

BUDGET-FRIENDLY  
7-DAY  
PLANT-BASED  
MEAL PLAN

WITH NICOLE OSINGA



**NICOLE OSINGA**  
Registered Dietitian

Nicole is a Registered Dietitian in Canada, with Masters and Undergraduate degrees in Human Nutrition and a Certified Diabetes Educator. She has her own one-on-one counselling practice with a focus on weight and chronic disease management. She also works part time at a community hospital, covering the cancer care and rehabilitation units. Nicole is currently a member of the 2022 Becel Centre for Heart Health Steering Committee, a team of registered dietitians working to create practical and relevant content.



# 7-DAY PLANT-BASED MEAL PLAN



	MON	TUES	WED	THURS	FRI	SAT	SUN
BREAKFAST	Blueberry Vanilla Baked Oatmeal	Blueberry Vanilla Baked Oatmeal	Blueberry Smoothie	Blueberry Vanilla Baked Oatmeal	Blueberry Smoothie	Tofu Scramble	Tofu Scramble
SNACK 1	Dried Plum Energy Balls	Dried Plum Energy Balls	Edamame & Grapes	Dried Plum Energy Balls	Edamame & Grapes	Celery & Peanut Butter	Edamame & Grapes
LUNCH	Veggie Chickpea Scramble	Mediterranean Chickpea Salad	Veggie Chickpea Scramble	Mediterranean Chickpea Salad	Roasted Carrot & White Bean Soup	Roasted Carrot & White Bean Soup	Hummus Pasta
SNACK 2	Celery & Peanut Butter	Celery & Peanut Butter	Beet Hummus Snack Box	Beet Hummus Snack Box	Spinach Dip	Beet Hummus Snack Box	Spinach Dip
DINNER	One Pan Paprika Tofu & Veggies	Black Bean Tacos	One Pan Paprika Tofu & Veggies	Black Bean Tacos	Vegan Sloppy Joes	Hummus Pasta	Vegan Sloppy Joes

## NUTRITIONAL INFORMATION

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>FAT</b>	45%	35%	32%	33%	19%	39%	29%
<b>CARBS</b>	38%	50%	44%	53%	56%	44%	46%
<b>PROTEIN</b>	17%	15%	24%	14%	25%	17%	25%
<b>Calories</b>	1806	1724	1571	1946	1447	1482	1400
<b>Fat</b>	96g	71g	59g	75g	32g	69g	49g
<b>Carbs</b>	183g	227g	186g	273g	215g	176g	173g
<b>Fiber</b>	44g	42g	58g	50g	66g	53g	51g
<b>Sugar</b>	33g	40g	48g	44g	77g	39g	57g
<b>Protein</b>	84g	65g	99g	69g	95g	66g	96g
<b>Cholesterol</b>	2mg	2mg	4mg	2mg	21mg	0mg	17mg
<b>Sodium</b>	706mg	241mg	1323mg	693mg	1170mg	1331mg	941mg
<b>Vitamin A</b>	25455IU	6852IU	39592IU	18158IU	57144IU	61498IU	10868IU
<b>Vitamin C</b>	159mg	131mg	187mg	139mg	117mg	129mg	170mg
<b>Calcium</b>	1287mg	867mg	1710mg	881mg	1432mg	1038mg	1203mg
<b>Iron</b>	21mg	17mg	25mg	20mg	23mg	23mg	27mg

# BREAKFAST RECIPES

**01**

Blueberry Vanilla  
Baked Oatmeal

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**02**

Blueberry Smoothie

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**03**

Tofu Scramble



**COOKING TIME:**  
30 minutes



**SERVINGS:**  
3 servings

**NUTRITION:**  
AMOUNT PER SERVING

Calories	260
Fat	14g
Carbs	22g
Fiber	4g
Sugar	6g
Protein	12g
Cholesterol	2mg
Sodium	55mg
Vitamin A	130IU
Vitamin C	3mg
Calcium	186mg
Iron	1mg

