

Vegan 3-Day Meal Plan

Shopping List

NOTE: Items marked with an asterisk (*) are typically available at Blue Market AK in bulk. To confirm, please call **907-677-2583** as supplier shortages can affect our inventory at any given time. Produce available at Blue Market AK will depend on what is available locally during any given season.

PRODUCE

- Carrots - 5*
- Tomatoes - 8 cups*
- Zucchini - 1 lb / 2 medium*
- Onions - 6*
- Red onion - 1
- Basil leaves - ¼ cup*
- Garlic - 2-3 heads*
- Lime or lemon juice - About ½ cup
- Kale - 1 bunch
- Cucumber - 1*
- Parsley - ½ cup
- Celery - 3 ribs
- Lettuce mix/baby greens - 1-2 cups*
- Potatoes of your choice - 2-4 depending on size*
- Berries or other fruit (optional - for breakfasts)

SPICES

- Salt - About ¼ cup, to taste*
- Dried oregano - ¾ tsp + 1 tbsp + 1 tsp*
- Black pepper - 3-4 tsp*
- Nutritional yeast - 2 tbsp + 2 tsp*
- Ground cinnamon - 1 tsp*
- Ground ginger - 1 tsp*
- Turmeric - 1 tsp*
- Coriander - 1 tsp
- Cumin - 1 tsp*
- Paprika - 1 tsp*
- Smoked paprika - ½ tsp
- Dried parsley - 1 tsp

- Dried thyme - ¼ tsp*
- Ground garlic - ½ tsp*
- Garam masala / curry powder* - 1 tsp
- Chili powder - 2 tsp*
- Tomato paste - 2 ½ tbsp

LIQUIDS

- Vegetable broth - 5 ¼ cups
- Non-dairy milk - 2 cups
- Coconut milk (canned) - 2 cans
- Maple syrup - 2 tbsp + more for topping breakfast bowls/pancakes*
- Olive oil - About ½ cup*
- Coconut oil - About ⅓ cup
- Apple cider vinegar - ¼ cup + 2 tbsp*
- Tahini - ¼-½ cup
- Vanilla extract - 4 tsp*

BAKING ESSENTIALS

- Coconut or almond flour - 4-6 tbsp
- Cocoa powder - ¾ cup + 2 tbsp*
- Cane sugar - ½ cup*
- Baking powder - 1 ½ tsp*
- Chocolate chips (optional) - ¼ cup*
- Alaska Flour Company's "Great Alaska Pancake Mix" - quantity of your choosing*

GRAINS

- Polenta - ¾ cup*
- Jasmine rice - 1 cup*
- Quinoa - 2 cups cooked + 1 cup uncooked*
- Taco Loco tortillas - 6*
- Rolled oats - 1 cup*

LEGUMES

- Red lentils - 1 ¾ cup*
- Black beans - 2 15-oz cans or about 4 cups cooked*
- Split peas - 1 lb.*

COLD

- Non-dairy butter - 2 tbsp
- Extra-firm tofu - 1
- Kalamata olives - about 40*
- Taco Loco salsa - ½-1 cup*

DRIED FRUIT / NUTS

- Pitted dates - 1 cup*
- Walnuts - 2 cups*
- Raisins or craisins - ¼ cup*
- Raw cashews - 1 cup*
- Flaxseed meal - ¼ cup*

DAY 1 RECIPES

Breakfast: Oatmeal Bowl with all the fix-ins

Ingredients:

- 1 cup rolled oats
- 2 cups water or plant milk
- Fix-ins of your choice: berries, banana, nuts, seeds, maple syrup, coconut flakes, chocolate chips - the sky is the limit!

Instructions:

1. Add the rolled oats and water/milk to a small pot and bring to a boil over medium heat.
2. Turn down the heat to medium low and cook until oats are tender, 5-10 minutes.
3. Heap on the toppings and enjoy!

