



fuel YOUR RUN

PLANT-BASED MEAL PLAN





fuel your passion

I know the impact food can have on your body, your health and your dreams. Before switching to a plant-based diet, I felt exhausted, stressed-out and frustrated with my body. I made a commitment to put food in my body that would allow me to go after the things that mattered to me. I started embracing nutrient-dense whole foods with quick, tasty recipes that gave me the vitality to do more than just survive each day. I was able to live out my dreams.

- Starting a [backyard family farm](#) with raised beds, compost bins, chickens + rabbits
- Running across the [Grand Canyon](#) in a single day (49 miles!)
- Hiking to the top of the tallest waterfall in North America with my kids
- Flying an airplane from takeoff all the way to the landing
- Volunteering as a disaster relief worker during hurricane crisis

Through my journey came my mission to help others "fuel their passion."

By embracing delicious [plant-powered recipes](#), we can unlock the energy and strength inside ourselves to go after the things that matter most to us. I've celebrated with hundreds of thousands of people (just like you!) who've embraced plant-based recipes. They fueled their bodies and ignited their passions.

xoxo
Jen Hansard



Plant-Based Meal Plan

This seven-day meal plan includes a grocery list, prep guide and tasty recipes to get you started. Included are energy boosting smoothies, plant-powered snacks, satisfying dinners with leftovers as lunch, and a bonus Chia Fresca Endurance Drink on p. 21. All recipes are whole food plant-based to fuel your day.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Pre Workout Smoothie (7)	Post Workout Smoothie (8)	Honey Turmeric Smoothie (9)	Pre Workout Smoothie (7)	Post Workout Smoothie (8)	Honey Turmeric Smoothie (9)	Chocolate Protein Shake (10)
LUNCH	Bieler's Vegetable Soup (14)	Simple Green Veggie Bowl (15)	Vegan Potato Soup (16)	Chipotle Veggie Bowl (17)	Healthy Pasta Salad (18)	Hummus Veggie Wraps (19)	Austinite Tacos (20)
SNACK	Power Trail Mix (11)	Chocolate Banana Bites (12)	Chia Pudding (13)	Power Trail Mix (11)	Chocolate Banana Bites (12)	Chia Pudding (13)	Power Trail Mix (11)
DINNER	Simple Green Veggie Bowl (15)	Vegan Potato Soup (16)	Chipotle Veggie Bowl (17)	Healthy Pasta Salad (18)	Hummus Veggie Wraps (19)	Austinite Tacos (20)	Bieler's Vegetable Soup (14)



This free meal plan was created using our best selling Rawk the Year meal planner with 500+ recipes, weekly meals, seasonal cleanses, wellness challenges and private community for support. Click here to learn more. Discount Code expires January 31, 2023.

→ Exclusive 10% Off for Run the Year, use code RAWK2023.

Grocery List

Grocery list is calculated for one person completing the meal plan. You'll need to modify the amounts if you're cooking for loved ones.

FRESH PRODUCE

- arugula - $\frac{3}{4}$ cup
- asparagus - 6
- avocado - $\frac{1}{2}$
- banana - 3 $\frac{3}{4}$
- basil leaves - 1 tbsp
- beets - 1
- blueberries - 1 cup
- Brussels sprouts - 1 cup
- carrots - 1 cup + 1
- cauliflower florets - 3 cups
- celery - 1
- cherry tomatoes - $\frac{1}{2}$ cup
- cucumber - $\frac{1}{2}$
- fresh cilantro - $\frac{1}{4}$ cup
- fresh parsley - $\frac{3}{4}$ cup
- garlic clove - 3 $\frac{1}{4}$
- ginger root - 2 tbsp
- gold potato - 2
- green beans - 2 cups
- green onion - 2 $\frac{3}{4}$
- kale - 3 cups
- leek - 1
- lemon - 1
- lime - 2
- mint leaves - 1
- Napa cabbage - $\frac{1}{8}$
- orange - 4

- peach - 1
- pineapple - 1 cup
- red bell pepper - 2 $\frac{1}{4}$
- red onion - $\frac{1}{2}$
- shredded romaine lettuce - $\frac{1}{2}$ cup
- spinach - 2 $\frac{1}{4}$ cups
- strawberries - $\frac{1}{4}$ cup
- sweet potato - $\frac{1}{2}$
- yellow bell pepper - $\frac{1}{2}$
- yellow onion - 1
- zucchini - 2

