

# THE OMD 7-DAY Meal Planner

How to plan for delicious  
PLANT-BASED MEALS FOR THE WHOLE FAMILY.





**W**elcome to the delicious world of plant-based eating! You can boost energy, feel better, live healthier and heal the Earth — starting with just one meal a day.

OMD is about ease, convenience, well-being and non-judgement, and this 7-Day Meal Planner is meant to be an inspiring and practical resource, with meal suggestions, shopping lists and an OMD tracker, to support your healthy transition whether you want to try one, two or three plant-based meals a day-- it's up to you.

For more, grab a copy of Suzy's book, [The OMD Plan](#) (now out in paperback!) for 50+ recipes, success stories and the latest climate and nutrition science to explore plant-based eating and to deepen your relationship with your body and our planet.





# Meal Planner





## Day One



Image: [runningonrealfood.com](http://runningonrealfood.com)



Image: [wallflowerkitchen.com](http://wallflowerkitchen.com)

BREAKFAST	LUNCH	DINNER
<a href="#"><u>Running on Real Food's Breakfast Burrito</u></a>	<a href="#"><u>Bless This Mess' Veggie and Hummus Sandwich</u></a>	<a href="#"><u>Wallflower Kitchen's Noodle Stir Fry</u></a>

## Day Two



Image: [veganocity.com](http://veganocity.com)



Image: [simpleveganblog.com](http://simpleveganblog.com)

BREAKFAST	LUNCH	DINNER
<a href="#"><u>Veganocity's Simple Breakfast Toasts</u></a>	<a href="#"><u>Savor and Savvy's Buddha Bowl</u></a>	<a href="#"><u>Simple Vegan Blog's Miso Soup</u></a>

## Day Three



Image: strengthandsunshine.com



Image: mydarlingvegan.com

BREAKFAST	LUNCH	DINNER
<a href="#"><u>Cheftographer's Vegan Breakfast Eggs</u></a>	<a href="#"><u>Strength &amp; Sunshine's Buffalo Tahini Rice Wraps</u></a>	<a href="#"><u>My Darling Vegan's Fettuccine Alfredo</u></a>

## Day Four

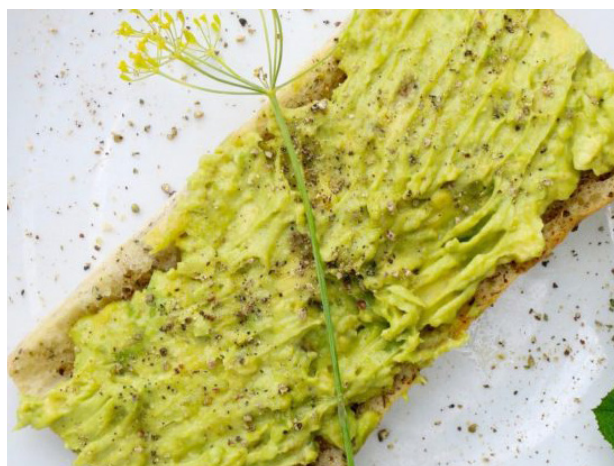


Image: sharonpalmer.com



Image: peasandcrayons.com

BREAKFAST	LUNCH	DINNER
<a href="#"><u>Sharon Palmer's Avocado Toast</u></a>	<a href="#"><u>Pop Sugar's Sweet Potato Quinoa Salad</u></a>	<a href="#"><u>Peas and Crayons' Grilled Cheese</u></a>



## Day Five



BREAKFAST	LUNCH	DINNER
<a href="#"><u>OMD's Go Green Smoothie</u></a>	<a href="#"><u>Cookie &amp; Kate's Chopped Kale Salad</u></a>	<a href="#"><u>Minimalist Baker's Shepherd's Pie</u></a>

