

*Chef Frank's*  
**7-Day**  
**MEAL PLAN**  
EAT LIKE A VEGAN CHEF



**WFPB RECIPES**

# CONTENTS

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## CHAPTER

### **01**

#### Introduction

## CHAPTER

### **02**

#### 7-Day Meal Plan

## CHAPTER

### **03**

#### Shopping List

## CHAPTER

### **04-12**

#### Recipes

# Thank you for downloading my 7-Day Meal Plan!

Hi, my name is Frank Kraemer.  
I am the founder of Eat Like a Vegan Chef.



Being a professional Vegan Chef,  
has been very rewarding in terms  
of helping people reversing chronic diseases  
and losing any amount of weight.

For your convenience, I have attached a 7-day meal planner, a complete shopping list,  
and all corresponding recipes. I discovered that a holistic plant-based approach is the  
fastest way to improve your health and to lose those unwanted pounds.

The meal plan you have received has been part of many of our challenges and is being  
used by our members on a regular basis.  
It is not a diet it is a lifestyle.

That said, this meal plan is designed for you to lose weight without counting calories or  
portion control. Other dietary meal plans are based on calorie restriction, where mine  
are based on nutrient density. All recipes are cooked without oil, sugar, processed  
foods, or animal products. Keep in mind these are tried and true meal plans.

If you want to lose 20 lbs or more I invite you to check out our Wellness Blueprint  
Membership by Eat Like a Vegan Chef. Where we feature the best meal plans, recipes,  
shopping lists, group coaching, meditation, and fitness classes. Most of our members  
lose 30 lbs in as little as 3 months.

If you are a busy bee like me, I suggest you prepare your food the day before or on  
your off day. Cook food in batches and freeze them. That way you can simply defrost  
and reheat the food as needed.

If you like what you see here, I invite you to explore more at [eatlikeaveganchef.com](http://eatlikeaveganchef.com) and  
click on "Join". Or simply join any of our free challenges.

Should you have any questions you can always send me an email:  
[frank@eatlikeaveganchef.com](mailto:frank@eatlikeaveganchef.com)

Feel free to join our private Facebook Group "My Whole Food Plant Based Journey".  
MAJOR thumbs up for you for taking the first step to a healthier lifestyle!

You've got this. :)

Chef Frank

P.S. Don't forget to check out My Free Masterclass. :)





## Chef Frank's 7-Day Meal Plan

[eatlikeaveganchef.com](http://eatlikeaveganchef.com)

Sunday prep	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
To make your life a little easier during the week you can prepare some dishes on the weekend: <b>White Bean Stew</b> <b>Eggplant Teriyaki</b> <b>Creamy Mushroom Soup</b>  Vegetable stew Quinoa <b>Things to buy:</b> Check out the attached shopping list	<b>Intermittent fasting</b> Warm lemon water Energy Bowl or sauteed veggies Tea or water Fruits or Vegetables Glass of water <b>11am First meal</b> White Bean Stew with brown rice Glass of water Fruits or Vegetables Glass of water <b>7 PM Last Meal</b> Side salad Creamy Mushroom Soup Glass of water	<b>Intermittent fasting</b> Warm lemon water Energy Bowl or sauteed veggies Tea or water Fruits or Vegetables Glass of water Eggplant Teriyaki with purple potatoes Glass of water Fruits or Vegetables Glass of water <b>7 PM Last Meal</b> Side salad Green Bean Soup Glass of Water	<b>Intermittent fasting</b> Warm lemon water Energy Bowl or sauteed veggies Tea or water Fruits or Vegetables Glass of water Eggplant Teriyaki with purple potatoes Glass of Water Fruits or Vegetables Glass of Water <b>7 PM Last Meal</b> Side salad Green Bean Soup Glass of Water	Warm lemon water Energy Bowl or sauteed veggies Tea or water Fruits or Vegetables Glass of water Black Bean Penne Turmeric cream sauce Glass of water Fruits or Vegetables Glass of water	<b>Cheat Day</b> Warm lemon water Your choice of Breakfast Coffee or tea & water Fruits or Vegetables Glass of water Your choice of Lunch Glass of water Fruits or Vegetables Glass of water	Warm lemon water Energy Bowl or sauteed veggies Tea or water Fruits or Vegetables Glass of water Black Bean Penne Turmeric cream sauce Glass of water Fruits or Vegetables Glass of water	
	<b>Breakfast</b>						
	<b>Snack</b>						
<b>Lunch</b>							
<b>Snack</b>							
<b>Dinner</b>							
Eat your salad or fresh fruit before the main course <b>Happy eating!</b>							

Eat your salad or fresh fruit before the main course  
**Happy eating!**

## Shopping List

## Chef Frank's 7-Day Meal Plan

[www.EatLikeaVeganChef.com](http://www.EatLikeaVeganChef.com)

## Produce &amp; Fresh Ingredients



Check if you have left over from last week

## Notes:

[illegible]