FROZEN FRUIT

- mango - 1 cup
- peaches - 1 cup
- pineapple - 1 cup

CANNED + JARRED GOODS

- almond butter - $\frac{3}{4}$ cup
- black beans - $\frac{1}{2}$ cup
- chickpeas - $\frac{3}{4}$ cup
- coconut milk - 1 $\frac{1}{4}$ cups
- salsa - $\frac{1}{4}$ cup
- sliced black olives - 2 tbsp
- sun-dried tomatoes in oil - 2 tbsp
- white beans - $\frac{1}{2}$ cup

REFRIDGERATED GOODS

- almond milk, unsweetened - 3 cups
- dairy-free sour cream - ¼ cup
- guacamole - ¼ cup
- hummus - ¼ cup
- vegan feta - ¼ cup

PANTRY ITEMS

- brown rice, uncooked - 1 ¾ cups
- coconut water - 3 cups
- corn tortillas - 6
- pasta - ½ cup
- tortillas - 2
- vegetable stock - 2 cups
- water - 3 cups

SEASONINGS + BAKING

- black pepper, ground
- cacao nibs
- cacao powder - 1 tbsp
- cinnamon, ground
- coconut sugar - 1 tsp
- everything bagel seasoning - 2 tsp
- nutritional yeast
- sea salt
- semisweet chocolate chips - ½ cup
- turmeric, ground
- vanilla extract

DRIED GOODS

- chia seeds - ⅓ cup
- coconut flakes - ½ cup
- granola - ½ cup
- hemp hearts
- pitted Medjool dates - 1
- raw almonds - ½ cup
- raw cashews - ¾ cup
- raw pepitas - ½ cup
- raw sunflower seeds - ¼ cup
- raw walnuts - ½ cup

CONDIMENTS + OILS

- avocado oil - 1 tbsp
- BBQ sauce - ¼ cup
- coconut oil - ½ cup
- Dijon mustard - 2 tsp
- honey - 2 tbsp
- maple syrup - 4 tbsp
- olive oil - ½ cup
- raw apple cider vinegar - 1 ½ tsp
- red wine vinegar - 1 tbsp
- sriracha sauce - 1 tbsp
- tamari - ½ tsp

Prep Guide

We're big fans of prepping before you start. This makes each day of the week easier and helps you feel in control.

Smoothie Packs

Measure + freeze smoothie ingredients to make it easier to blend each morning. You'll need to prep some smoothies twice.

1. Measure greens, fruit and veggies for each recipe and put into freezer-safe containers. Don't add liquid, oils, or superfoods yet, you'll do that right before blending.
2. Label with smoothie recipe name, liquid measurements, and superfoods you'll need to add before blending.
3. Freeze until ready to blend.

TIP: Allow frozen smoothie packs to defrost slightly before blending. Store in fridge overnight or set on countertop for 30 minutes.

Snacks

- Bake Power Trail Mix and store to an airtight container, p. 11
- Make & refrigerate Chocolate Covered Banana Bites, p. 12
- Make Chia Pudding and add toppings before serving, p. 13

Dressings & Sauces

- Coconut Sriracha Sauce, p. 15
- Basic Vinaigrette, p. 18
- Cashew Coleslaw, p. 20

Brown Rice

Combine 1 $\frac{3}{4}$ cups of brown rice and 2 $\frac{1}{2}$ cups of water in a medium pot. Bring to a boil, cover and reduce the heat. Simmer for 15 minutes. Remove from heat, cover and let it sit for 10 minutes. Fluff with fork. Store in air-tight container in fridge. When preparing meals, keep in mind that 1 cup uncooked rice, yields about 3 cups cooked.

Make Ahead Meals

- Bieler's Vegetable Soup, p. 14
- Vegan Potato Soup, p. 16



Pre Workout Smoothie

These hydrating ingredients help you stock up on natural energy before you sweat. Coconut water is often called "nature's Gatorade" because it contains all four of the main electrolytes that our body needs to function properly: sodium, potassium, calcium and magnesium.

INGREDIENTS

1 cup spinach
½ cup coconut water
½ cup water
½ cup pineapple, frozen
½ cup peaches, frozen
½ banana

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!