## Day Six



Image: cookineandkate.com

BREAKFAST	LUNCH	DINNER
<a href="#"><u>Cookie and Kate's Easy Vegan Pancakes</u></a>	<a href="#"><u>Wallflower Kitchen's Veggie and Quinoa Salad</u></a>	<a href="#"><u>Pass the Plants' Fajitas</u></a>

# Day Seven



BREAKFAST	LUNCH	DINNER
<a href="#"><u>Love &amp; Lemons' French Toast</u></a>	<a href="#"><u>Oh She Glows' Lentil Soup</u></a>	<a href="#"><u>The Foodie Dietitian's Vegan Burrito Bowl</u></a>





# Shopping List





**Like what you see?** We hope you're hungry! Here's everything you'll need to make the suggested meals. The best part? You probably already have some of these ingredients in your kitchen.

## Produce/Deli

- ☐ White mushrooms
- ☐ Garlic cloves
- ☐ Red onion
- ☐ Red bell pepper
- ☐ Banana
- ☐ 3 Packages extra-firm or pressed tofu
- ☐ Lime
- ☐ Lemon
- ☐ Green apple
- ☐ Spinach
- ☐ Kale
- ☐ Cucumber
- ☐ Lettuce
- ☐ Fresh mint leaves
- ☐ Cauliflower
- ☐ Avocado (3-4)
- ☐ Fresh cilantro
- ☐ Asparagus
- ☐ Portobello mushrooms
- ☐ Fresh thyme
- ☐ Broccoli
- ☐ Oranges



- ☐ Edamame
- ☐ Sweet potato
- ☐ Bay leaves
- ☐ Carrots
- ☐ Tomato
- ☐ Alfalfa sprouts
- ☐ Celery stalks
- ☐ Scallions
- ☐ Hummus

## Condiments

- ☐ Whole wheat flour
- ☐ Baking powder
- ☐ Coconut oil
- ☐ Maple syrup
- ☐ Pure vanilla extract
- ☐ Chia seeds
- ☐ Hemp seeds
- ☐ Nutritional yeast
- ☐ Salsa
- ☐ Chipotle puree
- ☐ Frank's Buffalo Sauce
- ☐ Sriracha
- ☐ Sesame oil
- ☐ Vegetable stock
- ☐ Soy sauce or gluten-free tamari sauce
- ☐ Peanut butter
- ☐ Tahini
- ☐ Miso
- ☐ Dried wakame seaweed

## Plant-based "Dairy"

- ☐ Almond milk or dairy-free milk of choice
- ☐ Plain cream cheese-style spread
- ☐ Cheddar-style slices
- ☐ Vegan margarine

## Seasoning

- ☐ Salt
- ☐ Pepper
- ☐ Ground coriander
- ☐ Smoked sweet paprika
- ☐ Cinnamon
- ☐ Nutmeg
- ☐ Cumin
- ☐ Chili powder
- ☐ Garlic powder
- ☐ Turmeric
- ☐ Chipotle Powder

## Bakery

- ☐ Ciabatta bread
- ☐ Whole wheat bread
- ☐ Flour tortillas
- ☐ Wraps



## Pasta/Rice

- ☐ Brown rice
- ☐ Quinoa
- ☐ Brown or green lentils
- ☐ Fettuccine pasta
- ☐ Noodles or gluten-free soba noodles

## Frozen/ Canned/Bulk

- ☐ Corn
- ☐ Black beans
- ☐ Refried beans
- ☐ 1 10-ounce bag frozen mixed veggies: peas, carrots, green beans, and corn
- ☐ Dried cranberries
- ☐ Salted sunflower seeds

## Beverage

- ☐ Coconut water

*“Most of all, I want you to recognize that this is not a one-and-done program—this is a lifelong conversation with yourself, your body, your family, your community, your physical world—even your soul. I want to give you the tools to honor your own intentions, remember our sacred role in protecting the earth for future generations, and make those healthier, happier choices so simple that they become second-nature.”*

*—Suzy Amis Cameron*





# Pledge Tracker





## THE OMD PLEDGE:

I pledge to dedicate at least one plant-based (meat and dairy-free) meal a day to the planet and my health.

