

Plantiful Plate Meal Plan

MENU

Immune Boosting Soup
Pantry Peanut Noodles
Thai-tillas

BONUS RECIPE

How to: Instant Pot Chickpeas
Immune Blast Smoothie

Hi! I'm excited for you to try this sample week of the Plantiful Plate meal plan. My goal at Love & Plants is to make plant-based eating delicious and help you get more plants on your plate, whether you eat animal products or not! Plant-based foods are the foundation of building a robust immune system!

We send out a new batch of recipes every Friday to our members, plus offer other forms of support throughout the year, including our private Facebook group.

Each recipe below usually makes 4-6 servings. And every week you receive bonus recipes such as desserts, condiments, breakfasts or how to guides.

If you have any questions feel free to email emily@loveandplants.com.

I'm here to help you eat healthy and enjoy it too!

As you use the compiled shopping list think about what staples you can stock up on and about building your healthy pantry. You may find you already have a lot of items on the shopping list, so reference the list and look around your kitchen to cross off anything you have, before heading to the store.

Here's to a week of plentiful plates!

Love & Plants

Emily

Founder of www.loveandplants.com and the Plantiful Plate meal plan



Immune Boosting Soup

Ingredients

8 oz mushrooms, chopped well
1 yellow onion, diced
6 large cloves garlic, minced (~3 tablespoons)
1" ginger, minced (~1 tablespoons)
1" fresh turmeric, minced (~1 tablespoon)
1 large carrot, diced
7 cups liquid* (veggie broth, mushroom broth, water)
1/2 cup dry quinoa
1/2 bunch cilantro, chopped
4 kale leaves, de-stemmed and chopped
1/2 teaspoon salt
1/4 teaspoon black pepper

Notes

*You can use all broth or a combination. We used 5 cups of homemade broth and the rest water.

This soup is full of ingredients that are powerful immune boosters, inflammation fighters and good at detoxifying. We've already known people coming down with cold and flu symptoms and encourage a healthy diet as part of your prevention.

Instructions

Heat a large pot over medium-high heat until a drop of water danced on the surface. Add the mushrooms and onions, stirring often as they begin to turn shiny. Add the garlic, ginger and turmeric and stir into the cooking mix. Sauté a couple minutes, watching to ensure ingredients aren't sticking.

Add carrot, broth/water, quinoa and cilantro. Bring to a boil, then immediately reduce heat to low and cook 15 minutes until quinoa is soft. Remove from heat.

Stir in kale, salt and pepper.

If desire serve with additional cilantro as a garnish.
Cilantro is a power detoxifier.



Pantry Peanut Noodles

Ingredients

1 package spaghetti or soba noodles
2 scallions, sliced
1 bag coleslaw mix (Optional)
8 oz sliced mushrooms (Optional)
Cooked chickpeas (Optional- BONUS Recipe)
Garnish: 1 small box basil, minced
Garnish: 1 bunch cilantro, minced
Garnish: unsalted peanuts, crushed

Pantry Peanut Sauce

1/2 cup natural peanut butter
1/3 cup hot, or very warm, water
1 tablespoon tamari
1 1/2 teaspoons rice vinegar
1 tablespoon pure maple syrup
1/4-1/2 teaspoon ground ginger
1/4 teaspoon garlic granules
1 teaspoon sriracha

Notes

This recipe can be super simple from the pantry if that is what you're working with or have bandwidth for. Or you can get one more step gourmet by adding some simple sautéed veggies (recommended and encouraged). Regardless, it's a fast and easy meal to pull together using many ingredients that are already stocked in many pantries.

Instructions

Place a pot of water on the stove and bring to a boil for cooking noodles. Cook according to package directions.

Whisk together all the peanut sauce ingredients and set aside.

The simplest version of this can be noodles tossed in peanut sauce and garnished with scallions.

We recommend adding veggies! You can keep it simple with preshredded coleslaw mix or use any veggies you have leftover in the fridge from holiday cooking.

Heat a sauté pan over medium-high heat. When hot add the mushrooms. Cook, stirring frequently until mushrooms give up their liquid and become moist. Add the coleslaw mix. (Or add any veggies you desire to the hot pan to cook to your liking). Add beans, if using.

When noodles are done drain and rinse with cold water. Then pour peanut sauce over noodles and toss to coat. Either toss cooked veggies in, or add them on top.

Garnish liberally with scallions, basil, cilantro and crushed peanuts.



Thai-tillas

Ingredients

1 package whole grain tortillas or flatbread
1 small cabbage, sliced thin
1 large carrot, grated
1 cucumber, sliced
1 1/2 cups (1 15-oz can) chickpeas, drained and rinsed
Garnish: Cilantro
Garnish: Sriracha

Thai Hummus Ingredients

1 1/2 cups (1 15-oz can) chickpeas, drained and rinsed
2 tablespoons red curry paste
1-2 garlic cloves
2 tablespoons natural peanut butter
2-3 tablespoons fresh lime juice
1/2 cup water

Notes

Make a large batch of this hummus to enjoy many ways throughout the week. And feel free to doctor up your tortilla with any veggies you happen to have on hand, or look good at the market.

