

# HEALTHY VEGAN

3 DAY MEAL PLAN

BY ROS LIMBO

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WHY VEGANISM?

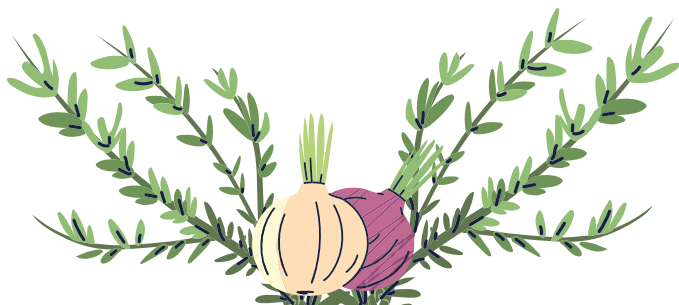
MEAL PLAN OUTLINE

SHOPPING LIST

DAY 1

DAY 2

DAY 3



# BREAKDOWN

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## DAY 1

Breakfast

Lunch

Dinner

snack

## DAY 2

Breakfast

Lunch

Dinner

snack

## DAY 3

Breakfast

Lunch

Dinner

snack



# WHY VEGANISM?

Hi.

I am a vegan thriving in Namibia.



## ROS LIMBO

On March 1st, 2012, I decided to become vegetarian. I stopped eating meat because I saw no point in making myself eat something that I did not enjoy. Little did I know that my change in “dietary needs” would open me up to a whole new world and change my relationship with the planet.

## RESEARCH

I spent hours on YouTube educating myself on what vegetarianism is and understanding the true power of food labels. It was during this time that I watched *Cowspiracy: The Sustainability Secret* for the first time. The documentary explores the impact animal agriculture has on climate change, deforestation and excessive water use. It's safe to say the documentary encouraged me to transition to veganism and hopefully do my part in protecting this planet we call home.



## REALISATION

Once I became vegan, I noticed two things almost immediately:

1. People do not fully understand what is meant by vegetarian, and by extension vegan.
2. Everyone assumes that a plant-based diet is extremely expensive.

With this eBook, I hope to answer these questions. I hope to show you what veganism is and what it means for you and the planet.





# MEAL PLAN OUTLINE

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Day 1	Day 2	Day 3
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Chia and Banana overnight oats	Banana spinach smoothie	Tofu scramble with toast
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Roasted butternut salad	Lentil dahl with brown rice	Carrot salad wrap
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Tortilla pizza	Carrot salad	Buddha bowl
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Peanut butter and banana open sandwich	Popcorn	Cucumber sticks

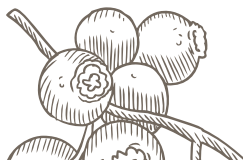


# SHOPPING LIST

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Fresh produce	Pantry	Fridge	Spices	Condiments
Banana	Chia seeds	Soy milk	Salt	Pasta sauce <sup>1</sup>
Spinach	Oats	Tofu	Pepper	Mayonnaise
Onions	Whole wheat bread	Crushed garlic	Cinnamon	
Tomatoes	Baked beans, tinned	Tortilla wraps	Turmeric	
Mushrooms	Red lentils, dry		Paprika	
Carrots	Vinegar		Curry powder	
Butternut	Rice		Cumin	
Spinach	Cooking oil			
Cucumber	Vegetable stock cubes			
	Peanut butter			
	Popcorn			

<sup>1</sup>This can be replaced with regular tomato sauce



DAY

1

*Breakfast*



# CHIA AND BANANA OVERNIGHT OATS

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## INGREDIENTS

- 1 medium ripe banana
- $\frac{1}{8}$  tsp cinnamon
- 1 tbsp chia seeds
- $\frac{1}{2}$  cup oats
- $\frac{1}{2}$  soy milk
- $\frac{3}{4}$  cup water

## DIRECTIONS

- In a small container, mash banana with a fork.
- Add cinnamon, chia seeds, oats, milk and water and mix well.
- Cover container and place in the fridge for at least 2 hours or overnight.
- Uncover the container and enjoy.



DAY

1

Lunch





# ROASTED BUTTERNUT SALAD

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## INGREDIENTS

- 1 butternut
- 1 tbsp oil
- $\frac{1}{8}$  tsp salt
- $\frac{1}{8}$  tsp black pepper
- 1  $\frac{1}{2}$  cup chopped spinach
- $\frac{1}{2}$  cup chopped tomatoes
- $\frac{1}{4}$  chopped onions
- $\frac{1}{2}$  chopped mushrooms

## DIRECTIONS:

- Preheat the oven to 180°C.
- Cut butternut into cubes. Mix oil, salt and pepper into a bowl. Toss butternut in the mix. Place butternut into a baking tin and bake for about 30 minutes.
- In the meantime, mix spinach, tomatoes, onions and mushrooms into a bowl. Once the butternut is cooked, remove from the oven and allow to cool.
- Once cooled, place butternut on top of the salad mix.
- Drizzle a bit of oil on top and mix well.
- Serve and enjoy.

