

Weekly Meal Plan

Grocery List: High Fibre Dinners

1. [Super Green Butter Beans](#) from Plantbaes

Sauce

- 1 tsp (5 ml) olive oil
- 1 yellow onions - finely chopped
- 4 garlic cloves - minced
- 1 medium zucchini - chopped
- 2 cups (60 g) baby spinach
- 1 cup (40 g) fresh basil
- 1.5 tbsp (1.5 ml) lemon juice
- ¼ tsp (0.5 g) red chili flakes - more to taste
- 2 tbsp (15 g) nutritional yeast
- 2 tbsp (20 g) hemp seeds
- 2.5 cups (470 g) butter beans - cooked
- 2 tbsp (15 g) pistachios - roughly chopped
- 2 tbsp (30 g) dairy-free yogurt
- sea salt flakes - to taste
- freshly cracked black pepper - to taste

Crispy Kale (optional)

- 1 tsp (5 ml) olive oil
- 1 cup (21 g) kale - stem removed, finely chopped
- 1 pinch sea salt flakes
- ½ tsp (1 g) onion flakes

2. [Buffalo Chickpea Wraps](#) from Real Life Nutritionist

Chickpea mash

- 1 can chickpeas, drained and rinsed
- 1 stalk celery, diced small
- 1 small carrot, grated
- 1 green onion, diced small
- 1/4 cup red onion, diced small
- 3 tbsp greek yogurt
- 2 tbsp mayonnaise
- 2-3 tbsp buffalo sauce
- 1/4 tsp salt
- 1/2 tsp garlic powder
- black pepper, to taste
- 1 tbsp lemon juice, optional

Wraps

- 4 large whole wheat wraps
- 4 romaine leaves, torn in half
- 2 small avocados
- salt and pepper, to taste

3. Pearl Barley Risotto with Tomato and Parmesan from Karla's Nordic Kitchen

- 14 oz. (400 gr.) cooked pearl barley
- 1 can of diced tomatoes ((240 gr.))
- 1 tbsp of tomato paste
- 1 tsp cane sugar
- 1 onion
- 2 cloves garlic
- 2 tbsp finely chopped fresh thyme
- Leaves from 1 bundle of fresh basil (roughly chopped)
- 1/4 tsp cayenne pepper or dried chilli flakes
- 1/2 tsp salt
- 4.4 oz 125 gr. Finely grated parmesan
- Olive oil
- Extra grated Parmesan cheese for garnish

4. [High-Protein Lemony Kale Pasta Salad](#) from Kale Junkie

For the Pasta Salad

- 1 Bunch Curly Kale stems removed and chopped
- 1 Box Chickpea Gemelli Pasta or whichever pasta shape you like! I like the Banza brand
- 3 Tablespoons Butter salted
- 2 Tablespoons Olive Oil
- 1 Lemon diced into small pieces
- 1 Lemon juiced
- ½ Teaspoon Kosher Salt
- 1 Cup Parmesan Cheese grated

For the Crunchy Breadcrumbs

- 1 Cup Panko Breadcrumbs or substitute gluten-free panko
- 2 Tablespoons Butter salted
- 1 Lemon zested and juiced
- 2 Cloves Garlic grated

5. [Moroccan Stewed White Beans — Loubia](#) from Every Little Crumb

- 1/4 cup olive oil
- 1 onion, finely chopped
- 4-5 crushed garlic cloves
- 2 tablespoon tomato paste
- 1/4 cup chopped parsley
- 1/4 cup chopped cilantro (coriander)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon cumin powder
- 1/4 teaspoon paprika powder
- 1/4 teaspoon turmeric powder
- 1 can diced tomatoes with their juice 400 g, 14.5oz
- 1/2 cup water
- 2 cans white cannellini beans, drained and rinsed 400 g each can, 14.5oz

6. [Vegetarian Black Bean Quinoa Casserole](#) from Cozy Peach Kitchen

- 1 cup dry quinoa
- 1 and 1/4 cup vegetable broth
- 10 ounce can diced tomatoes and green chiles
- 10 ounce can red enchilada sauce
- 15 ounce can black beans drained and rinsed; about 1.5 cups
- 1 cup frozen sweet corn canned or fresh also work
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1 and 1/2 cups Mexican blend shredded cheese
- optional toppings: avocado or guacamole, salsa, diced jalapeno, cilantro, lime

7. [Moroccan Lentil-Stuffed Eggplant](#) from Minimalist Baker

Eggplant

- 4 small eggplants
- 2 Tbsp avocado or coconut oil (if avoiding oil, sub water)
- 1 pinch sea salt

Lentils

- 1 batch Moroccan-Spiced Lentils
- 1 3/4 cups crushed tomatoes (crushed are best for flavor and texture // can sub diced or puréed tomatoes)
- 1/4 tsp each sea salt and black pepper (plus more to taste)
- 1/2 tsp smoked paprika (plus more to taste)

Topping

- 1 1/2 Tbsp vegan parmesan cheese
- 1 1/2 Tbsp gluten-free panko bread crumbs (I like Ian's brand panko bread crumbs)

For serving (optional)

- Fresh chopped parsley or cilantro
- White or brown rice or cauliflower rice

Bon appétit!