



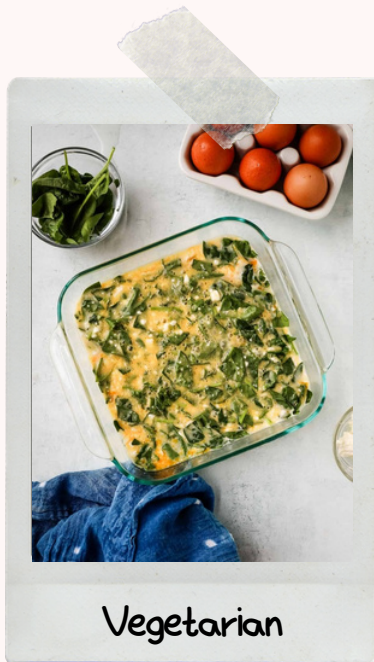
i heart vegetables

Week 4 Vegetarian Meal Plan

From breakfast to dinner!



High Protein



Vegetarian



Liz Thomson



Recipes



Shopping List



PRODUCE

- Cherry tomatoes (1 1/2 pints)
- 1 green bell pepper
- 1 small red onion
- 1 yellow onion
- 1-2 heads garlic
- 1 knob fresh ginger
- 2 sweet potatoes (~1 lb)
- Baby spinach (2 cups)
- 2 avocados
- Cilantro (1 bunch)
- 2 limes
- 1 lemon
- Parsley (small bunch)

DAIRY & REFRIGERATED

- Feta (12-16 oz block)
- Fresh mozzarella (1/2 cup)
- Monterey jack (2/3 cup)
- Mexican cheese blend (1 1/4 cups)
- Butter (1 Tbsp)
- Heavy cream (1/4 cup)
- Milk (1/3 cup)
- 6 eggs
- Ricotta (1 cup)
- Cream cheese (4 oz)

OILS, BAKING & SWEETENERS

- Olive oil
- Vegetable oil
- Avocado or neutral oil
- Sesame oil
- Vanilla extract
- Confectioners' sugar (3/4 cup)
- Almond flour or coconut (optional)

PANTRY & CANNED

- Pasta (16 oz)
- Lo mein noodles (8 oz)
- Flour tortillas (6)
- Waffle cones (6)
- Marinara sauce (2 cups)
- Whole peeled tomatoes (28 oz)
- Fire-roasted diced tomatoes (14.5 oz)
- Tomato paste (2 Tbsp)
- Vegetable broth (3 cups)
- Chickpeas (15.5 oz)
- Pinto beans (15 oz)
- Black beans (15 oz)
- Full-fat coconut milk (14 oz)
- Thai red curry paste (1 jar)
- Salsa (1 jar)
- Soy sauce
- Hoisin sauce
- Cashews (1/2 cup)
- Almonds (1/2 cup)
- Dates (1/2 cup, pitted)
- Mini chocolate chips (2/3 cup)

FROZEN

- Stir-fry vegetable mix (12 oz)
- Tater tots (16 oz bag)

SPICES

- Garlic powder
- Oregano
- Taco seasoning
- Salt
- Black pepper



i heart vegetables

EASY. HEALTHY. SIMPLE.

Dinner

1

Baked Greek Pasta

2

Tomato Feta Soup

3

Sweet Potato and Chickpea Curry

4

Easy Vegetable Lo Mein

5

Crispy Pinto Bean Tacos





i heart vegetables

EASY. HEALTHY. SIMPLE.

Baked Greek Pasta

An easy pasta bake loaded with tomatoes, green pepper, red onion, and feta — chop the veggies while the pasta cooks, then it all goes straight in the oven.





i heart vegetables

EASY. HEALTHY. SIMPLE.

Ingredients

16 oz pasta (cavatappi, ziti, or penne)
2/3 cup cherry tomatoes, chopped
1 green bell pepper, seeded and chopped
1/4 cup diced red onion
1/2 tsp garlic powder
1 tsp oregano
1 Tbsp olive oil
2 cups marinara sauce
1/2 cup crumbled feta
1/2 cup fresh mozzarella
Fresh parsley, for garnish

Instructions

- Preheat oven to 350°F.
- Cook the pasta according to package directions.
- In a large bowl, combine the pasta, tomatoes, bell pepper, onion, garlic powder, oregano, olive oil, marinara, and feta.
- Spread into a 9x13 pan and sprinkle with the mozzarella.
- Bake 15–20 minutes, until the cheese is melted and the vegetables have softened.





i heart vegetables

EASY. HEALTHY. SIMPLE.

