted, unsalted

0.5 cup orange, juice, includes from concentrate

0.25 cup soy sauce

2 tbsps sambal oelek chill sauce

2 tbsp curry powder

2 tbsp sesame oil

Instructions

1. Mix sauce ingredients together, orange juice, soy sauce, chili sauce, thai green curry paste, sesame oil

2. Heat oil or water in stir fry pan, add onion, garlic, ginger and fry for 5 minutes on medium heat
3. Add carrots, cabbage, and cook for 5 minutes, add beans, edamame and tofu
4. Add cashews and sauce, cook for another 5 minutes to heat.

Vegan Chili

Ingredients

4 cloves minced Garlic

0.5 cup chopped onion

4 medium stalk celery, chopped

2 tsp red pepper flakes or cayenne

1 large red pepper chopped

2 tsp cumin seed

796 ml white beans, white, [rinsed & drained]

796 ml black beans [rinsed & drained]

1 cup corn, sweet, yellow, frozen or kernels cut off the cob,

796 ml canned crushed tomato

2 tbsp molasses

2-4 squares of dark chocolate, 70-85% cacao solids

2 tbsp olive oil

Instructions

1. Add olive oil, chopped onion, garlic, celery, peppers to pan and fry, add spices

2. Add drained beans, corn and tomatoes, molasses cook for 20 minutes

Add dark chocolate and stir until melted.

Serve over rice

Buddha Bowls

Ingredients

3 cups cubed potatoes

4 cups cooked brown rice

2 cups brussels sprouts, raw

1 medium butternut squash

25 cherry tomatoes

0.5 cup cucumber

1 avocado

Pea shoots or bean sprouts

Instructions

1. Boil potatoes until almost cooked, drain and smash with fork. Bake in the oven for 30 minutes at 350, with crushed garlic and olive oil until crunchy and brown.

2. Boil brussel sprouts until almost cooked. Slice into thin strips, drizzle red balsamic vinegar and a bit of brown sugar over top and bake in oven until crunchy. 15 minutes at 350.

3. Slice tomatoes and avocado. Cut cucumber into cubes.
4. Slice squash in half, clean and bake at 350 until soft. Cut into strips or cubes.
5. Add ingredients to bowls, rice, potato, squash, brussel sprouts, tomato, cucumber, avocado, pea shoots

Top with Peanut, Tahini Sauce or Miso Gravy

Peanut Sauce

Ingredients

- 3 tbsp Peanut butter, natural (no salt)
- 1 tbsp Sauce, hoisin, ready-to-serve
- 1 tbsp Bragg's seasoning or tamari soy sauce
- 2 tbsp Lemon juice, raw
- 1 tbsp Sweets, honey, strained or extracted
- 1 tbsp Vegetable oil, sesame
- 2 tbsp Sauce, tomato chili sauce, bottled, salted
- 0.25 cup Water

Instructions

1. Combine ingredients and stir until smooth.
2. Add water to desired consistency.

Balsamic Vinaigrette

Ingredients

0.5 cups olive oil

0.25 cup white balsamic vinegar

2 tbsps Mustard

Instructions:

1. Mix ingredients together
2. If desired add fresh ground pepper
3. Keep refrigerated

Hummus

Ingredients

796 ml Chickpeas (garbanzo beans), canned, solids & liquid

2 cloves raw garlic

2 tbsp Lemon juice, raw

0.25 cup olive oil

2 tbsps tahini

Instructions

1. Drain chickpeas into a bowl, keep the liquid.
2. In a food processor add drained chickpeas, lemon juice, olive oil, tahini and blend.
3. Add liquid from chickpeas until you have the desired consistency.

Noodles with Tofu and Broccoli

Ingredients

1 package whole wheat spaghetti

1/4 cup tamari or Bragg's seasoning

2 Tbs. rice vinegar

1 tsp. granulated sugar

1 tsp. dark sesame oil

1/2 tsp. crushed red pepper

1 Tbs. vegetable oil

2 cups red bell pepper strips, 1/4-inch thick

4 cups small broccoli florets

1/2 lb. firm tofu, well-drained and cut into cubes

3 cloves garlic, minced

1/2 cup thinly sliced scallions for garnish

Instructions

1. Cook noodles in boiling water according to package directions, or until just tender; drain, and rinse well. Mix tamari, vinegar, sugar, sesame oil and crushed red pepper in small bowl.

2. Heat vegetable oil in nonstick skillet over medium heat. Add bell peppers and broccoli, and stir-fry until softened, about 5 minutes. Add tofu and garlic, and stir-fry 2 minutes.

3. Add noodles and soy sauce mixture, toss well to coat, and cook 4 to 5 minutes, or until thoroughly heated and vegetables are tender. Sprinkle with scallions and serve.

Apple Crisp

Ingredients

4 medium apples

2 Pears

1-2 tsp lemon juice

1 cup baking pumpkin cubed

1 cup frozen berries

1 cup oats

0.75 cup whole wheat flour

0.75 cup brown sugar

2/3 cup vegan Margarine

1 tsp Cinnamon, ground

Instructions

1. Peel and cut fruit, add 1/4 cup brown sugar, lemon juice and cinnamon in baking dish
2. Mix flour, oats, 1/2 cup brown sugar and margarine and put on top of fruit for crust
3. Bake at 350 for 45 minutes or until done

Oatmeal

Ingredients

1 cup oats

2 cups water

1 tbsp pumpkin seeds

1 tbsp chia seeds

1 tbsp dried blueberries, cranberries or apricots

1 tsp peanut butter

1 tbsp maple syrup

1/2 cup almond milk

Instructions

Boil water and add oats, reduce heat and stir, until oats are cooked.

Add dried fruit and chia seeds.

Serve with pumpkin seeds, peanut butter, maple syrup and almond milk