## Dry Goods / Frozen

Canned Goods/ Other	Qty	Grains / Broths / Condi	Spices	Frozen	Qty
15 oz can garbanzo bean	1-2	Low sodium vegetable b	3 qt/l	Smoked Paprika	1
15 oz can black beans	2	Teriyaki Sauce	1 bottle	Cumin	1
15 oz can cannellini bean	4	Balsamic vinegar	1 bottle	Bay leaves	1
Black bean fettuccine,	1 bag	Tabasco	1 bottle	Black Pepper	1
Asparagus	1 lb	Nutritional yeast	1 container	Sea Salt, optional	1
Fresh corn	2 ears	Liquid Aminos	1 bag	Oregano	1
		Almond milk, unsweeten	1 bottle	Tumeric	1
		Brown rice	1 container	Red pepper flake	1
		Dijon Mustard	1 container	Sesame Seeds (Optional)	1



## White Bean Stew

### What You Need

- 4 cloves of garlic, pressed or mashed
- 1 cup onion, diced
- 1 tsp cumin
- 1.5 tsp smoked paprika
- 1 large carrot, diced
- 1 medium Russet potato, diced 1/4 inch
- 1 cup diced tomatoes
- 15.5-ounce white beans, rinsed and drained
- 3 bay leaves
- (Salt optional)
- Black pepper to taste
- 1/2 qt water or low sodium vegetable broth, more if needed

### How To Cook

- 1..Heat a deep saucepan over high heat.
- 2.Add the onion and garlic and cook until soft without caramelizing; add little water to the onions.
- 3.Now add the cumin and paprika while steering to bring out the aroma.
- 4.Add carrots, potatoes, and add enough broth to cover potatoes. Let cook until soft.
- 5.Pull sauce from stove, let cool out slightly then pour into a blender and puree. Once pureed, pour back into the pot.
- 6.At this time, add the tomatoes, bay leaves, and the white beans to the pot, and let simmer for 15-20 minutes. Add more liquid if needed.
- 7.Add salt (optional) and pepper and keep stirring.
- 8.Remove the bay leaves before serving.
- 9.Serve with brown rice or quinoa.

Enjoy!







## Teriyaki Eggplant

### What You Need

- 1 medium onion, sliced
- 3 cloves Garlic, sliced
- 1 medium eggplant, halved and sliced in 1/2 inch pieces
- 1 x15.5 can black beans, low sodium, (drained & rinsed)
- 1 red bell pepper, seeded & sliced 1/4 inch
- 1 teaspoon Ginger, grated
- ½ bunch Scallions, sliced
- Teriyaki sauce or your favorite Asian sauce. Look for no added sugar or low sugar brands.
- Red pepper flakes
- 1 tsp sesame seeds

### How To Cook

1. In a large pan, over medium to high heat, dry sauté onions, garlic, and ginger until they just caramelize. Add a little water to loosen the onions from the pan.
  2. Now add the eggplant and keep sautéing, stirring frequently (6-8 minutes) Add a little water when eggplant starting to stick in the pan.
  3. Add the peppers and beans. Sauté for another 4-5 minutes or until all peppers and eggplant are cooked.
  4. Now add Teriyaki sauce, a little water if necessary, scallions, and pepper flakes.
  5. Sauté for another minute and serve with a dollop of buckwheat or your favorite starch. Sprinkle with sesame seeds.
- Enjoy!



## Black Bean Pasta

### What You Need (Yield 2)

#### Pasta

- 1/2 cup onion, diced
- 2 cloves of garlic, sliced
- 1/4 cup leek, washed & sliced
- 4 oz Bella mushrooms, quartered
- 3 multi-color mini peppers, sliced (Jalapeno's, if desired)
- 3 cups Swiss chard, washed & sliced
- 4-6 oz black bean fettuccine, cooked
- 1/8 cup fresh parsley, chopped,
- Freshly ground black pepper
- Dash of Sea salt, (Optional)
- Dash of red pepper flakes
- Six pieces of chives

#### Turmeric sauce

- 1/2 cup onions, diced
- 1 clove garlic, sliced
- 1/4 cup leek, washed & sliced
- 1/2 tsp turmeric
- 1 cup white beans, drained & rinsed
- (1 tbsp Nutritional yeast, optional)
- 1.5-2 cups water or low sodium vegetable broth, more if desired
- Dash of Sea salt
- A few drops of lemon juice
- Dash of tabasco

### How To Cook

1. Heat a medium stainless steel pan or nonstick pan over medium to high heat.
2. Add sliced garlic and onions. Sauté until onions are translucent. Add 1/4 cup of water if needed.
3. Now add the leek, mushrooms, and mini peppers and continue to saute for 3-4 minutes. Add water or broth if necessary.
4. Add the sliced Swiss chard and saute until wilted, be sure you have some liquid in the pan.
5. Once the Swiss chard is wilted add the Fettuccine and season with salt (optional), pepper, parsley, and pepper flakes.
6. Set aside.