Lunch: Creamy Polenta with Zucchini and Tomatoes

Recipe credit: wellplated.com

Ingredients:

- 2 pints cherry or grape tomatoes
- 2 medium zucchini, quartered length-wise, then cut into 1/4-inch slices
- 1 large shallot or ½ onion, sliced

- 2 tablespoons extra virgin olive oil
- 1 teaspoon salt
- 3/4 teaspoon dried oregano
- 1/2 teaspoon black pepper
- 2 cups low sodium vegetable broth
- 1 cup non-dairy milk of choice
- 2 cloves minced garlic
- 3/4 cup polenta
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tablespoons nutritional yeast
- 2 tablespoons non-dairy butter
- 1/4 cup thinly sliced fresh basil leaves

Instructions

1. For the vegetables: Preheat the oven to 400 degrees F. For easy clean up, line a large, rimmed baking sheet with parchment paper. Place the tomatoes, zucchini, shallot/onion, oregano, and olive oil in a bowl, then drizzle with olive oil and sprinkle with salt and cracked black pepper. Toss to coat, then spread the vegetables mixture onto the prepared baking sheet. Roast for 30-35 minutes, or until the tomatoes burst and the shallots are crisp, tossing and spreading the vegetable back into a single layer twice throughout. Remove from the oven and set aside.
2. While the vegetables roast, prepare the polenta: Combine the broth, plant milk, and garlic in a large saucepan and bring to a boil over high heat. Reduce the heat to a simmer and very slowly whisk in the cornmeal, adding it in a very thin stream and whisking constantly to make sure there are no lumps. Switch to a wooden spoon and reduce the heat to medium. Add the salt and pepper. Simmer for 5-10 minutes, stirring almost constantly and scraping the bottom of the pan to prevent sticking, until the polenta is thickened. Remove from the heat and stir in the nutritional yeast and butter. Taste and add additional salt, pepper, or nutritional yeast as desired.
3. To serve, ladle the polenta into serving bowls. Top generously with roasted vegetables and sprinkle with fresh basil.

Snack: No-Bake Carrot Cake Bites

Recipe credit: minimalistbaker.com

Ingredients:

- 3/4 cup peeled and finely shredded carrot
- 1 cup packed pitted dates
- 1 3/4 cups raw walnuts
- 2 tsp vanilla extract
- 1/4 tsp sea salt
- 3/4 tsp ground cinnamon
- 1/2 tsp ground ginger
- 4-6 Tbsp coconut flour (or sub almond flour)
- Optional: 1/4 cup raisins or other dried fruit

Instructions

1. Using the grater attachment on your food processor (or a box grater), grate the carrot and set aside.
2. To the food processor, add the pitted dates and blend until small bits remain or a ball forms. Remove from food processor and set aside.
3. To the food processor, add walnuts, vanilla, salt, and spices. Blend until a semi-fine meal is achieved — about 15 seconds. Then add the dates and shredded carrot back in and pulse in 1-second increments until a loose dough forms and the carrots are just incorporated. Be careful not to over-blend.
4. Add coconut flour 2 Tbsp at a time and pulse to combine. If it is not mixing, you may need to remove the lid and stir occasionally to encourage things along. You're not looking for a paste or purée here, but a tender, crumbly dough. Once well combined, add raisins (optional) and pulse/stir once more to combine.
5. Scoop out 2-Tablespoon amounts using a cookie scooper, roll into balls with hands, and place directly onto a parchment-lined baking sheet or serving platter. Repeat until all dough is used up. If the bites are too sticky to roll, add a little more coconut or almond flour to dry the mixture out.
6. Roll in finely shredded coconut (optional) and enjoy immediately or refrigerate to chill/firm up.
7. Store covered in the refrigerator up to 1 week or in the freezer up to 1 month.