Post Workout Smoothie

This post workout smoothie has a good amount of plant protein, healthy carbs, and liquid for rehydration. We highly recommend using coconut water, aka nature's gatorade.

INGREDIENTS

1 cup kale, stems removed
½ cup coconut water
1 orange, peeled
½ cup pineapple, frozen
½ cup blueberries, frozen

DIRECTIONS

1. Blend the spinach, coconut water, and water until smooth.
2. Add remaining ingredients and blend again.



Honey Turmeric Smoothie

Your immune system will enjoy the nourishment in this bright, delicious turmeric smoothie recipe. It's a refreshing, anti-inflammatory blend!

INGREDIENTS

1 tbsp ginger root, peeled
1 orange, peeled
¾ cup cashew milk
½ cup mango, frozen
½ cup sliced carrots, frozen
1 tbsp honey
1 tsp ground turmeric

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!



Chocolate Protein Shake

Blend up a creamy, cold chocolate protein shake smoothie made with plant-based superfood protein powder for a delicious meal or snack, or before/after a workout. Includes adaptogens to help ease inflammation.

INGREDIENTS

1 ½ cups almond milk,
chilled
2 tbsp cacao powder
1 Medjool dates, pitted
1 ½ banana, sliced
ice (optional)

DIRECTIONS

1. Blend all ingredients until smooth. Add ice to make smoothie colder, if desired.
2. Pour into your favorite glass and enjoy!



Power Trail Mix

Everyone needs a great trail mix in their recipe arsenal. This mix has a combination of our favorite nuts and seeds, along with coconut to add the chew factor. Bring a bag along on a hike or bike ride to fuel your body with plant-powered goodness.

INGREDIENTS

½ cup raw almonds
½ cup raw cashews
½ cup raw pepitas
¼ cup coconut flakes
¼ cup raw sunflower seeds
1 tbsp + 1 tsp maple syrup
½ tsp cinnamon, ground
dash of sea salt

DIRECTIONS

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. Combine all ingredients together. Spread nuts out onto the lined baking sheet.
3. Bake for 10-15 minutes, stirring halfway through baking time. The nuts should be golden and dry to the touch.
4. Let cool completely, then transfer to an airtight container.



Chocolate Covered Banana Bites

Grab a friend and whip up these delicious bite-sized snacks. Chocolate covered banana bites are super easy to make, and oh so fun!

INGREDIENTS

2 banana
1/3 cup almond butter
1 tbsp coconut oil, melted
1 cup semisweet chocolate chips

DIRECTIONS

1. Prepare banana bites: Slice bananas into 1/2 inch thick circles. Place banana slices on a parchment-lined baking sheet.
2. Top each banana with 1/2 teaspoon of almond butter. Top with another banana slice to make "sandwiches." Freeze for 1 hour.
3. Prepare chocolate coating: Combine liquid coconut oil + chocolate chips in a small saucepan over low heat for 2-3 minutes or until completely smooth, stirring continuously. Remove from heat and allow chocolate to come to room temperature, about 5 minutes.
4. Dip the frozen banana sandwiches in the chocolate, using a fork, until completely covered. Allow extra chocolate to drip off before setting back on baking sheet
5. Place dipped sandwiches back in freezer for 1 hour, or until chocolate has set.



Chia Pudding

Chocolate chia pudding makes the perfect snack, quick breakfast or unique brunch addition. Use it to top pancakes, inside a parfait or mixed with granola.

INGREDIENTS

¼ cup chia seeds
 1 tbsp cacao powder
 2 tbsp maple syrup
 1 cup coconut milk, canned
 1 ½ tsp vanilla extract
 dash of sea salt

TOPPINGS

½ banana, sliced
 2 tbsp almond butter
 ½ cup granola
 2 tbsp coconut flakes

DIRECTIONS

1. Place all ingredients into a mixing bowl and stir until combined. Allow to sit 15-20 minutes to allow chia seeds to absorb the coconut milk.
2. Place 2 tbsp of chia pudding in the bottom of each glass jar. Then add in a few slices of banana and a sprinkling of granola + coconut flakes. Drizzle almond butter on top. Repeat the layering process 2 more times.
3. Serve immediately or refrigerate until ready to serve.



Bieler's Vegetable Soup

This healing, cleansing blended vegetable soup recipe helps to alkalize the body and bring it back into balance, especially if you've been eating too much sugar and/or processed foods.