Instructions

Make the hummus by placing the peeled garlic cloves in a food processor and process to mince. Then add remaining ingredients except water. Process to blend and then slowly pour in water to achieve a spreadable consistency.

Prepare other veggies and drain and rinse chickpeas.

Warm each tortilla in a dry skillet over medium heat for a minute on each side. Spread a generous layer of hummus on your tortilla and top with veggies, chickpeas and a garnish of cilantro and sriracha.

Enjoy open faced and cut in triangles, folded in half or rolled up.

BONUS RECIPE***

How to: Instant Pot Chickpeas

Ingredients

Dry chickpeas
(dry beans roughly triple in size when cooked, so for every 1 cup dry you'll end up with 3 cups cooked)

Notes

The Instant Pot appliance has been taking America by storm over the past couple years. We love ours and the main things we use it for is pressure cooking grains and beans. It can drastically reduce the cooking time for beans particularly making it easier than ever to cook up a batch of dry beans to use in multiple recipes throughout the week. Also, because the heat is all contained inside the appliance it doesn't heat up the house as much as oven or stovetop cooking does, which is nice as the weather gets warmer.

Keep in mind that the amount of time it takes to cook in a pressure cooker will change based on elevation. We live barely above sea level, so our cooking times are likely less than if you are at a high elevation in the mountains.

If you do not have an electric pressure cooker like an Instant Pot and you do not know how to cook dry beans on the stove top please reach out and I'm happy to help!

Instructions

For dry chickpeas: Place dry beans in the Instant Pot and cover with about 4 inches of water. Select the bean setting and adjust the time to 25 minutes. The Instant Pot will come to pressure and then begin counting down. When it beeps indicating it has been at pressure for 25 minutes allow it to release pressure naturally. Wait 10-15 minutes and try to turn the lid. If it does not want to turn yet you can place a towel over the valve and turn it to release any remaining pressure.

For chickpeas soaked overnight: Place soaked beans in the Instant Pot and cover with about 2 inches of water. Select the bean setting and adjust time to 8 minutes. The Instant Pot will come to pressure and then begin counting down. When it beeps indicating it has been at pressure for 8 minutes allow it to release pressure naturally. Wait 10-15 minutes and try to turn the lid. If it does not want to turn yet you can place a towel over the valve and turn it to release any remaining pressure.

We also recommend placing a 2 inch piece of Kombu (seaweed) in with your beans. The amino acids in Kombu help to soften beans and make them more digestible. It can decrease flatulence in those who experience it from beans. However the best thing for bean induced gas is eating them often and chewing food thoroughly.

BONUS RECIPE***

Immune Blast Smoothie

Ingredients

1/2 apple*, core removed, chopped
1/2 large golden beet, chopped
1 carrot, chopped
1/2" fresh ginger root, peeled
1 tiny garlic cloves
1 lemon, juiced
1/2 teaspoon ground turmeric or 1/2" fresh root
1/4 teaspoon black pepper
1 1/2 cups water

Notes

*You can always add the other 1/2 of the apple for more sweet, but start with 1/2. We prefer the bright and spicy flavor with the smaller quantity, but it can be personal preference.

This smoothie has a kick both in flavor and in immune boosting potential. Fruit and veggies are great for the immune system and in particular ginger, garlic, lemon and turmeric give you an added boost during times when you are feeling a bug coming on or are trying to keep those bugs around you at bay.

Instructions

Add all ingredients to a blender and process until super smooth.

We find some people under blend smoothies. Keep that blender running to make sure everything is fully puréed.

Add more or less water to your preference. We make this thinner, think a slightly thickened juice consistency.



SHOPPING ESSENTIALS LIST

Produce	Grocery (Dry)	Bulk or Grocery (Dry)	Spices
8 oz mushrooms	1 quart vegetable broth	1/2 cup quinoa	1/4 tampon garlic granules
Optional: 8oz sliced mushrooms	1 package spaghetti or soba noodles	1/3 cup unsalted peanuts	1/2 teaspoon ground ginger
1 yellow onion	2/3 cup natural peanut butter		Salt & Pepper
8 cloves garlic	1 tablespoon tamari		
1" ginger root	1 1/2 teaspoons rice vinegar		
1" turmeric root	1 tablespoon pure maple syrup		
2 large carrots	1 teaspoon sriracha		
1 bunch cilantro	1 package whole grain tortillas		
2 scallions	1 15 oz can chickpeas		
1 bunch kale	2 tablespoons red curry paste		
1 small box basil			
1 small cabbage			
1 cucumber			
2 limes			
Optional: 1 bag coleslaw mix			



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'turnip the beet on your health'

BONUS RECIPES SHOPPING LIST

Produce	Bulk or Grocery (Dry)	Spices
1 apple	Chickpeas, as desired	1/2 teaspoon turmeric
1 golden beet		1/4 teaspoon black pepper
1 carrot		
1/2" ginger root		
1 small clove garlic		
1 lemon		