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Week 3 Vegetarian Meal Plan

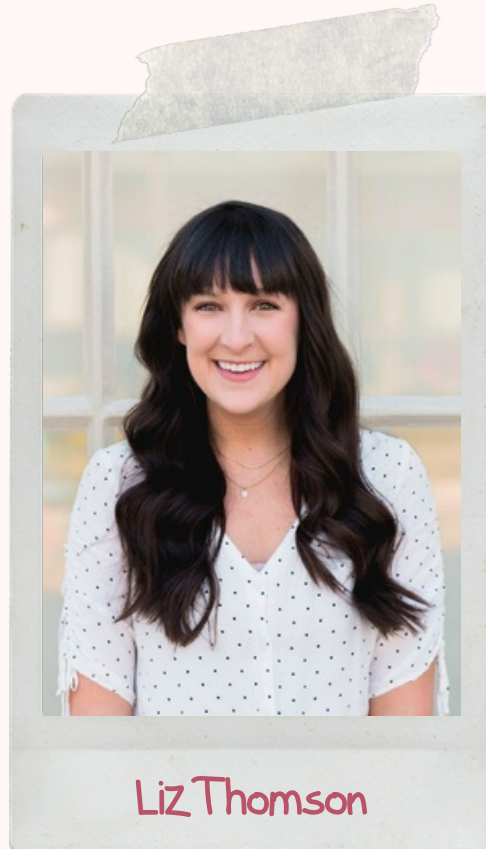
From breakfast to dinner!



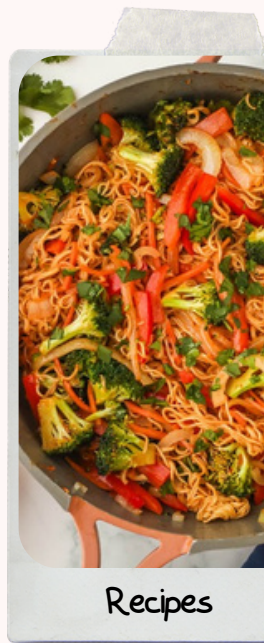
High Protein



Vegetarian



Liz Thomson



Recipes



Shopping List



PRODUCE

- 4 onions (yellow/red)
- 2 shallots
- 2 heads garlic
- Mushrooms (about 1 lb)
- 2 carrots
- 1 celery stalk
- 4 red bell peppers
- Broccoli (1 head)
- Snap peas (1/2 cup)
- Cherry tomatoes (2 cups)
- 1 banana
- Blueberries (1 cup)
- Fresh thyme (small bunch)
- Cilantro (1 bunch)
- 1-2 limes
- 1 lemon
- Avocado + jalapeno (optional)

DAIRY & REFRIGERATED

- Shredded cheddar (2 cups)
- Parmesan (2 oz)
- Fontina (2 oz)
- Feta (8 oz block)
- Plain Greek yogurt (1 1/4 cups)
- Butter (2 Tbsp)
- Heavy cream (1/4 cup)
- Whole milk (3/4 cup)
- Soy or skim milk (1/2 cup)
- 4 eggs
- 1 pie crust (9-inch)

PANTRY & CANNED

- Quinoa (1 cup)
- Short pasta (12 oz)
- Instant ramen (2 packets)
- Gnocchi (16 oz)
- Brown or green lentils (1 cup)
- Vegetable broth (4 1/2 cups)
- Black beans (15 oz)
- Corn (15 oz)
- Full-fat coconut milk (2 cans)
- Tomato salsa (1 cup)
- Tomato paste (2 Tbsp)
- Thai red curry paste (1 jar)
- Soy sauce
- Peanut butter (3/4 cup)
- Strawberry jam (1/3 cup)
- Peanuts (for garnish)

OILS, BAKING & SWEETENERS

- Olive oil
- Avocado oil
- Vegetable oil
- All-purpose flour (1 1/3 cups)
- Brown sugar (1 cup)
- Baking powder
- Vanilla extract
- Honey or maple syrup

SPICES

- Ground cumin
- Chili powder
- Garlic powder
- Dried oregano
- Dried thyme
- Red pepper flakes
- Salt
- Black pepper



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EASY. HEALTHY. SIMPLE.

Dinner

1

Quinoa Taco Skillet

2

Easy Mushroom Pasta

3

Ramen Noodle Veggie Stir Fry

4

Red Curry Lentils

5

Sheet Pan Gnocchi with Vegetables





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EASY. HEALTHY. SIMPLE.

Quinoa Taco Skillet

All your favorite taco flavors in one pan – fluffy quinoa, hearty black beans, corn, and melty cheddar for an easy, satisfying weeknight dinner.