INGREDIENTS

2 zucchini, chopped
2 cups green beans, ends trimmed
1 celery, chopped
½ cup fresh parsley
2 cups water
2 tbsp coconut oil
½ tsp sea salt
½ tsp black pepper, ground

DIRECTIONS

1. Place all ingredients (except coconut oil) in a large pot and bring to a boil. Lower the heat and simmer until the vegetables are tender, about 15 minutes.
2. Carefully puree soup with coconut oil in a blender or with an immersion blender.
3. Use caution and make sure to vent the blender lid and cover with a towel and start blending on low speed to prevent the hot soup from splattering.



Simple Green Veggie Bowl

This dish is rich in carbohydrates, healthy fats, and plant-based protein. The Coconut Sriracha Sauce kicks up the heat, but can be swapped with tamari to suit your taste preferences.

INGREDIENTS

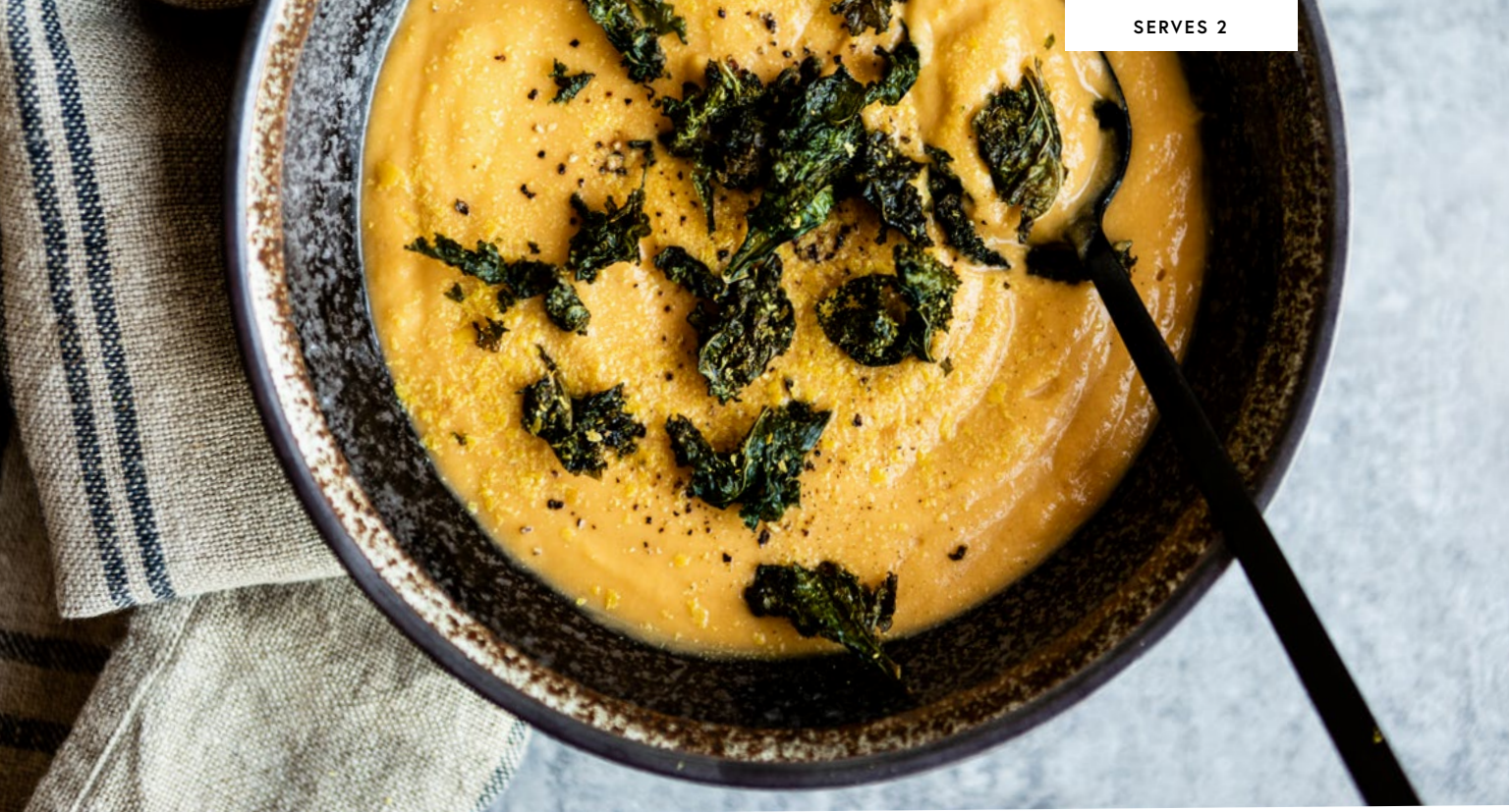
¾ cup brown rice, uncooked
 1 cup Brussels sprouts, sliced
 1 tbsp avocado oil
 ¼ tsp sea salt
 ¼ tsp black pepper, ground
 ½ cup raw walnuts, halved
 1 ½ tsp maple syrup
 6 asparagus, ends trimmed and chopped