# BLUEBERRY VANILLA BAKED OATMEAL

**INGREDIENTS:**

2 ½ **TBSPS** BECEL® AVO  
PLUS OIL  
½ **CUP** OATS  
½ **CUP** PROTEIN POWDER  
½ **CUP** UNSWEETENED  
ALMOND MILK  
2 **TSPS** MAPLE SYRUP  
½ **TSP** CINNAMON  
2 **TSPS** CHIA SEEDS  
½ **TSP** VANILLA EXTRACT  
¾ **CUP** BLUEBERRIES

**DIRECTIONS:**

1. Preheat the oven to 350°F (177°C). Grease the ramekins with ½ tsp of the oil.
2. Add all remaining ingredients to a mixing bowl and stir until thoroughly combined.
3. Divide the mixture evenly between the ramekins and bake for 30 minutes or until a toothpick comes out clean. Enjoy!

**NOTES:**

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** These were made in 8-ounce (120-mL) ramekin dishes. One ramekin is one serving.



**COOKING TIME:**  
5 minutes



**SERVINGS:**  
1 serving

**NUTRITION:**  
AMOUNT PER SERVING

Calories	235
Fat	6g
Carbs	24g
Fiber	8g
Sugar	13g
Protein	23g
Cholesterol	4mg
Sodium	224mg
Vitamin A	3384IU
Vitamin C	12mg
Calcium	617mg
Iron	2mg

# BLUEBERRY SMOOTHIE

**INGREDIENTS:**

**1 CUP FROZEN  
BLUEBERRIES**  
**½ CUP PROTEIN POWDER**  
**1 TBSP GROUND FLAX  
SEED**  
**1 CUP UNSWEETENED  
ALMOND MILK (COLD)**  
**1 CUP BABY SPINACH  
(FROZEN IF NEEDED)**

**DIRECTIONS:**

1. Throw all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

**NOTES:**

**No Blueberries:** Use any type of frozen berry instead.

**No Protein Powder:** Use hemp seeds instead.



**COOKING TIME:**  
30 minutes



**SERVINGS:**  
2 servings

**NUTRITION:**  
AMOUNT PER SERVING

Calories	304
Fat	25g
Carbs	6g
Fiber	4g
Sugar	3g
Protein	21g
Cholesterol	0mg
Sodium	97mg
Vitamin A	1839IU
Vitamin C	38mg
Calcium	577mg
Iron	5mg

# TOFU SCRAMBLE

**INGREDIENTS:**

**14 OZS TOFU**  
**2 TBSPS BECEL® AVO**  
**PLUS OIL**  
**½ RED BELL PEPPER**  
**½ TSP CUMIN**  
**2 ¼ TSPS CHILI POWDER**  
**¼ TSP GROUND**  
**TUMERIC**

**DIRECTIONS:**

1. Pat tofu dry and wrap in a clean, absorbent towel with something heavy on top, such as a cast iron skillet, for 15 minutes.
2. While tofu is draining, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside.
3. Prep veggies and warm a large skillet over medium heat. Once hot, add 1-2 tbsp oil and the red pepper. Season with a pinch each of salt and pepper and stir. Cook until softened - about 5 minutes.
4. In the meantime, unwrap tofu and use a fork to crumble into bite-sized pieces.
5. Use a spatula to move the veggies to one side of the pan and add tofu. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir immediately, evenly distributing the sauce. Cook for another 5-7 minutes until tofu is slightly browned.
6. Serve immediately with potatoes, toast or fruit.

# SNACK RECIPES

**01**  
Dried Plum Energy Balls

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**02**  
Edamame & Grapes

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**03**  
Celery & Peanut Butter

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**04**  
Beet Hummus Snack Box

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**05**  
Spinach Dip



**COOKING TIME:**  
10 minutes



**SERVINGS:**  
5 servings

**NUTRITION:**  
AMOUNT PER SERVING

Calories	651
Fat	41g
Carbs	67g
Fiber	7g
Sugar	7g
Protein	19g
Cholesterol	0mg
Sodium	14mg
Vitamin A	931IU
Vitamin C	0mg
Calcium	127mg
Iron	4mg

