



**Your Forever Nutrition
Counseling**

Noreen Gallo MSRD, LD

3-Day
Plant-Focused
MealPlan

**SIMPLE, DELICIOUS RECIPES
TO HELP YOU MEET YOUR
HEALTH GOALS**

Welcome!

I'm so glad you're here.

Our team of credentialed nutrition professionals and culinary facilitators have created healthy meal plans to help you meet your health goals. All of our delicious recipes are extensively tested and feature whole food ingredients with easy-to-follow directions for people of all cooking levels.

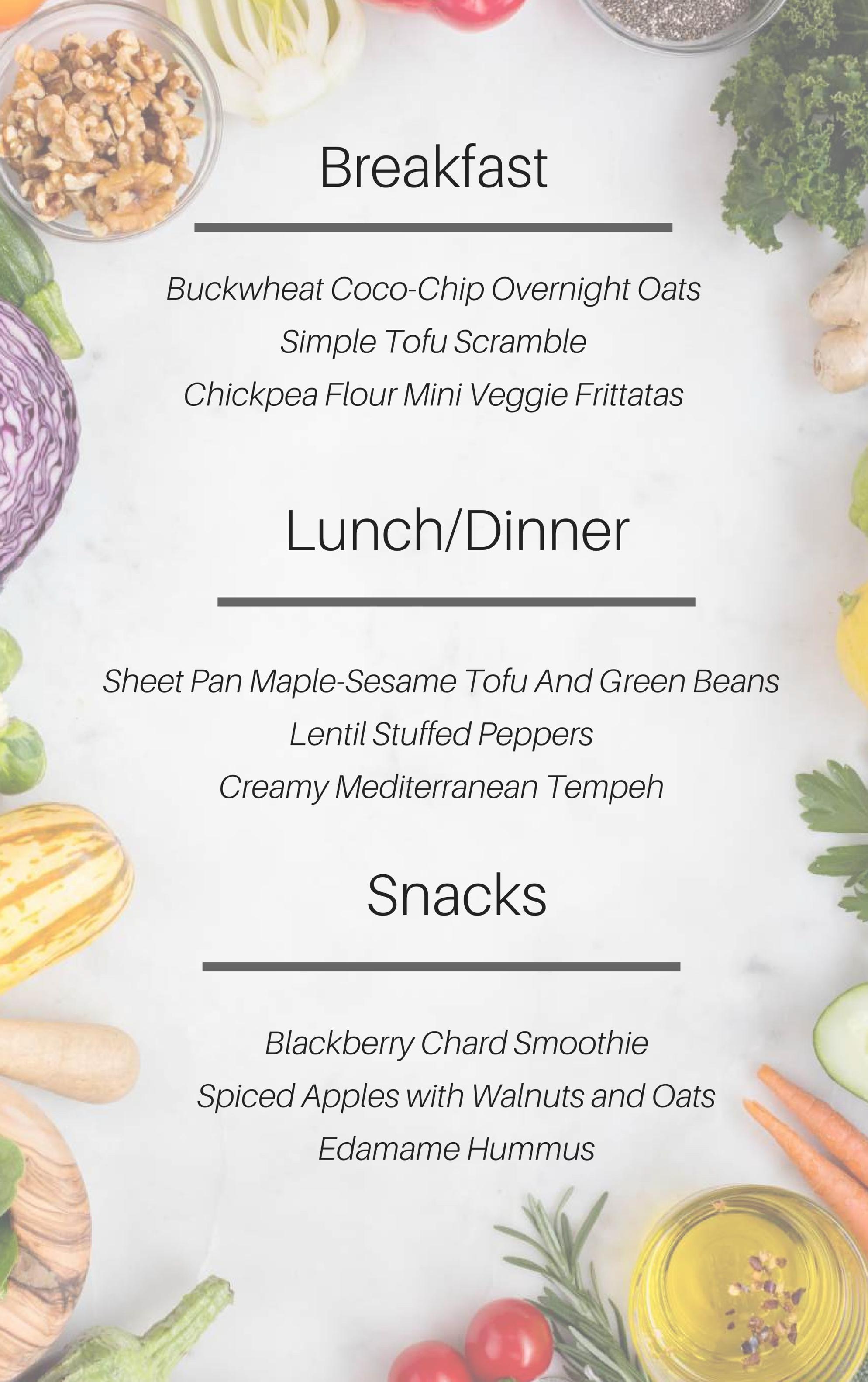
Mix and match the recipes in this e-book to create three days of health-promoting meals!