COCONUT SRIRACHA SAUCE

¼ cup coconut milk, canned
 1 tbsp sriracha sauce
 1 ½ tsp almond butter
 ½ tsp tamari
 ½ tsp honey
 ¼ tsp Dijon mustard

DIRECTIONS

1. Preheat oven to 425°F and line a baking sheet with parchment paper.
2. Prepare rice according to package (stove top, rice cooker, etc).
3. In a small bowl, whisk together the Coconut Sriracha Sauce. Set aside.
4. Arrange Brussels sprouts in a single layer on the baking sheet. Drizzle with avocado oil, salt and pepper. Roast for 10 minutes.
5. Remove from oven and push Brussel sprouts to one side. Add asparagus to the open side and drizzle with avocado oil, salt and pepper. Roast for 5 minutes.
6. Remove from oven and push all veggies to one side. Add walnut halves to the open side and drizzle with maple syrup. Roast for 3 minutes, or until the walnuts are toasted and slightly caramelized.
7. Serve roasted veggies on top of cooked brown rice. Drizzle Coconut Sriracha Sauce on top.



Vegan Potato Soup

You'll never guess there's no dairy in this amazingly comforting vegan potato soup. Perfectly paired with a simple kale crouton recipe that takes the flavor to the next level.

INGREDIENTS

1 tbsp coconut oil
 1 leek, sliced
 2 gold potato, cubed
 2 garlic clove
 2 cups vegetable stock
 1 cup cauliflower florets
 dash of sea salt
 dash of black pepper, ground
 dash of nutritional yeast

KALE CROUTONS

1 cup kale, stems removed
 1 ½ tsp coconut oil
 1 tsp Dijon mustard
 dash of sea salt

DIRECTIONS

1. Kale Croutons: Preheat oven to 300°F. Line a baking sheet with parchment paper.
2. Combine coconut oil and mustard in a medium bowl. Add the kale leaves and toss to coat.
3. Arrange in a single layer on baking sheet and sprinkle sea salt on top. Bake for 20 minutes, or until the kale is slightly crispy. Set aside.
4. Soup: Heat coconut oil in a saucepan. Add leek and a pinch of salt. Sauté until leek starts to soften.
5. Add potato, garlic, cauliflower and stock. Simmer until potatoes are tender.
6. Remove from heat and carefully puree the soup using an immersion or standard blender. Feel free to leave chunks, if preferred.
7. Ladle into bowls and top with Kale Croutons, salt, pepper and nutritional yeast.



Chipotle Veggie Bowl

This Veggie Bowl recipe is super fresh, nutrient-dense and bursting with flavors! The rice can be made in advance and stored in the refrigerator to speed up the process.

INGREDIENTS

- 1 cup brown rice, uncooked
- ½ cup black beans, canned
- ¼ cup olive oil
- 2 red bell pepper, chopped into strips
- ½ yellow onion, chopped
- ½ cup shredded romaine lettuce, chopped
- ¼ cup guacamole
- ¼ cup dairy-free sour cream
- ¼ cup salsa
- 1 lime, cut into wedges

DIRECTIONS

1. Cook brown rice as directed on packaging.
2. Heat a skillet over medium heat. Add olive oil, then add chopped bell pepper and chopped onion. Cook until onions are translucent and peppers are soft. Remove from heat.
3. Assemble the veggie bowl: start with brown rice on the bottom, then layer with cooked veggies, lettuce, guacamole, cashew cream, salsa, and drained black beans. Don't be afraid to add more of your favs. Add a fresh squeeze of lime juice before serving.