# DRIED PLUM ENERGY BALLS

**INGREDIENTS:**

**¾ CUP ALMONDS**  
**1 CUP PRUNES**  
**¼ CUP COCOA POWDER**  
**1 CUP ALL NATURAL PEANUT BUTTER**  
**1 TSP VANILLA EXTRACT**  
**¼ CUP UNSWEETENED COCONUT FLAKES (OPTIONAL)**

**DIRECTIONS:**

1. Add almonds into food processor and chop until bread crumb consistency.
2. Add remaining ingredients into food processor and mix until a thick fudge-like consistency forms. If dough is crumbly, add one tablespoon of water at a time until it's showing a thicker, more solid consistency.
3. Transfer mix to a bowl and roll into one inch balls. Roll balls in coconut flakes (optional). If preferred, you can put the dough in the fridge for a few minutes to allow it to harden before rolling it.
4. Store in refrigerator for up to 5 days.





**COOKING TIME:**  
5 minutes



**SERVINGS:**  
1 serving

**NUTRITION:**  
AMOUNT PER SERVING

Calories	219
Fat	8g
Carbs	22g
Fiber	9g
Sugar	11g
Protein	19g
Cholesterol	0mg
Sodium	10mg
Vitamin A	508IU
Vitamin C	11mg
Calcium	105mg
Iron	4mg

# EDAMAME & GRAPES

**INGREDIENTS:**

**1 CUP FROZEN EDAMAME**  
**½ CUP GRAPES**

**DIRECTIONS:**

1. Place grapes and edamame in containers.  
Enjoy!



**COOKING TIME:**  
5 minutes



**SERVINGS:**  
1 serving

**NUTRITION:**  
AMOUNT PER SERVING

Calories	112
Fat	8g
Carbs	7g
Fiber	3g
Sugar	3g
Protein	4g
Cholesterol	0mg
Sodium	99mg
Vitamin A	539IU
Vitamin C	4mg
Calcium	56mg
Iron	1mg

# CELERY & PEANUT BUTTER

**INGREDIENTS:**

**3 STALKS CELERY**  
(CHOPPED)  
**1 TBSP ALL NATURAL**  
**PEANUT BUTTER**

**DIRECTIONS:**

1. Spread peanut butter into celery stalks.  
Enjoy!



**COOKING TIME:**  
10 minutes



**SERVINGS:**  
1 serving

**NUTRITION:**  
AMOUNT PER SERVING

Calories	334
Fat	12g
Carbs	53g
Fiber	11g
Sugar	7g
Protein	8g
Cholesterol	0mg
Sodium	551mg
Vitamin A	11845IU
Vitamin C	12mg
Calcium	70mg
Iron	4mg

# BEET HUMMUS SNACK BOX

**INGREDIENTS:**

**2 OZS** OAT CRACKERS  
**2 TBSPS** BEET HUMMUS  
**½ CUP** BABY CARROTS  
**½ CUP** SNAP PEAS

**DIRECTIONS:**

1. Assemble all of the ingredients into a snack box. Enjoy!



**COOKING TIME:**  
5 minutes



**SERVINGS:**  
2 servings

**NUTRITION:**  
AMOUNT PER SERVING

Calories	94
Fat	3g
Carbs	7g
Fiber	0g
Sugar	3g
Protein	11g
Cholesterol	17mg
Sodium	82mg
Vitamin A	1877IU
Vitamin C	10mg
Calcium	265mg
Iron	1mg

# SPINACH DIP

**INGREDIENTS:**

**1 CUP PLAIN GREEK  
YOGURT**  
**1 CUP BABY SPINACH**  
**2 TBSPS PESTO**

**DIRECTIONS:**

1. Combine yogurt, pesto and spinach in a food processor. Process until smooth. Serve with vegetables.

# LUNCH RECIPES

**01**  
Veggie Chickpea Scramble

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**02**  
Meditereanean  
Chickpea Salad

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**03**  
Roasted Carrot &  
Whitebean Soup