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Ingredients

- 1 tsp olive oil
- 1 medium red or yellow onion, diced
- 4 cloves garlic, minced
- 1/2 tsp ground cumin
- 1/4 tsp chili powder
- 2 Tbsp tomato paste
- 1 cup uncooked quinoa, rinsed
- 1 1/2 cups vegetable broth
- 1 cup tomato salsa
- 1 (15 oz) can corn, drained
- 1 (15 oz) can black beans, rinsed and drained

Instructions

1 cup shredded cheddar cheese
Cilantro, avocado, jalapeño (optional)

- Heat the olive oil in a large skillet over medium-low heat.
- Add the onion and sauté 4–5 minutes, until softened.
- Add the garlic, cumin, and chili powder; cook 1 minute.
- Stir in the tomato paste and cook 2 minutes.
- Add the quinoa, broth, salsa, black beans, and corn; bring to a boil.
- Cover, reduce to medium-low, and simmer about 15 minutes, until the broth is absorbed and the quinoa is fluffy.
- Top with the cheese, cover 2–3 minutes until melted.
- Add toppings and serve.





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Easy Mushroom Pasta

A quick, hearty weeknight pasta with buttery baby bella mushrooms, thyme, and Parmesan in a light, creamy sauce.





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Ingredients

12 oz short pasta (rotini, bow tie, etc.)
2 Tbsp butter
2 shallots, chopped
3 cloves garlic, minced
12 oz baby bella mushrooms, sliced 1/4" thick
2 tsp fresh thyme (or 1/2 tsp dried)
1 cup low-sodium vegetable broth
1/4 cup heavy cream or cashew cream
1 tsp lemon juice
1 oz grated Parmesan cheese

Instructions

- Boil the pasta per package directions; reserve 1/2 cup pasta water before draining.
- Melt the butter in a skillet over medium heat.
- Add the shallots and cook about 4 minutes.
- Add the garlic and sauté until fragrant, about 30 seconds.
- Add the mushrooms and cook about 8 minutes, until they release their moisture.
- Stir in the thyme (30 seconds), then add the broth; simmer 1–2 minutes to reduce.
- Stir in the cream, lemon juice, and salt.
- Add the pasta and toss with the sauce, loosening with pasta water as needed.
- Sprinkle with Parmesan and season to taste.





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Ramen Noodle Veggie Stir Fry

A fast, budget-friendly Thai-inspired stir fry — ramen noodles tossed with crisp vegetables in a red curry and coconut milk sauce.





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Ingredients

2 packets instant ramen (6 oz total)
2 Tbsp low-sodium soy sauce
1 Tbsp Thai red curry paste
1 tsp brown sugar or maple syrup
2 Tbsp vegetable oil
1 small yellow onion, thinly sliced
2 cloves garlic, minced

1 carrot, peeled and julienned
1 red bell pepper, thinly sliced
1 cup broccoli florets
1/2 cup snap peas, sliced
1/2 cup full-fat coconut milk
Cilantro, peanuts, lime, to garnish

Instructions

- Cook the ramen per package directions; drain and set aside (discard the seasoning packet).
- Stir together the soy sauce, red curry paste, and brown sugar.
- Heat the oil in a large skillet or wok over medium-high. Add the onion and cook 2–3 minutes.
- Add the garlic, carrot, bell pepper, broccoli, and snap peas; stir-fry 2–3 minutes until tender-crisp.
- Pour in the sauce and stir, then mix in the coconut milk.
- Add the noodles and toss to combine; heat through.
- Garnish with cilantro, peanuts, and lime.





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Red Curry Lentils

Perfectly spiced, veggie-packed red curry lentils simmered in coconut milk — a cozy, satisfying plant-based dinner served over rice.





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Ingredients

- 1 Tbsp olive oil
- 1 small yellow or red onion, diced
- 1 large carrot, peeled and diced
- 1 stalk celery, diced
- 1 medium red bell pepper, thinly sliced
- 1 cup brown or green lentils, rinsed
- 2 Tbsp Thai red curry paste
- 2 cups vegetable broth
- 1 (15 oz) can full-fat coconut milk
- 1/2 cup cilantro, chopped
- 1 Tbsp lime juice

Instructions

- Heat the oil in a large pan over medium heat. Add the onion, carrot, and celery; cook 5 minutes.
- Add the bell pepper and cook 3 minutes.
- Add the lentils and curry paste; cook 1 minute to toast the paste.
- Add the broth, bring to a simmer, and cook 10 minutes, stirring occasionally.
- Reduce to medium-low and stir in the coconut milk.
- Cook 20–25 minutes, until the lentils are tender.
- Stir in the lime juice and season with salt; top with cilantro. Serve over rice.





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Sheet Pan Gnocchi with Vegetables

A deliciously simple one-pan dinner — pillowy gnocchi and vegetables roasted together and finished with melty fontina and Parmesan.