Healthy Pasta Salad

Whether you're in need of an easy week of lunches or a delicious potluck recipe to share, this vegan pasta salad is for you!

INGREDIENTS

- ½ cup pasta
- ¾ cup arugula
- ½ cup white beans, canned
- ¼ red bell pepper, ribs and seeds removed, and diced
- ¾ green onion, sliced
- 2 tbsp sliced black olives
- 2 tbsp sun-dried tomatoes in oil, drained
- 1 tbsp basil leaves, chopped
- 1 mint leaves, chopped
- 2 ¼ tsp fresh parsley, stems removed and chopped
- ¼ cup vegan feta, crumbled or in small cubes

BASIC VINAIGRETTE

- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- ¾ tsp maple syrup
- ½ tsp Dijon mustard
- ¼ garlic clove, minced
- dash of sea salt
- dash of black pepper, ground

DIRECTIONS

1. For Pasta Salad: Follow cooking directions on pasta package, allowing pasta to remain slightly under cooked. This will help keep the pasta from falling apart in the salad. Drain and rinse with cold water until pasta is completely cool, drain well again.
2. While the pasta is cooling, mix all the Basic Vinaigrette ingredients together in a bowl until combined.
3. Drain and rinse white beans. Place cooled pasta into a large bowl and add the beans, vegetables, and herbs. Gently toss. Drizzle Balsamic Vinaigrette over the pasta salad and gently toss again. Cover and refrigerate until ready to serve.



Hummus Veggie Wraps

Eat the rainbow with this plant protein veggie wrap. It's got crunch, creaminess and flavor. Plus, you can wrap it however you want!

INGREDIENTS

- 2 tortillas
- ¼ cup hummus
- ¼ cup spinach, fresh
- ½ yellow bell pepper, cut into strips
- ¼ cucumber, cut into sticks
- ¼ cup carrots, grated
- ¼ cup beets, grated
- 2 tbsp red onion, cut into sticks
- ¼ lemon, cut into wedges
- 2 tsp olive oil
- 2 tsp everything bagel seasoning

DIRECTIONS

1. Lay all tortillas out on a clean surface. Spread 2 tbsps hummus onto each tortilla and top with ¼ cup baby spinach, laying the leaves flat against the hummus. Leave a bit of a border around the shell for easy wrapping.
2. On one half of each tortilla, about 1-inch from the edge, layer the remaining veggies, dividing them up evenly between the wraps. Squeeze fresh lemon juice over the veggies, drizzle with olive oil and sprinkle with the bagel seasoning.
3. To roll the wraps, start with the side with the veggies and bring the empty border over the veggies, pulling them into a tight bundle tucking the edge underneath to secure them.
4. Wrap tightly with waxed paper or parchment and refrigerate until ready to eat. Will keep 4-5 days stored in the refrigerator.



Austinite Tacos

These flavor-exploding tacos are inspired by Austin, Texas. The vegan tacos use cauliflower and garbanzo beans smothered in bbq sauce to create a solid base

INGREDIENTS

2 cups cauliflower florets
 ½ sweet potato, cubed
 ½ yellow onion, diced
 1 tbsp coconut oil, melted
 ¼ tsp sea salt
 ½ tsp black pepper, ground
 ¾ cup chickpeas, canned
 ¼ cup BBQ sauce

CASHEW COLESLAW

¼ cup raw cashews, soaked 1-4 hours
 1 ½ tsp lemon, juiced
 1 garlic clove
 ½ tsp Dijon mustard
 1 ½ tsp raw apple cider vinegar
 1 tsp coconut sugar
 dash of sea salt
 ½ cup Napa cabbage, shredded
 2 tbsp carrots, shredded

FOR SERVING

6 corn tortillas, warmed
 ¼ cup fresh cilantro, stems removed and chopped
 ½ avocado, sliced
 ¼ cup green onion, sliced
 ½ cup cherry tomatoes, diced

DIRECTIONS

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper. Drain and rinse chickpeas.
2. Cashew Coleslaw: Add cashews, garlic, mustard, salt, and lemon juice to a food processor. Add a few tablespoons water to help blend, if needed. In a mixing bowl, whisk the cashew cream, apple cider vinegar, coconut sugar and salt together. Add carrots and cabbage and mix well. Store in fridge until ready to serve.
3. Spread cauliflower, sweet potato, and onion on baking sheet. Drizzle with oil. Season with salt and pepper and roast for 10 minutes.
4. Remove from oven and add chickpeas to the pan. Drizzle BBQ sauce on top. Bake for 7 minutes, or until veggies are tender.
5. Spoon BBQ veggies into warm tortillas. Add coleslaw and toppings. Enjoy the flavor explosion!