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**04**  
Hummus Pasta



**COOKING TIME:**  
20 minutes



**SERVINGS:**  
3 servings

**NUTRITION:**  
AMOUNT PER SERVING

Calories	431
Fat	14g
Carbs	57g
Fiber	15g
Sugar	8g
Protein	22g
Cholesterol	0mg
Sodium	323mg
Vitamin A	2850IU
Vitamin C	14mg
Calcium	144mg
Iron	7mg

# VEGGIE CHICKPEA SCRAMBLE

**INGREDIENTS:**

**2 CUPS** CHICKPEAS,  
DRAINED  
**2 TBSPS** LEMON JUICE  
**2 TBSPS** NUTRITIONAL  
YEAST  
**1 TSP** GARLIC POWDER  
**½ TSP** TURMERIC  
**½ CUP** HUMMUS  
**1 TBSP** BECEL® AVO PLUS  
OIL  
**3 SLICES** ENGLISH MUFFIN  
**3 CUPS** BABY SPINACH

**DIRECTIONS:**

1. Add the chickpeas and the lemon juice to a mixing bowl and mash together with a fork. Add the spices and the hummus and mash again until well mixed.
2. Add Becel® Avo Plus Oil to frying pan. Cook the chickpea mixture in a frying pan over medium-high heat for about 5 minutes or until golden brown, stirring occasionally.
3. Serve with spinach or your favourite veggies, on an English muffin.



**COOKING TIME:**  
10 minutes



**SERVINGS:**  
2 servings

**NUTRITION:**  
AMOUNT PER SERVING

Calories	335
Fat	5g
Carbs	60g
Fiber	15g
Sugar	19g
Protein	17g
Cholesterol	0mg
Sodium	37mg
Vitamin A	3846IU
Vitamin C	63mg
Calcium	147mg
Iron	7mg

# MEDITERRANEAN CHICKPEA SALAD

**INGREDIENTS:**

**2 CUPS** CHICKPEAS  
(COOKED)  
**2 CUPS** CHERRY  
TOMATOES (HALVED)  
**1 CUP** PARSLEY (FINELY  
CHOPPED)  
**1 TBSP** MAPLE SYRUP  
**1 TBSP** APPLE CIDER  
VINEGAR

**DIRECTIONS:**

1. Combine all ingredients in a mixing bowl. Divide onto plates and enjoy!

**NOTES:**

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving equals approximately 1 1/2 cups of salad.

**More Flavour:** Add minced garlic, olive oil, cumin or dried herbs.

**Additional Toppings:** Top with feta, olives, mixed greens, spinach or avocado.



**COOKING TIME:**  
1 hour



**SERVINGS:**  
4 servings

**NUTRITION:**  
AMOUNT PER SERVING

Calories	424
Fat	13g
Carbs	67g
Fiber	23g
Sugar	18g
Protein	15g
Cholesterol	0mg
Sodium	343mg
Vitamin A	46003IU
Vitamin C	24mg
Calcium	262mg
Iron	6mg

# ROASTED CARROT & WHITE BEAN SOUP

**INGREDIENTS:**

**18 CARROTS (MEDIUM, PEELED AND ROUGHLY CHOPPED)**  
**1 TBSP BECEL® AVO PLUS OIL (DIVIDED)**  
**1 YELLOW ONION (MEDIUM, DICED)**  
**3 STALKS CELERY (CHOPPED)**  
**4 GARLIC (CLOVES, MINCED)**  
**4 CUPS VEGETABLE BROTH, LOW SODIUM**  
**2 ½ CUPS WHITE NAVY BEANS (COOKED, DRAINED AND RINSED)**  
**1 TSP TURMERIC**  
**¼ CUP TAHINI**  
**½ LEMON (JUICED)**

**DIRECTIONS:**

1. Preheat your oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss the chopped carrots with half of the BeceI® Avo Plus Oil. Spread them over the baking sheet and roast for 40 minutes, tossing halfway through cooking.
3. In a large pot, heat the rest of the BeceI® Avo Plus Oil. Add the onion and celery, cook for 7-10 minutes or until softened. Then add the garlic and cook for 2 to 3 more minutes.
4. Add the roasted carrots, vegetable broth, white beans, turmeric, and tahini into the pot. Use an immersion blender to puree until completely smooth. Add lemon juice and salt and pepper to taste.
5. Divide between bowls and enjoy!