Dinner: Red Lentil Dahl

Recipe credit: biancazapatka.com

Ingredients:

- 1-2 tbsp coconut oil
- 2 onions chopped
- 4 garlic cloves minced
- ½ tsp ground ginger
- 1 tsp turmeric
- 1 tsp coriander
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp garam masala or other curry powder to taste
- 1 ⅔ cups (300 g) red lentils
- 3 ¼ cups (780 ml) vegetable broth
- 1 cup (240 ml) coconut milk
- 1 cup (240 ml) strained tomatoes or chopped tomatoes, optional
- salt and pepper to taste
- 2 tsp maple syrup or to taste
- 2-3 tbsp lime or lemon juice or to taste
- Cooked jasmine rice

Instructions:

1. Heat the coconut oil in a skillet or saucepan. Add the chopped onions, and sauté for 2-3 minutes until translucent. Then add the garlic and ginger sauté for another minute until fragrant. Lastly, add the spices, and sauté for a few seconds to unfold flavors.
2. Place the lentils in a fine-meshed sieve and rinse until cold running water. Then add them to the onion mixture in the skillet. Pour in the vegetable broth, stir to combine, and bring to a simmer. Cook covered for 8-10 minutes, or until the lentils have absorbed most of the liquid.
3. Add the coconut milk and strained tomatoes (if using) and simmer another 5-10 minutes, or until the lentils are tender. (If the sauce is too thick, add a little more broth or coconut milk, until the desired consistency is reached). Season with salt, pepper, coconut sugar, and lime juice to taste. Serve over rice.

DAY 2 RECIPES

Breakfast: Alaska Flour Company Barley Pancakes

Purchase Alaska Flour Company's "Great Alaska Pancake Mix" at Blue Market AK in bulk or through their website, alaskaflour.com.

Ingredients

- Alaska Flour Company's "Great Alaska Pancake Mix"
- Toppings of your choice! (Maple syrup, Alaska made jam, fresh fruit, etc.)

Instructions

1. Follow package instructions, substituting egg for 1 flax egg (1 tbsp ground flax seed mixed with 3 tbsp water, mix and allow to sit for 5-10 minutes to thicken).

Lunch: *Leftover Dahl from Day 1 Dinner*

Snack: Black Bean Brownies

Recipe credit: minimalistbaker.com

Ingredients

- 2 heaping Tbsp flaxseed meal
- 6 Tbsp water
- 1 15-oz can or 1 ¾ cups cooked black beans (rinsed and drained)
- 3 Tbsp coconut oil, melted
- ¾ cup cocoa powder
- ¼ tsp sea salt
- 1 tsp vanilla extract
- ½ heaping cup organic cane sugar (slightly ground or pulsed in a food processor or coffee grinder for refined texture)
- 1 ½ tsp baking powder
- Optional toppings: crushed walnuts, pecans, dairy-free chocolate chips

Instructions

1. Preheat oven to 350 degrees F (176 C). Lightly grease a 12-slot standard size muffin pan.
2. Prepare flax egg by combining flax and water in the bowl of the food processor. Pulse a couple times and then let rest for a few minutes.
3. Add remaining ingredients (besides walnuts or other toppings) and puree - about 3 minutes - scraping down sides as needed. You want it pretty smooth.
4. If the batter appears too thick, add a Tbsp or two of water and pulse again. It should be slightly less thick than chocolate frosting but nowhere close to runny.
5. Evenly distribute the batter into the muffin tin and smooth the tops with a spoon or your finger.
6. Optional: Sprinkle with crushed walnuts, pecans or chocolate chips.
7. Bake for 20-26 minutes or until the tops are dry and the edges start to pull away from the sides.
8. Remove from oven and let cool for 30 minutes before removing from pan. They will be tender, so remove gently with a fork. The insides are meant to be very fudgy, so don't be concerned if they seem too moist - that's the point. Plus, they're vegan so it doesn't really matter.
9. Store in an airtight container for up to a few days. Refrigerate to keep longer.