DAY

1

*Dinner*



# TORTILLA PIZZA

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## INGREDIENTS

- 1 tortilla wrap
- 1 tbsp pasta sauce
- ¼ tsp crushed garlic
- ¼ cup chopped onions
- ¼ cup chopped tomatoes
- ¼ cup chopped mushrooms
- ⅛ tsp salt
- ⅛ tsp black pepper

## DIRECTIONS

- Preheat the oven to 200°C.
- Spread tortilla wrap with pasta sauce. Top wrap with garlic, onions, tomatoes and mushrooms. Sprinkle salt and pepper on the vegetables.
- Place the tortilla on a baking tray lined with baking paper. Bake for 10 minutes or until the tortilla is crispy.
- Cut into four pieces and enjoy.

DAY

1

*Snack*



# PEANUT BUTTER AND BANANA OPEN SANDWICH

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## INGREDIENTS

- 1 medium banana
- 1 tbsp peanut butter
- 1 slice of whole wheat bread

## DIRECTIONS

- Toast the slice of bread. Once slightly cooled, spread peanut butter on toast.
- Slice banana lengthwise and place into on the slice of bread.
- Enjoy.



DAY

2

*Breakfast*



16

# BANANA SPINACH SMOOTHIE


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## INGREDIENTS

- 1 medium banana, frozen
- 1 cup raw spinach
- 1 cup soy milk

## DIRECTIONS

- Slice banana and freeze it overnight.
- Place raw spinach and soy milk in a blender. Blend until somewhat smooth. Then add frozen banana. Blend until smooth and creamy.
- Pour into a glass and enjoy.

A top-down view of a dark grey plate containing a meal. On the left side, there is a mound of white, fluffy rice. The rest of the plate is filled with a vibrant orange-red lentil curry. The lentils are small and round, coated in a thick, glossy sauce. Fresh green basil leaves are scattered on top of the curry. A black plastic fork is placed on the upper left side of the plate, partially overlapping the rice and the curry. The background is a dark, neutral color.

DAY

2

*Lunch*

# LENTIL DAHL WITH BROWN RICE

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## INGREDIENTS

- 2 cups red lentils, cooked\*
- 1 cup rice, dry
- 1 tsp cooking oil
- 1 cup chopped onions
- 2 cups tomatoes
- 2 cups vegetable broth
- ½ tsp crushed garlic
- 1 tsp curry powder
- ½ tsp tumeric
- 1 tsp cumin
- Salt and pepper to taste

## DIRECTIONS

- Cook lentils until soft.
- In a separate pot, cook rice according to instructions on the package. Once cooked, add one cup of rice into a bowl. Place the remaining rice into a sealed container and refrigerate once cooled.
- While cooking the rice, sauté onions over medium heat until translucent. Add tomatoes and cook until soft. Remove from heat.

\*Lentils should be soaked overnight in warm water prior to cooking.

# LENTIL DAHL WITH BROWN RICE

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## DIRECTIONS CONT'D

- Prepare vegetable stock by adding one cube to two cups of hot water. Add one cup vegetable stock, onions and tomatoes to a blender and blend until smooth. Add mix and one cup of vegetable broth to the pot of lentils and allow to boil for 5 minutes.
- Add all the spices to the lentils and allow to boil for another 5 minutes.
- Remove from heat and enjoy half the dahl with a serving of rice. Place remaining half in a sealed container and refrigerate when cooled.



DAY

2

*Dinner*



## INGREDIENTS

- 2 medium carrots, grated
- ½ cup baked beans
- ½ cup chopped tomatoes
- ¼ cup chopped onions
- ⅛ tsp salt
- ⅛ tsp black pepper
- ½ tsp vinegar (optional)

## DIRECTIONS

- Add carrots, beans, tomatoes and onions in a bowl. Top with salt and black and mix well. Lightly sprinkle vinegar (optional).
- Place half of the salad in a sealed container for use the next day.
- Place the remaining salad in a bowl and enjoy.



DAY

2

*Snack*

## INGREDIENTS

- 2 tbsp oil
- ½ cup popcorn kernels
- Salt to taste

## DIRECTIONS

- In a large pot, over medium heat, mix the oil and the popcorn kernels. Cover the pot and wait for the kernels to pop. Shimmy the pot occasionally to make sure that the kernels cook evenly.
- Once the popping has slowed down, remove from heat and pour popcorn into a serving bowl. Sprinkle with salt and enjoy.