**NOTES:**

**Leftovers:** Refrigerate in an airtight container for up to four days, or freeze up to six months.  
**Serving Size:** One serving equals approximately 2 cups.  
**No Immersion Blender:** Use a regular blender instead, ensuring there is a place in the lid for the steam to escape.  
**Carrot Tip:** If using different sized carrots, aim for about 0.5lb. of carrots per serving.  
**No Carrots:** Use sweet potato instead.  
**Add Toppings:** Greek yogurt, avocado, roasted vegetables, pumpkin seeds, sesame seeds, hemp seeds, cinnamon or extra turmeric.





**COOKING TIME:**  
15 minutes



**SERVINGS:**  
4 servings

**NUTRITION:**  
AMOUNT PER SERVING

Calories	308
Fat	11g
Carbs	43g
Fiber	12g
Sugar	8g
Protein	18g
Cholesterol	0mg
Sodium	241mg
Vitamin A	1272IU
Vitamin C	51mg
Calcium	73mg
Iron	7mg

# HUMMUS PASTA

**INGREDIENTS:**

**¾ CUP CHERRY TOMATOES (HALVED)**  
**1 RED BELL PEPPER (SLICED)**  
**1 ZUCCHINI (SLICED)**  
**1 GARLIC (CHOPPED)**  
**1 ½ TBSPS BECEL® AVO PLUS OIL**  
**¾ CUP HUMMUS**  
**8 OZS CHICKPEA PASTA (DRY)**

**DIRECTIONS:**

1. Preheat the oven to 400F, then in a large baking dish, add in your cherry tomatoes, garlic cloves, zucchini, red pepper, and 1 tsp of Bece!® Avo Plus Oil and toss to combine.
2. Make a well in the center of your baking dish and add in your hummus. Top the hummus with the remaining Bece!® Avo Plus Oil, then place in the oven to bake for 30-40 minutes or until tomatoes are blistered and juicy.
3. Meanwhile, cook pasta according to package directions.
4. Once the veggies and hummus are cooked, carefully mash tomatoes and garlic with a fork to fully release all of their juices, then mix into the hummus to get a thicker sauce. Mix in cooked pasta and enjoy.

**NOTES:**

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately one cup of pasta.

**Additional Toppings:** Top with chopped parsley and a drizzle of Bece!® Avo Plus Oil.

# DINNER RECIPES

**01**

One Pan Paprika Tofu  
& Veggies

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**02**

Black Bean Tacos

.....

**03**

Vegan Sloppy Joes

.....

**04**

Hummus Pasta  
(see page 17)



**COOKING TIME:**  
30 minutes



**SERVINGS:**  
4 servings

**NUTRITION:**  
AMOUNT PER SERVING

Calories	352
Fat	19g
Carbs	30g
Fiber	15g
Sugar	9g
Protein	27g
Cholesterol	0mg
Sodium	215mg
Vitamin A	21005IU
Vitamin C	138mg
Calcium	774mg
Iron	8mg

# ONE PAN PAPRIKA TOFU & VEGGIES

**INGREDIENTS:**

**2 GARLIC (CLOVES, MINCED)**  
**1 TBSP PAPRIKA**  
**1 TSP DRIED THYME**  
**3 TBSPS BECEL® AVO PLUS OIL (DIVIDED)**  
**1 LB TOFU (FIRM, PATTED DRY AND CUBED)**  
**1 CUP RED ONION (SLICED)**  
**3 BUNCHES BROCCOLINI (OR BROCCOLI ROUGHLY CHOPPED)**  
**1 SWEET POTATO (THINLY SLICED)**  
**4 CUPS GREEN BEANS (TRIMMED AND HALVED)**

**DIRECTIONS:**

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. In a large mixing bowl, add garlic, paprika, thyme, salt, pepper and 2 tbsp of the Becel® Avo Plus Oil. Whisk until combined.
3. Add the sliced tofu into the bowl and toss well to coat. Transfer to the baking sheet.
4. Add green beans, broccolini and sweet potato to the same bowl and toss with remaining Becel® Avo Plus Oil. Transfer to baking sheet and bake the tofu and veggies for 20 minutes.
5. Remove from the oven and divide into containers.