Tomato Feta Soup

A cozy, creamy tomato soup with a tangy, salty kick from feta — a handful of pantry staples blended silky-smooth in under 40 minutes.





i heart vegetables

EASY. HEALTHY. SIMPLE.

Ingredients

- 1 Tbsp butter
- 1 small yellow onion, chopped
- 4 cloves garlic, minced
- 1/2 tsp dried oregano
- 1/2 tsp salt
- 2 Tbsp tomato paste
- 3 cups vegetable broth
- 1 (28 oz) can whole peeled tomatoes
- 1/4 cup heavy cream or cashew cream
- 4 oz feta cheese

Instructions

- Melt the butter in a large pot over medium heat. Add the onion and cook 5–7 minutes, until soft.
- Stir in the garlic, salt, and oregano; cook 1 minute.
- Add the tomato paste and cook, stirring, 1–2 minutes.
- Pour in the broth and the tomatoes with their juices, breaking them apart. Simmer 15–20 minutes.
- Transfer to a blender, add the cream and feta, and blend until smooth.





i heart vegetables

EASY. HEALTHY. SIMPLE.

Sweet Potato and Chickpea Curry

A rich, creamy one-pan curry — Thai red curry paste and coconut milk with tender sweet potatoes, chickpeas, and spinach. Reheats beautifully for meal prep.





i heart vegetables

EASY. HEALTHY. SIMPLE.

Ingredients

1 Tbsp olive oil	1 (14.5 oz) can fire-roasted diced tomatoes
1 Tbsp grated fresh ginger	1 (14 oz) can full-fat coconut milk
3 cloves garlic, minced	2 Tbsp soy sauce
3 Tbsp Thai red curry paste	2 cups baby spinach
2 small sweet potatoes (~1 lb), peeled and cubed	1 Tbsp lime juice
1 (15.5 oz) can chickpeas, drained and rinsed	Salt, to taste

Instructions

- Heat the olive oil in a large skillet over medium heat.
- Add the ginger and garlic and cook 1 minute, until fragrant; stir in the curry paste and cook 1 minute more.
- Add the sweet potatoes, chickpeas, tomatoes, coconut milk, and soy sauce; stir to combine.
- Bring to a simmer, cover, and cook about 20 minutes, until the sweet potatoes are tender.
- Stir in the spinach and cook 1–2 minutes, until wilted.
- Off the heat, stir in the lime juice and season with salt.





i heart vegetables

EASY. HEALTHY. SIMPLE.

Easy Vegetable Lo Mein

Colorful veggies and tender noodles in a savory homemade sauce — made from pantry and freezer staples, it comes together in about 15 minutes.





i heart vegetables

EASY. HEALTHY. SIMPLE.

Ingredients

- 8 oz lo mein noodles or whole wheat spaghetti
- 12 oz frozen stir-fry vegetable mix
- 2 Tbsp vegetable oil
- 1/2 tsp freshly grated ginger
- 3 Tbsp soy sauce
- 2 Tbsp hoisin sauce
- 1/4 tsp garlic powder
- 1 tsp sesame oil

Instructions

- Cook the noodles according to package directions.
- While they cook, heat the vegetable oil, ginger, and garlic powder in a large skillet over medium heat 1 minute.
- Add the frozen vegetables and cook 5 minutes.
- Whisk together the soy sauce, hoisin, and sesame oil.
- Add the cooked noodles and sauce; cook 3 minutes.





i heart vegetables

EASY. HEALTHY. SIMPLE.

Crispy Pinto Bean Tacos

Just 6 ingredients and ready in minutes — flour tortillas filled with mashed pinto beans and cheese, then pan-fried until golden and crisp.





i heart vegetables

EASY. HEALTHY. SIMPLE.