DAY

3

*Breakfast*



# TOFU SCRAMBLE WITH TOAST

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## INGREDIENTS

- 100g firm tofu
- ¼ tsp crushed garlic
- ¼ cup chopped onions
- ½ cup chopped mushrooms
- ½ cup chopped tomatoes
- ¼ tsp paprika
- ⅛ tsp turmeric
- ⅛ tsp salt (or to taste)
- ⅛ tsp pepper (or to taste)
- 2 slices of whole wheat bread

## DIRECTIONS

- Drain and press tofu for at least 20 minutes: wrap tofu in a paper towel and place it on a plate. Place another plate on top of the tofu and weigh it down with a pack of dried beans.
- In a pan, sauté garlic and onion in a tbsp of water over medium heat until soft. Add mushrooms and sauté until soft.
- Crumble the tofu into the pan, add all the spices and mix well. Cook over medium heat for about 5 – 10 minutes.
- Take pan off the heat and add chopped tomatoes. Mix well and serve with toasted whole wheat bread.

DAY

3

*Lunch*



## INGREDIENTS

- ½ carrot salad (refer to day 2 dinner)
- 1 tortilla wrap
- ½ tsp pasta sauce (optional)

## DIRECTIONS

- Spread pasta sauce on tortilla wrap (optional). Place carrot salad in the middle of the tortilla. Fold the wrap lightly.
- Cut the wrap in half and enjoy.



DAY

3

*Dinner*




## INGREDIENTS

- 1 cup cooked rice
- ½ chopped onions
- ½ cup chopped tomatoes
- ½ cup shredded carrots
- ¼ mushrooms
- ½ cup lentil dahl
- 1 tbsp water 2 tbsp mayonnaise
- ⅛ tsp salt (or to taste)
- ⅛ tsp pepper (or to taste)

## DIRECTIONS

- Prepare the dressing by mixing mayonnaise, water, salt and pepper.
- Place all the ingredients into a bowl, arrange as desired, and drizzle with dressing.
- Enjoy.





DAY

3

*Snack*

## INGREDIENTS

- 1 large cucumber
- ½ cup lentil dhal (optional)
- Salt and pepper to taste

## DIRECTIONS

- Cut cucumber into sticks about 6cm in length.
- Sprinkle salt and pepper on cucumber sticks and enjoy. The lentil dahl can be used as a dip for the sticks if desired.



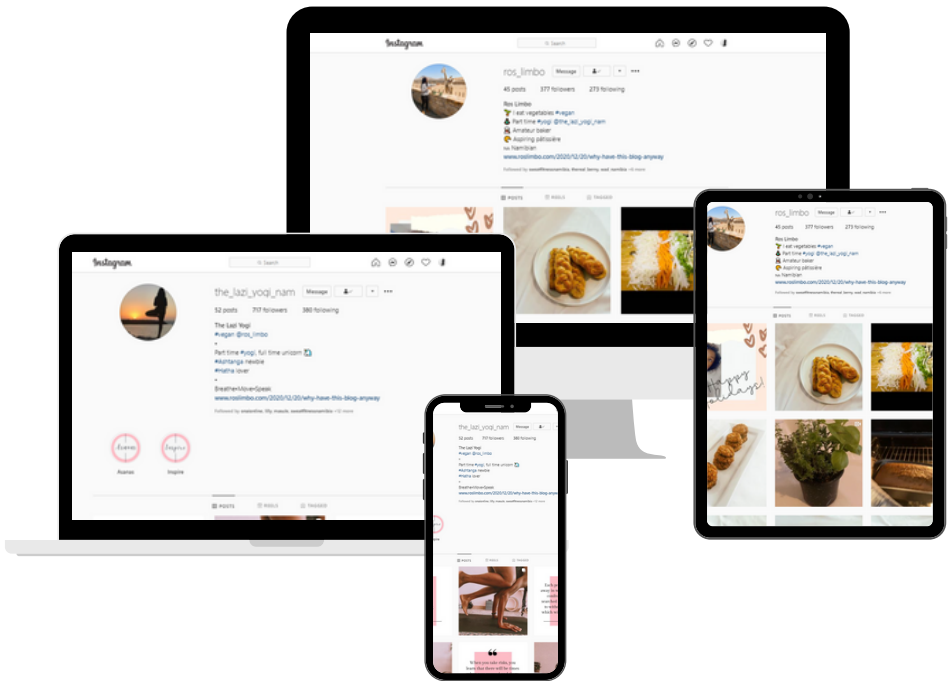
BEAUTY IS  
ABOUT  
BEING  
COMFORTABLE  
IN YOUR  
OWN  
SKIN.



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