**NOTES:**

**Leftovers:** Refrigerate in an airtight container for up to three days.

**No tofu:** Use tempeh or chickpeas in the paprika mixture instead.



**COOKING TIME:**  
17 minutes



**SERVINGS:**  
4 servings

**NUTRITION:**  
AMOUNT PER SERVING

Calories	366
Fat	3g
Carbs	71g
Fiber	13g
Sugar	5g
Protein	13g
Cholesterol	0mg
Sodium	36mg
Vitamin A	1406IU
Vitamin C	61mg
Calcium	351mg
Iron	4mg

# BLACK BEAN TACOS

**INGREDIENTS:**

**½ CUPS BECEL® SALTED PLANT-BASED BRICKS**  
**2 ZUCCHINI (CHOPPED)**  
**1 RED BELL PEPPER (CHOPPED)**  
**½ CUP RED ONION (CHOPPED)**  
**1 TSP CHILI POWDER**  
**1 GARLIC (CLOVE, FINELY CHOPPED)**  
**2 CUPS BLACK BEANS**  
**¼ CUPS CILANTRO (CHOPPED)**  
**12 CORN TORTILLAS**  
**1 LIME (CUT INTO PIECES)**

**DIRECTIONS:**

1. Melt BeceL® Salted Plant-Based Bricks in large nonstick skillet over medium-high heat and cook zucchini, red pepper, onion, chili powder, garlic and salt, stirring occasionally, until vegetables are tender, about 5 minutes.
2. Stir in beans and cook until heated through, about 2 minutes. Stir in cilantro.
3. Spoon bean mixture into tortillas. Serve with lime wedges.



**COOKING TIME:**  
4 hours



**SERVINGS:**  
3 servings

**NUTRITION:**  
AMOUNT PER SERVING

Calories	475
Fat	2g
Carbs	95g
Fiber	26g
Sugar	32g
Protein	27g
Cholesterol	0mg
Sodium	511mg
Vitamin A	5372IU
Vitamin C	60mg
Calcium	183mg
Iron	10mg

# VEGAN SLOPPY JOES

**INGREDIENTS:**

½ SWEET ONION (FINELY DICED)  
 1 GREEN BELL PEPPER (FINELY DICED)  
 1 CUP MATCHSTICK CARROTS  
 2 CUPS LENTILS (COOKED, DRAINED AND RINSED)  
 2 CUPS BLACK BEANS (COOKED, DRAINED AND RINSED)  
 1 TSP GARLIC POWDER  
 3 TBSPS YELLOW MUSTARD  
 ¼ CUP MAPLE SYRUP  
 2 CUPS CRUSHED TOMATOES  
 3 BUNS OR BREAD OF CHOICE  
 3 CUPS BABY SPINACH (CHOPPED)

**DIRECTIONS:**

1. Heat 2 tbsp water in a saucepan over medium heat. Add onion, green pepper and carrots, stirring frequently, until vegetables soften (about 3-5 minutes).
2. Add lentils, black beans, garlic powder, yellow mustard, maple syrup and crushed tomatoes. Bring to a boil and then simmer for 20 minutes, with the lid on. Stir frequently.
3. Once bean mixture is cooked, serve on bread of choice and top with spinach.

**NOTES:**

**Next Level Sloppy Joes:** Add cheese, avocado, pickles, onions and/or cashew sour cream.

**Repurpose Leftovers:** Leftovers can be served on brown rice tortilla as a pizza, or with brown rice tortilla chips for dipping, with sweet potato toast or as a bowl with some quinoa and greens.