Dinner: Mediterranean Quinoa Bowls

Recipe credit: runningonrealfood.com

Ingredients

Tofu Feta:

- 1 350 g package extra-firm or firm tofu, pressed and cubed
- 1/4 cup fresh lemon juice
- 1/4 cup apple cider vinegar
- 1 tbsp dried oregano
- 1 tsp sea salt
- 2 tsp nutritional yeast, optional

Quinoa Bowls:

- 2 cups cooked quinoa
- 4 cups finely chopped kale
- 1/2 tsp olive oil for massaging kale

- 40 kalmata olives
- 2 cups diced cucumber
- 2 cups diced tomato
- 1 cup thinly sliced red onion
- 4–8 tbsp tahini
- fresh lemon
- 8 tbsp finely chopped fresh parsley
- salt and pepper, to taste

Instructions

1. To make the tofu feta, first press the tofu for at least 20 minutes, then crumble or cube the tofu. Add all ingredients to a container and marinate for at least 30 minutes up to overnight. If you have an hour or two to marinate, that's perfect.
2. Cook the quinoa according to package instructions, or bring 2 cups of water to a boil, add 1 cup of uncooked rinsed quinoa, cover and reduce to a very light simmer. Cook for 15 minutes. Remove from heat and let stand for 5 minutes. Remove the lid and fluff with a fork.
3. Remove the kale leaves from the tough stems and finely chop. Place in a mixing bowl and add 1/2 tsp of olive oil. Massage with hands for 30 seconds or longer until softened. If you prefer, you can leave kale raw or steam for 1 minute to lightly cook.
4. Dice the cucumber and tomato and finely chop the parsley.
5. Assemble the bowls by preparing 4 bowls or food storage containers, start with a bed of kale in each, then add the quinoa, tofu feta, olives, cucumber, tomato and hummus.
6. Top each serving with tahini, parsley, lemon juice, salt and pepper and serve right away.

DAY 3 RECIPES

Breakfast: Chocolate Quinoa Breakfast Bowl

Recipe credit: minimalistbaker.com

Ingredients

- 1 cup uncooked white quinoa

- 1 cup unsweetened almond milk (plus more for serving)
- 1 cup coconut milk (light canned, or the beverage in a carton)
- 1 pinch sea salt
- 2 Tbsp unsweetened cocoa powder
- 2-3 Tbsp maple syrup or coconut sugar
- 1/2 tsp pure vanilla extract (optional)
- 3-4 squares vegan dark chocolate (roughly chopped)
- For serving (optional): mixed berries, sliced banana, coconut sugar, hemp or chia seeds

Instructions

1. Thoroughly rinse quinoa in a fine mesh strainer for 2 minutes, using your hands to sort through and pick out any discolored pieces or pebbles that may remain.
2. Heat a small saucepan over medium heat. Once hot, add rinsed, drained quinoa and toast for 3 minutes, stirring frequently, to dry up water and slightly toast.
3. Add almond milk, coconut milk, and a pinch of salt, and stir. Bring to a boil over high heat, then reduce heat to low and cook for 20-25 minutes, uncovered, stirring occasionally. If it stops simmering, increase heat to medium-low. You're looking for a slight simmer throughout the cooking time.
4. Once the liquid is absorbed and the quinoa is tender, remove from heat and add cocoa powder, maple syrup and vanilla (optional). Stir to combine.
5. Serve each bowl of quinoa with a small square of vegan dark chocolate, and any other desired toppings (listed above).
6. Best when fresh, though leftovers will keep covered in the refrigerator for 2-3 days. Reheat in the microwave, or in a small saucepan with additional almond milk to add moisture back in.

Lunch: Roasted Potato & Spicy Black Bean Tacos

Recipe created by Alyssa Schaefer, inspired by products we feature at Blue Market AK.