To check out more recipes with access to a customizable planner and smart grocery list, go to our website and sign up for a FREE trial of our plans. Not sure which one is for you? Please reach out and we'll have a chat.

Let's get cooking!

Noreen Gallo

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Your Forever Nutrition Counseling



Breakfast

Buckwheat Coco-Chip Overnight Oats

Simple Tofu Scramble

Chickpea Flour Mini Veggie Frittatas

Lunch/Dinner

Sheet Pan Maple-Sesame Tofu And Green Beans

Lentil Stuffed Peppers

Creamy Mediterranean Tempeh

Snacks

Blackberry Chard Smoothie

Spiced Apples with Walnuts and Oats

Edamame Hummus

Buckwheat Coco-Chip Overnight Oats

Prep Time	10 min
Total Time	6 hours 10 min
Meal Type	Breakfast, Snack
Source	www.livingplate.org
Servings	2



Ingredients

- 3/4 cup rolled oats
- 1/4 cup buckwheat groats
- 1 Tbs chia seeds
- 1/2 tsp cinnamon
- 2 Tbs unsweetened coconut flakes
- 2 Tbs dark chocolate chips we like to use mini!
- 1 1/2 cup unsweetened vanilla almond milk or milk of choice
- 1 tsp maple syrup adjust to taste

Directions

Prep

1. Measure dry ingredients into a 3+ cup mason jar (or container). Store until ready to make.

Make

1. Add milk and maple syrup to the jar along with the dry ingredients. Shake to combine.
2. Let sit for 10 minutes, then shake vigorously again.
3. Place in the refrigerator overnight. Top with fruit, if desired.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		Total Fat 15.4g	23%	Total Carbohydrates 55g	18%
Calories 379		Saturated Fat 7.2g	36%	Dietary Fiber 10g	41%
per serving		Trans Fat 0.0g		Total Sugars 11g	
		Cholesterol 1mg	0%	Protein 10g	
		Sodium 152mg	6%		
		Vitamin D 2mcg 19% · Calcium 444mg 44% · Iron 18mg 99% · Potassium 468mg 9%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Simple Tofu Scramble

Prep Time	20 min
Total Time	30 min
Meal Type	Breakfast, Lunch, Dinner
Source	www.livingplate.org
Servings	2



Ingredients

- 1 red bell pepper, diced
- 1/4 cup sweet onion, chopped
- 1 lb tofu, extra firm, drained and crumbled
- 4 cup spinach, chopped
- 1/2 cup basil leaves, chopped
- 2 tsp chili powder
- 1 tsp cumin, ground
- 1/2 tsp turmeric
- hot sauce (optional)

Directions

Prep

1. Dice pepper, chop the onion and chop spinach.
2. Drain and crumble tofu.

Make

1. In a bowl, add crumbled tofu, chili powder, cumin and turmeric, and massage until spices are well incorporated. Set aside.
2. Spray sauté pan lightly with oil add onions and peppers. Sauté until soft. Add tofu and sauté until warmed through, about 5 minutes.
3. Add spinach and basil to pan and season with salt to taste.
4. Top with hot sauce if desired.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Calories 253 per serving	Total Fat 12.1g	18%	Total Carbohydrates 12g
	Saturated Fat 1.5g	7%	Dietary Fiber 5g	21%
	Trans Fat 0.0g		Total Sugars 4g	
	Cholesterol 0mg	0%	Protein 26g	
	Sodium 146mg	6%		
	Vitamin D 6mcg 56% · Calcium 654mg 65% · Iron 7mg 40% · Potassium 534mg 11%			

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Chickpea Flour Mini Veggie Frittatas

Prep Time	15 min
Total Time	1 hour
Meal Type	Breakfast, Snack, Side
Source	www.livingplate.org
Servings	12



Ingredients

- 1 cup broccoli, chopped
- 1 bell pepper, chopped
- 1 zucchini, chopped
- 1 cup spinach, chopped
- 1/2 cup onion, green, thinly sliced
- 2 Tbs olive oil
- 2 cup chickpea flour
- 1/4 cup nutritional yeast
- 1 tsp baking powder

Directions

Prep

1. Chop all veggies and thinly slice green onion.
2. Preheat oven to 400°F. Combine chickpea flour, nutritional yeast, baking powder, salt, and pepper in a bowl with 2 1/2 cups water. Whisk to combine and set aside while preparing the veggies.