Chia Fresca Endurance Drink

Try this refreshing chia fresca drink if you're spending a long time outside doing strenuous work. Feel free to switch up the fruit to fit your preferences.

INGREDIENTS

1 cup coconut water
1 tbsp chia seeds
1 tbsp lime, juiced
½ tsp maple syrup
¼ cup peach, diced
¼ cup strawberries

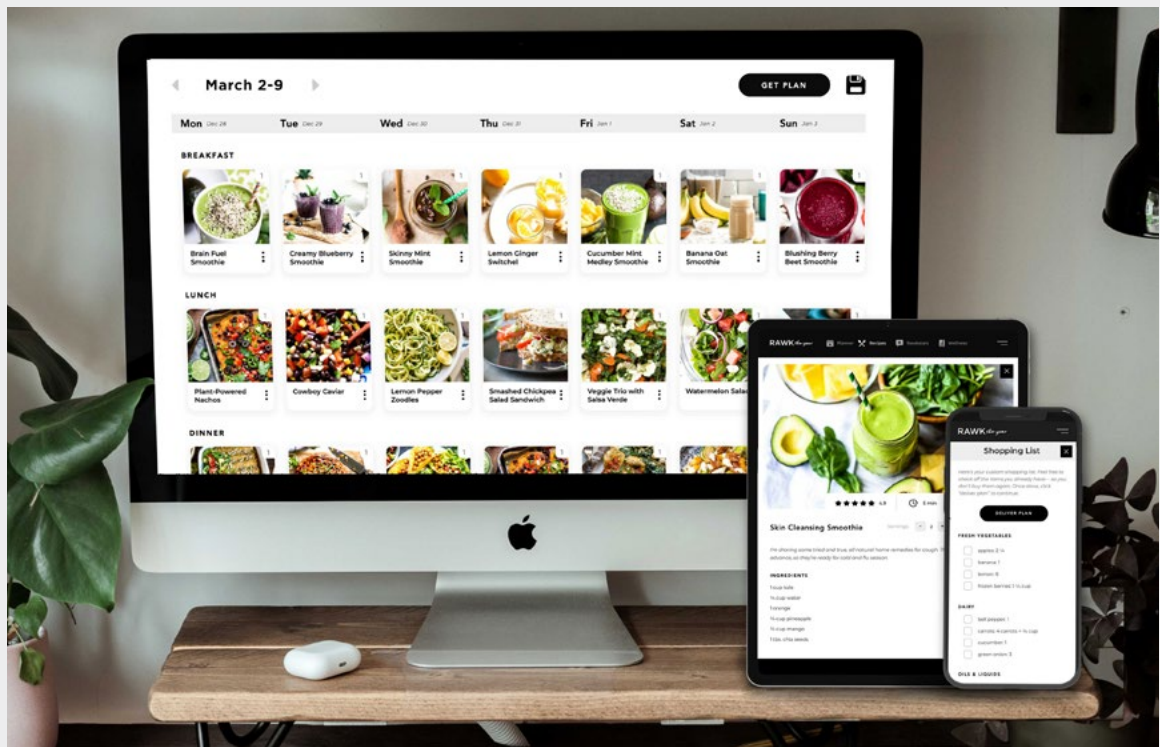
DIRECTIONS

1. In a glass or jar, combine the coconut water, chia seeds, lime juice, maple syrup, peaches, and strawberries. Let stand for 5 to 10 minutes, or until the chia seeds absorb some of the liquid and the fruits infuse the water.
2. Refrigerate until ready to drink. Best served chilled. Make sure to enjoy the fruit once you're done sipping the drink!

SEASONAL PLANT-BASED MEAL PLANS

Healthy Eating Made Simple

Rawk the Year is a customizable meal planner to support your wellness journey. Along with the **500+ tasty plant-based recipes**, **automated shopping list tool**, and fully **customizable meal plans**, you'll have complimentary coaching, invitations to live seasonal cleanses and community support.



Run the Year → Exclusive 10% Off

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