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Ingredients

- 1 (16 oz) package gnocchi
- 1 large bell pepper, cut into 1" pieces
- 1 cup broccoli florets, chopped
- 1 cup cherry tomatoes, halved
- 1 Tbsp olive oil
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 2 oz fontina cheese, shredded
- 1 oz Parmesan cheese, grated

Instructions

- Preheat oven to 425°F and line a rimmed baking sheet with parchment.
- Spread the gnocchi and vegetables in an even layer.
- Drizzle with olive oil, sprinkle with garlic powder and salt, and toss to coat.
- Bake 15 minutes, then flip the gnocchi and vegetables.
- Top with the fontina and bake 10–12 minutes more.
- Sprinkle with Parmesan just before serving.





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Breakfast, Snack & Dessert

1

Vegetarian Quiche

2

Blueberry Banana Smoothie

3

Whipped Feta Dip

4

Peanut Butter and Jelly Bars





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Vegetarian Quiche

A hearty, veggie-loaded quiche with mushrooms, peppers, and cheese in a flaky crust — perfect for an easy brunch or make-ahead breakfast.





Ingredients

- 1 (9-inch) pie crust
- 1 Tbsp olive oil
- 1 cup mushrooms, sliced
- 1 red bell pepper, diced
- 1/2 cup red onion, diced
- 2 cloves garlic, minced
- 1/2 tsp dried oregano
- 4 large eggs
- 3/4 cup whole milk

Instructions

1 cup shredded cheese (cheddar, Gruyère, or mozzarella)

1/2 tsp salt oven to 375°F. Blind-bake the empty crust 10 minutes if using raw

1/4 cup black pepper

- Sauté the mushrooms, pepper, onion, and garlic in the olive oil 5–6 minutes; cool slightly.
- Whisk together the oregano, eggs, milk, salt, and pepper.
- Spread the vegetables in the crust, add the cheese, and pour the egg mixture on top.
- Bake 35–40 minutes, until set and golden. Rest 5 minutes before slicing.





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Blueberry Banana Smoothie

A creamy blueberry-banana smoothie with 15g of protein — a quick, wholesome breakfast or snack.





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Ingredients

- 1 cup fresh or frozen blueberries
- 1 ripe banana
- 1/2 cup plain Greek yogurt
- 1/2 cup unsweetened soymilk or skim milk
- 1/2 tsp vanilla extract
- 1 Tbsp honey or 1/2 scoop vanilla protein powder (optional)

Instructions

- Add all ingredients to a blender and blend until smooth.
- Add sweetener to taste, if needed.
- For a thicker smoothie, use frozen fruit.





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Whipped Feta Dip

Silky whipped feta topped with garlicky burst cherry tomatoes — a simple, impressive snack with crusty bread or pita chips.





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Ingredients

8 oz block feta cheese
3/4 cup plain Greek yogurt
1 Tbsp olive oil
1/4 tsp red pepper flakes
Salt, to taste
1 Tbsp olive oil (for tomatoes)
2 cloves garlic, minced
1 cup cherry tomatoes

Instructions

- Blend the feta and Greek yogurt in a food processor until combined.
- With the processor running, drizzle in the olive oil; blend until smooth.
- Spread onto a plate and sprinkle with red pepper flakes.
- In a nonstick skillet, heat the olive oil, garlic, and tomatoes over medium heat.
- Cook about 10 minutes, until the tomatoes burst.
- Spoon the tomatoes over the whipped feta.





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Peanut Butter and Jelly Bars

Sweet-and-salty PB&J bars made in one bowl with just 8 ingredients – a nostalgic, easy treat.





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Ingredients

1 cup packed light brown sugar
3/4 cup creamy peanut butter
1/4 cup avocado oil
1/2 cup unsweetened almond milk
1 tsp vanilla extract
1 1/3 cups all-purpose flour
1 tsp baking powder
1/2 tsp salt
1/3 cup strawberry jam

Instructions

- Preheat oven to 350°F and line an 8x8 pan with parchment.
- In a large bowl, beat the brown sugar, peanut butter, and oil until smooth.
- Add the vanilla and almond milk; blend until smooth.
- Stir in the flour, baking powder, and salt until combined.
- Spread into the pan and flatten into the corners.
- Dollop the jam on top and swirl it through with a knife.
- Bake 30–35 minutes, until the edges are lightly browned and the center is firm.
- Cool completely before cutting into squares.





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That's a wrap!

Thank you so much
for cooking with me!

Whether you're making the jump to vegetarianism or you're just trying to add more meatless meals to your routine, I hope these ideas help you get started!

Eating healthy doesn't have to be expensive or complicated and you don't have to sacrifice protein when eating vegetarian meals!

All the best!
Liz



Connect with me (clickable links):

Instagram: [@iheartveggies](#)

Website: www.iheartvegetables.com

TikTok: [@iheartveggies](#)

My latest book: [The Truly Healthy Vegetarian Cookbook](#)