Make

1. Heat olive oil over medium-high heat in a skillet. Add all veggies to skillet (except for green onions) and cook until veggies cook down and begin to brown, about 7 minutes. Add green onions to skillet and cook 2 minutes more. Season with salt and pepper to taste and remove from heat.
2. Spray muffin tin with cooking spray. Divide veggie mixture between muffin cups by the heaping tablespoon. Divide any remaining veggies between cups. Using a 1/4 cup measure, fill cups with chickpea batter. Use a spoon to gently stir each cup to ensure the batter gets under the veggies.
3. Bake for 30 - 35 minutes, until a toothpick inserted in center comes out clean and frittatas are beginning to brown on top. Remove from oven and allow to cool for 10 minutes (this allows the batter to set) before removing from tin and cooling on a rack.
4. Serve warm or allow to cool completely before storing in the refrigerator for up to 5 days. Frittatas can be reheated in the microwave but are best when warmed in the oven or toaster oven at 400°F for 10 minutes.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
12 servings		Total Fat 3.4g	5%	Total Carbohydrates 12g	3%
Calories 97		Saturated Fat 0.4g	2%	Dietary Fiber 3g	10%
per serving		Trans Fat 0.0g		Total Sugars 3g	
		Cholesterol 0mg	0%	Protein 4g	
		Sodium 20mg	0%		
		Vitamin D 0mcg 0% · Calcium 35mg 3% · Iron 1mg 5% · Potassium 280mg 5%			

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Sheet Pan Maple-Sesame Tofu And Green Beans

Prep Time	15 min
Total Time	30 min
Meal Type	Lunch, Dinner
Source	adapted from The Kitchn
Servings	4



Ingredients

- cooking spray
- 1 lb tofu, extra firm, drained and patted dry
- 3 Tbs soy sauce, reduced sodium or tamari
- 3 cloves garlic, minced
- 1 1/2 Tbs maple syrup
- 1 1/2 Tbs ginger, peeled and grated
- 1 1/4 tsp sesame oil, toasted
- 1 1/4 lb green beans, trimmed
- 3 Tbs olive oil
- 1/4 tsp red pepper flakes, optional
- 1 1/4 scallion, thinly sliced
- 1/2 tsp sesame seeds

Directions

Prep

1. Press tofu. Remove from package and drain. Line a large plate with paper towels, and place the tofu on top and cover with more paper towels. Place a heavy item onto to press down on tofu. on top, pressing down on the tofu. Leave in place for 10 to 30 minutes.
2. Arrange a rack in the middle of the oven and heat to 400°F. Line a baking sheet with parchment paper and lightly oil or coat with nonstick spray.
3. Whisk together soy sauce, garlic, maple syrup, ginger, and sesame oil in a small bowl; set aside.
4. Trim green beans.

Make

1. Cut the tofu into triangles. Toss tofu and green beans with dressing in medium bowl.
2. Remove hot pan from oven and line with a sheet of parchment paper.
3. Place tofu and green beans in a single layer on the baking sheet. Sprinkle with red pepper. Bake for 12-13 minutes.
4. Remove pan from oven and flip tofu onto second side.
5. Bake 10-12 additional minutes until the tofu is golden-brown on the second side and the green beans soften.
6. Sprinkle with the scallions and sesame seeds and serve immediately.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	4 servings	Total Fat 18.0g	27%	Total Carbohydrates 18g	
Calories 282 per serving	Saturated Fat 2.5g	12%	Dietary Fiber 6g	22%	
	Trans Fat 0.0g		Total Sugars 8g		
	Cholesterol 0mg	0%	Protein 15g		
	Sodium 398mg	17%			
	Vitamin D 0mcg 0% · Calcium 159mg 15% · Iron 4mg 20% · Potassium 380mg 8%				