1. Heat a small soup or saucepan over medium to high heat.
2. Add sliced garlic and onions. Sauté until onions are translucent. Add 1/4 cup of water if needed.
3. Now add the leek and continue to saute.
4. At this time add the turmeric and keep stirring for 30 seconds.
5. Now add all other ingredients making sure you have enough liquid to cook to cover all ingredients.
6. Let simmer for 8-10 minutes, stirring occasionally, then let the sauce cool out and puree in a blender.
7. Pour the sauce back into the pot and keep warm. Taste sauce for proper seasoning: (Salt, Tabasco, Nutritional yeast, Lemon juice)

#### Assemble

1. Pour sauce into a pasta bowl or regular plate. Spread out the sauce so it covers the entire plate. (as shown in the picture)
2. Now spoon the fettuccine over the sauce and decorate with vegetables and chives.
3. Enjoy!





## *Energy Bowl*

### *What You Need (Yield 1)*

- 1 cup Strawberries, fresh or frozen
- 1/2 cup pineapple, diced
- 1/2 apple, diced
- 1/2 apricot, seeded & sliced
- 4 pieces asparagus
- 1 cup carrots, grated
- 1/2 cup low sodium black beans, drained & rinsed
- 3 cups power greens, packed
- 1 lemon, Juiced

### *How To Cook*

1. Place power greens in a bowl.
2. Add all other fruit and vegetables and combine.
3. Sprinkle with balsamic vinaigrette or lemon juice and arrange nicely on a salad bowl.

Enjoy!



## *Creamy Mushroom Soup*

### *What You Need (Yield 4)*

- 1 cup onion - diced
- 2 cloves of garlic, minced
- Juice from 1 lemon wedge
- 16 oz baby Bella mushrooms (sliced & organic if possible)
- 1 tbsp soy sauce or liquid aminos
- 5 sprigs thyme (leaves peeled from the stalks)
- 2 cups water (or low sodium broth)
- 2 cup unsweetened almond milk
- 2 cups white beans (rinsed, drained & pureed with 2 tbsp water)
- 1/2 bunch scallions, finely sliced (hold some for deco)
- Pinch of salt
- black pepper to taste

### *How To Cook*

1. Sauté onions and garlic in a medium-sized soup pot over medium heat for about 2 minutes. Be sure not to caramelize the onions. Add some water to prevent onions to get brown.
  2. Now add the mushrooms and keep sautéing for another 4-5 minutes. Stirring frequently and add liquid if necessary.
  3. At this time add all other ingredients and let simmer until the soup has reached a semi-thick consistency.
  4. Season with black pepper.
  5. Sprinkle with scallions.
- Enjoy!



## Green Bean Soup

### *What You Need (Yield 4)*

- 1 large yellow onion, peeled & diced
- 3 celery ribs washed & sliced 1/2 inch pieces
- 2 medium carrots, sliced 1/2 inch pieces
- 4 garlic cloves, thinly sliced
- 3 quarts of water or (vegetable stock)
- 15 oz white beans, low sodium
- 8 oz mushrooms, thickly sliced or quartered
- 8 oz Russet potatoes, quartered
- Kernels from 2 fresh corn
- 2 tomatoes, diced
- 1 red bell pepper, washed, cleaned, and diced in 1-inch pieces
- 1 lb fresh green beans, ends cut off & halved
- 1/2 jalapeno, whole (optional)
- Salt and freshly ground pepper
- 1/4 cup fresh parsley, chopped
- 2 tbsp fresh thyme leaves

### *How To Cook*

1. In a medium to a large soup pot over high heat, saute the onion, garlic celery, and carrot for about two minutes. Add little water to prevent onions from burning.
  2. Now add all other vegetables, except the beans and herbs.
  3. Fill up with the water or broth and bring to a boil. The liquid must cover all veggies. (Preferably 1-2 inches of liquid above the vegetables).
  4. Reduce heat and let the soup simmer for about 5 minutes.
  5. Now add the beans and herbs and let simmer for another 20-25 minutes.
  6. Season with salt (optional) and pepper.
- Enjoy!



## Purple Potatoes

### *What You Need (Yield 2)*

- 12 oz purple potatoes,
- Dash of unsweetened Almond milk (if necessary)
- Freshly ground black pepper,

### *How To Cook*

1. Steam purple potatoes with the skin on until fork tender. For more flavor roast potatoes in a 350-degree oven for 35-45 minutes. (depending on size they need more or less time.
2. Peel purple potatoes.
3. With a potato masher mash the potatoes until smooth.
4. If necessary add non-dairy cream.
5. Season with black pepper.

Enjoy!



## *Balsamic Vinaigrette*

### *What You Need (Yield 2)*

- 1 tbsp Dijon Mustard
- 2 tbsp balsamic vinegar
- Juice from 1/2 a lemon
- 1 tbsp maple or agave syrup (if desired)
- Little water (a few tablespoons) to make dressing liquid to your liking.

### *How To Cook*

1. Pour all ingredients except the water into a bowl or food processor and combine. While stirring or blending the ingredients, add water very slowly to the mustard mixture. Do this until a creamy consistency is achieved.
2. It works best in a blender with a cover that has a small opening to pour liquid, such as Vitamix, etc.
3. Stays well for a few days in the refrigerator. Although dressing might separate and needs to be blended again.
4. To remove the sugar omit the maple syrup.

Enjoy!