FOR THE WEEK OF **J** **F** **M** **A** **M** **J** **J** **A** **S** **O** **N** **D** \_\_\_\_\_, 20\_\_\_\_\_,  
DATE RANGE YEAR

MONDAY	MEAL	ON THE MENU	PLANT BASED?
	BREAKFAST		<input type="checkbox"/> YES! <input type="checkbox"/> NO <input type="checkbox"/> PARTLY
	LUNCH		<input type="checkbox"/> YES! <input type="checkbox"/> NO <input type="checkbox"/> PARTLY
	DINNER		<input type="checkbox"/> YES! <input type="checkbox"/> NO <input type="checkbox"/> PARTLY

TUESDAY	MEAL	ON THE MENU	PLANT BASED?
	BREAKFAST		<input type="checkbox"/> YES! <input type="checkbox"/> NO <input type="checkbox"/> PARTLY
	LUNCH		<input type="checkbox"/> YES! <input type="checkbox"/> NO <input type="checkbox"/> PARTLY
	DINNER		<input type="checkbox"/> YES! <input type="checkbox"/> NO <input type="checkbox"/> PARTLY

WEDNESDAY	MEAL	ON THE MENU	PLANT BASED?
	BREAKFAST		<input type="checkbox"/> YES! <input type="checkbox"/> NO <input type="checkbox"/> PARTLY
	LUNCH		<input type="checkbox"/> YES! <input type="checkbox"/> NO <input type="checkbox"/> PARTLY
	DINNER		<input type="checkbox"/> YES! <input type="checkbox"/> NO <input type="checkbox"/> PARTLY

MONDAY	MEAL	ON THE MENU	PLANT BASED?
	BREAKFAST		<input type="checkbox"/> YES! <input type="checkbox"/> NO <input type="checkbox"/> PARTLY
	LUNCH		<input type="checkbox"/> YES! <input type="checkbox"/> NO <input type="checkbox"/> PARTLY
	DINNER		<input type="checkbox"/> YES! <input type="checkbox"/> NO <input type="checkbox"/> PARTLY

FRIDAY	MEAL	ON THE MENU	PLANT BASED?
	BREAKFAST		<input type="checkbox"/> YES! <input type="checkbox"/> NO <input type="checkbox"/> PARTLY
	LUNCH		<input type="checkbox"/> YES! <input type="checkbox"/> NO <input type="checkbox"/> PARTLY
	DINNER		<input type="checkbox"/> YES! <input type="checkbox"/> NO <input type="checkbox"/> PARTLY

SATURDAY	MEAL	ON THE MENU	PLANT BASED?
	BREAKFAST		<input type="checkbox"/> YES! <input type="checkbox"/> NO <input type="checkbox"/> PARTLY
	LUNCH		<input type="checkbox"/> YES! <input type="checkbox"/> NO <input type="checkbox"/> PARTLY
	DINNER		<input type="checkbox"/> YES! <input type="checkbox"/> NO <input type="checkbox"/> PARTLY

SUNDAY	MEAL	ON THE MENU	PLANT BASED?
	BREAKFAST		<input type="checkbox"/> YES! <input type="checkbox"/> NO <input type="checkbox"/> PARTLY
	LUNCH		<input type="checkbox"/> YES! <input type="checkbox"/> NO <input type="checkbox"/> PARTLY
	DINNER		<input type="checkbox"/> YES! <input type="checkbox"/> NO <input type="checkbox"/> PARTLY

### SCORECARD

NUMBER OF PLANT-BASED MEALS PER DAY THIS WEEK:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	TOTAL

**GOOD WORK!** YOU'RE ON YOUR WAY TO A HEALTHIER YOU, AND A HEALTHIER PLANET. KEEP IT UP!



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