Lentil Stuffed Peppers

Prep Time	20 min
Total Time	40 min
Meal Type	Lunch, Dinner
Source	www.livingplate.org
Servings	4



Ingredients

- 1 1/2 tsp olive oil
- 1 cup yellow onion, chopped
- 2 cup portobello mushrooms, washed and chopped
- 1 Cup tomatoes, cherry, halved
- 1 Tbs soy sauce (or alternative)
- 2 clove garlic, minced (for 2 tsp)
- 1/4 tsp salt (or to taste)
- 1/4 tsp pepper
- 1/4 tsp cayenne pepper (optional)
- 1/4 cup basil, fresh, chopped
- 2 cup spinach, baby, chopped
- 4 peppers, bell
- 1 can lentils, canned, drained and rinsed (for 1 cup)
- 1/2 cup walnuts, raw, crushed

Directions

Prep

1. Preheat oven to 425°F.
2. Chop mushrooms, basil, and baby spinach.
3. Mince garlic, and dice yellow onion
4. Halve cherry tomatoes.
5. Chop off the stem and top of the peppers, and carve out the seeds. You could also slice pepper in half lengthwise to create a "boat".

Make

1. Heat olive oil in a skillet over medium heat.
2. Add onion, mushrooms, cherry tomatoes, and soy sauce. Sauté for 5 minutes or until onion is translucent. Add in minced garlic, sea salt, black pepper and cayenne and sauté for another minute. Stir in basil and spinach just until wilted and then remove from heat.
3. Add the lentils and walnuts into the skillet with the vegetables and stir well to evenly distribute.
4. Use a spoon to pack this vegetable mix into the red peppers. Place the peppers in a baking dish or on a sheet if you are doing open-faced "boats."
5. Bake the stuffed peppers in the oven for 20 minutes. After 20 minutes, remove and let cool before serving.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 15.4g	23%	Total Carbohydrates 72g	24%
Saturated Fat 1.7g	8%	Dietary Fiber 11g	44%	
Trans Fat 0.0g		Total Sugars 4g		
Cholesterol 0mg	0%	Protein 23g		
Sodium 435mg	18%			

Vitamin D 0mcg 1% · Calcium 201mg 20% · Iron 6mg 35% · Potassium 1430mg 30%

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Nutrition Facts

4 servings

Calories 483
per serving

Creamy Mediterranean Tempeh

Prep Time	15 min
Total Time	30 min
Meal Type	Lunch, Dinner
Source	www.livingplate.org
Servings	4



Ingredients

- 1 lb tempeh, cubed
- 1/2 cup non-dairy yogurt, plain
- 1/4 cup nutritional yeast
- 2 tsp olive oil
- 1/2 cup sweet onion, chopped
- 3 cloves garlic, minced
- 1/4 cup sun-dried tomatoes, drained
- 1 tsp oregano, dried
- 1 tsp basil, dried
- 1/4 tsp thyme, dried
- 1 cup low-sodium vegetable broth
- 3 cup spinach
- 1/4 cup parsley, fresh, chopped

Directions

Prep

1. Chop spinach/mince garlic.

Make

1. In a large skillet, sauté tempeh in 1 teaspoon olive oil until browned on all sides. 2. Remove from pan and set aside. 2. Add another teaspoon to the skillet and, over medium heat, sauté onion until soft. Stir in garlic, sun-dried tomatoes, oregano, basil, and thyme and sauté for another few minutes until fragrant.
3. Stir in yogurt and chicken broth, then nestle tempeh pieces in pan. Simmer for about 20 minutes.
4. Stir in spinach and cover pan until wilted. Top with parsley just before serving.