Ingredients

- 1 (15 oz) can pinto beans, drained and rinsed
- 1 tsp taco seasoning
- 1/2 cup salsa
- 2/3 cup shredded Monterey jack cheese
- 6 (6") flour tortillas
- 3 tsp neutral oil (avocado or vegetable)

Instructions

- In a bowl, mash the beans, taco seasoning, and salsa together until chunky.
- Spread 1/4 cup of the bean mixture onto half of each tortilla, top with cheese, and fold in half.
- Heat 2 tsp oil in a large skillet over medium heat.
- Cook 2–3 tacos at a time, 4–5 minutes, until golden; flip and cook 2–3 minutes more, until crispy.
- Add more oil as needed and cook the remaining tacos.





i heart vegetables

EASY. HEALTHY. SIMPLE.

Breakfast, Snack & Dessert

1

Vegetarian Breakfast Casserole

2

Avocado and Feta Dip

3

Lemon Pie Energy Bites

4

Easy Cannoli Dip





i heart vegetables

EASY. HEALTHY. SIMPLE.

Vegetarian Breakfast Casserole

An easy dump-and-bake breakfast — crispy tater tots, black beans, eggs, and cheese mixed right in the dish. Minimal prep, easy cleanup.





i heart vegetables

EASY. HEALTHY. SIMPLE.

Ingredients

6 large eggs

1/3 cup milk

1 Tbsp taco seasoning

1 (15 oz) can black beans, rinsed and drained

1 1/4 cups shredded Mexican cheese blend, divided

1 (16 oz) bag frozen tater tots

Salsa or cilantro sauce, for serving (optional)

Instructions

- Preheat oven to 400°F and grease an 8x8 baking dish.
- In the dish, whisk together the eggs, milk, and taco seasoning.
- Stir in half the cheese and the black beans.
- Top with the tater tots in a single layer, then the remaining cheese.
- Cover tightly with foil and bake 45–50 minutes, until set.
- Uncover and bake 8–10 minutes, until the cheese is browned. Rest a few minutes before serving.





i heart vegetables

EASY. HEALTHY. SIMPLE.

Avocado and Feta Dip

Creamy avocado, salty feta, and juicy tomatoes — an addictive dip that comes together in minutes. Serve with chips, on toast, or as a side salad.





i heart vegetables

EASY. HEALTHY. SIMPLE.

Ingredients

1 pint cherry tomatoes, quartered

2 avocados, chopped

1/2 cup crumbled feta

Juice of 1 lime

1/2 cup fresh cilantro, chopped

Salt, to taste

Instructions

- Combine the tomatoes, avocado, feta, lime juice, and cilantro.
- Stir gently so the avocado is coated with the lime juice.
- Season with salt to taste.





i heart vegetables

EASY. HEALTHY. SIMPLE.

Lemon Pie Energy Bites

A no-bake, 5-ingredient snack – naturally sweet dates blended with cashews and almonds and a bright hit of lemon to keep you going.





i heart vegetables

EASY. HEALTHY. SIMPLE.

Ingredients

1/2 cup cashews

1/2 cup almonds

1/2 cup pitted dates

1 Tbsp freshly squeezed lemon juice

3/4 tsp vanilla extract

Pinch of salt (optional)

Almond flour or shredded coconut, for rolling (optional)

Instructions

- Blend the cashews, almonds, and dates in a food processor about 30 seconds.
- Add the lemon juice and vanilla; blend until incorporated, scraping down the sides.
- Roll rounded tablespoons into 1-inch balls.
- If sticky, roll in almond flour or shredded coconut.
- Store in an airtight container in the fridge up to 1 week.





i heart vegetables

EASY. HEALTHY. SIMPLE.

Easy Cannoli Dip

All the sweet, creamy flavor of cannoli without the work – ricotta and cream cheese folded with mini chocolate chips. Serve with waffle cone pieces.





i heart vegetables

EASY. HEALTHY. SIMPLE.

Ingredients

- 1 cup whole-milk ricotta cheese
- 4 oz cream cheese
- 1/2 tsp vanilla extract
- 3/4 cup confectioners' sugar
- 2/3 cup mini chocolate chips
- 6 large waffle cones, broken into pieces

Instructions

- In a large bowl, beat the ricotta, cream cheese, and vanilla until smooth.
- Stir in the confectioners' sugar until smooth.
- Fold in the mini chocolate chips.
- Chill at least 15 minutes, then serve with waffle cone pieces.





i heart vegetables

EASY. HEALTHY. SIMPLE.

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](#)