Ingredients:

- Taco Loco tortillas, 4-6

- Taco Loco salsa, ½-1 cup depending on preference
- Mixed lettuce/baby greens

Spicy Black Beans:

- 2 tablespoons coconut oil or extra-virgin olive oil
- 1 cup diced sweet onion
- 4 medium garlic cloves, minced
- ¾ to 1 cup chopped fresh tomatoes
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- ¼ teaspoon cayenne pepper (optional)
- ½ plus ⅛ teaspoon fine sea salt, or to taste
- 2 ½ tablespoons tomato paste
- 1 15-oz can black beans (or 1 ¾ cup cooked black beans), drained and rinsed
- ½ cup chopped cilantro (optional)

Roasted Potatoes:

- 2-4 potatoes of your choice, diced into 1-inch pieces
- 2 tbsp avocado oil
- 1-2 tsp chili powder
- ½ tsp salt

Cashew Sour Cream:

- 1 cup raw cashews
- ½ cup water
- 1 tablespoon lemon juice
- ¾ teaspoon apple cider vinegar
- generous pinch of sea salt

Instructions:

Spicy Black Beans:

1. In a large wok or skillet, add the oil and melt it over medium heat. Stir in the onion and garlic, along with a pinch of salt, and sauté for about 5 to 6 minutes, until softened.
2. Stir in the chopped tomatoes, chili powder, garlic powder, dried oregano, cayenne (if using), and ½ teaspoon of salt. Continue sautéing for another 3 to 5 minutes (increasing/reducing heat if necessary), until the tomato softens.

3. Now stir in the tomato paste and drained and rinsed black beans. Cook for a few more minutes until heated throughout. Taste and add more salt if desired. Stir in the cilantro. You can leave the mixture over low heat until ready to serve or simply turn off the heat and reheat before serving.

Roasted Potatoes:

1. Preheat the oven to 400 degrees F.
2. Add the diced potatoes to a bowl and sprinkle with avocado oil, chili powder, and salt. Mix well.
3. Add potatoes to a baking sheet lined with parchment paper or silicone liner.
4. Bake for 15 minutes, mix potatoes with a spatula, and bake for 10-15 minutes more until potatoes are crispy.

Cashew Sour Cream:

1. Soak the cashew in 1 of 2 ways, then drain and rinse well.
 - a. Soak cashews covered with 2 – 3 inches of water for 2 – 3 hours, overnight is great too but not necessary for cashews.
 - b. For a faster soak, add them to hot water, not boiling, and let soak for 5 – 10 minutes.
2. In a high-speed blender, add all ingredients and blend until nice and creamy, stopping to scrape down the sides every now and then. Add a tad more water as needed to create desired consistency.

Assembling the Tacos:

1. Add potatoes, sour cream, black beans, lettuce, and salsa to the tortilla, roll up and enjoy.
2. Note: To make this recipe quicker and easier, feel free to substitute store-bought vegan sour cream, heat up plain black beans or refried beans, and skip the potatoes!

Dinner: Split Pea Soup

Recipe credit: budgetbites.com

Ingredients

- 2 cloves garlic
- 1 yellow onion

- 3 ribs celery
- 3 carrots
- 2 Tbsp olive oil
- 1 lb. split peas (dry)
- 1/2 tsp smoked paprika
- 1 tsp dried parsley
- 1/2 tsp dried oregano
- 1/4 tsp dried thyme
- 1/4 tsp freshly cracked pepper
- 6 cups water
- 1.5 tsp salt (or to taste)

Instructions

1. Mince two cloves of garlic. Dice the onion, celery, and carrots. Add the garlic, onion, celery, and carrots to a large pot with olive oil and sauté over medium heat for about five minutes, or until the onions are soft.
2. Add the dry split peas, smoked paprika, parsley, oregano, thyme, pepper, and water to the pot. Stir to combine.
3. Place a lid on top, turn the heat up to medium-high, and bring the water up to a boil. When it reaches a boil, turn the heat down to medium-low and continue to let the soup simmer, stirring occasionally, for about 45 minutes, or until the peas have completely broken down and the soup is thick (keep the lid on between stirs).
4. Add salt to the soup by taste, starting with ½ teaspoon. I added about 1.5 tsp. Serve hot with crackers or crusty bread for dipping! We recommend a baguette (or any other bread) from French Oven Bakery, which you can purchase at Blue Market AK!