Nutrition Facts

4 servings

Calories 301
per serving

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 15.5g	23%	Total Carbohydrates 19g	6%
Saturated Fat 3.3g	16%	Dietary Fiber 2g	9%
<i>Trans Fat</i> 0.0g		Total Sugars 4g	
Cholesterol 0mg	0%	Protein 28g	
Sodium 210mg	9%		
Vitamin D 0mcg 3% · Calcium 218mg 21% · Iron 5mg 27% · Potassium 845mg 17%			

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Blackberry Chard Smoothie

Prep Time 5 min
Total Time 10 min

Meal Type Breakfast, Snack

Source www.livingplate.org

Servings 2



Ingredients

- 1 1/2 cup water
- 1/2 cup Swiss chard, chopped (about 2 leaves))
- 1 banana, frozen
- 1/2 tsp ginger, minced
- 1 cup blackberries, frozen
blueberries work well too!
- 1/2 avocado
- stevia, to taste

Directions

Prep

1. Chop chard.
2. Mince ginger.
3. Remove flesh from avocado.

Make

1. Add ingredients to blender and process until smooth.
2. Sweeten with stevia to taste.

Notes

Chard is similar in flavor to spinach, so feel free to substitute if desired. Add a serving of your favorite plant-based protein powder.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		Total Fat 7.9g	12%	Total Carbohydrates 25g	8%
		Saturated Fat 1.1g	5%	Dietary Fiber 9g	35%
		Trans Fat 0.0g		Total Sugars 11g	
Calories 166		Cholesterol 0mg	0%	Protein 3g	
per serving		Sodium 24mg	1%		
		Vitamin D 0mcg 0% · Calcium 35mg 3% · Iron 1mg 5% · Potassium 608mg 12%			

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Spiced Apples with Walnuts and Oats

Prep Time	5 min
Total Time	10 min
Meal Type	Breakfast, Snack
Source	www.livingplate.org
Servings	4



Ingredients

- 4 gala apples, 1/4" slices and then cut in half or apple of your choice
- 1 Tbs maple syrup
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 Tbs coconut oil
- 1/4 cup raw walnuts, chopped
- 1/2 lemon, juice
- 1/2 cup rolled oats

Directions

Prep

1. Core the apples and cut into 1/4" slices. Cut the slices in half.
2. Chop the walnuts.

Make

1. Preheat a non-stick skillet over medium heat.
2. Melt the coconut oil in the pan and swirl to coat.
3. Meanwhile, in a medium sized bowl add the apple slices, cinnamon and lemon juice. Toss to combine.
4. Add the apples, maple syrup and chopped walnuts to the pan. Cook 4-5 minutes until apples are slightly softened.
5. Remove from heat and divide the rolled oats evenly among the portions. Serve immediately..

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings		Total Fat 8.9g	13%	Total Carbohydrates 33g	11%
Calories 222		Saturated Fat 3.2g	16%	Dietary Fiber 5g	21%
per serving		Trans Fat 0.0g		Total Sugars 20g	
		Cholesterol 0mg	0%	Protein 4g	
		Sodium 3mg	0%		
		Vitamin D 0mcg 0% · Calcium 30mg 3% · Iron 1mg 5% · Potassium 266mg 5%			

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Edamame Hummus

Prep Time	15 min
Total Time	15 min
Meal Type	Snack, Side
Source	www.livingplate.org
Servings	6



Ingredients

- 3 cup shelled edamame beans, frozen and defrosted
- 2 cloves garlic, minced
- 2 lemons, squeezed (1/4 cup juice)
- 2 Tbs tahini
- 1/2 tsp salt
- 1/4 tsp cumin, ground
- 1/4 cup water, or more as needed
- 4 scallions, chopped

Directions

Prep

1. Crush garlic/juice lemons/chop scallions.

Make

1. Add edamame to a food processor, reserving a few beans for garnish.
2. Pulse until finely chopped. Add garlic and pulse several more times.
3. Add lemon juice, tahini, salt, and cumin and run processor until smooth, adding more water as needed to thin.
4. Pulse in scallions.
5. Season with salt and pepper to taste.
6. Place hummus in bowl, garnish with reserved beans and drizzle with olive oil if desired. Serve with crisp, raw vegetables.

Nutrition Facts

6 servings

Calories **130**
per serving

Amount/serving	% Daily Value*
Total Fat 6.5g	9%
Saturated Fat 0.8g	4%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 205mg	8%

Vitamin D 0mcg 0% · Calcium 81mg 8% · Iron 2mg 11% · Potassium 402mg 8%

Amount/serving	% Daily Value*
Total Carbohydrates 10g	3%
Dietary Fiber 5g	19%
Total Sugars 2g	
Protein 10g	

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