

# Master Plan

Want to give whole-food, plant-based eating a try but feeling a little lost? Take your cue from Forks Meal Planner with this exclusive five-day meal plan.





Sometimes getting started is the hardest part. Kick off your plant-based journey the easy way with this no-sweat meal plan from our weekly meal-planning tool, Forks Meal Planner.

Every week, Forks Meal Planner delivers customizable menus to your inbox that include breakfasts, lunches, dinners, and snacks. Each plan comes with an organized grocery list and a weekend prep guide to help you get a head start on cooking so weeknight meals come together quickly.

In the pages ahead, you'll find a streamlined sampler plan that includes five days of lunch and dinner recipes for two people.

If you like the simplicity, visit [forksoverknives.com/meal-planner](https://forksoverknives.com/meal-planner), where you can try it free and create your own customized plan.

### *fun fact*

▶ A 2017 study from the University of Paris found that men who planned their meals were less likely to be obese, and women who planned their meals were less likely to be obese or even overweight. Among 40,000 study participants, those who planned their meals also tended to eat a greater variety of foods.

To prep for the week ahead, cook a batch of farro and lentils and steam green beans and potatoes.

## 5-Day Meal Plan

You'll make five recipes total—enough for lunch and dinner for two people for five days.

### DAY 1

- ▶ **LUNCH: Spicy Indian Chili**
- ▶ **DINNER: Niçoise-Style Salad**

### DAY 2

- ▶ **LUNCH: Niçoise-Style Salad** (leftovers)
- ▶ **DINNER: Asian Lentil Tacos**

### DAY 3

- ▶ **LUNCH: Spicy Indian Chili** (leftovers)
- ▶ **DINNER: Mushroom-Spinach Orzo**

### DAY 4

- ▶ **LUNCH: Asian Lentil Tacos** (leftovers)
- ▶ **DINNER: Southwestern Farro Pilaf**

### DAY 5

- ▶ **LUNCH: Southwestern Farro Pilaf** (leftovers)
- ▶ **DINNER: Mushroom-Spinach Orzo** (leftovers)

## Weekend Prep

A strategic weekend prep session helps streamline your weeknight cooking experience so meals get on the table in 35 minutes or less.

### 1. COOK FARRO

Rinse and drain 2¼ cups dry farro. Cook according to package directions. Let cool, then fluff farro with a fork. Store in an airtight container in the refrigerator up to 5 days.

#### USED IN:

- ▶ **Southwestern Farro Pilaf**  
(1½ cups dry = 3 cups cooked)
- ▶ **Niçoise-Style Salad**  
(¾ cup dry = 1½ cups cooked)

### 2. COOK LENTILS

Rinse and drain 2 cups dry brown lentils. In a saucepan over high heat combine lentils with 2⅔ cups water and bring to boiling. Reduce heat to medium-low, cover, and simmer 15 to 20 minutes or until tender. Drain if necessary. Let cool. Store in an airtight container in the refrigerator up to 5 days.

#### USED IN:

- ▶ **Asian Lentil Tacos**  
(1⅓ cups dry = 2½ cups cooked)
- ▶ **Spicy Indian Chili**  
(¾ cup dry = 1½ cups cooked)

### 3. STEAM GREEN BEANS

In a steamer insert set over boiling water, steam 4 cups (1 lb.) trimmed and halved green beans, covered, 3 to 5 minutes or until just tender when pierced with a fork. Remove from heat and uncover pot to let cool. Store in an airtight container in the refrigerator up to 5 days.

#### USED IN:

- ▶ **Niçoise-Style Salad**

### 4. STEAM POTATOES

Scrub and quarter 8 small red potatoes. In a steamer insert set over boiling water, steam potatoes, covered, 8 minutes or until almost tender when pierced with a fork. Remove from heat and let cool. Store in an airtight container in the refrigerator up to 5 days.

#### USED IN:

- ▶ **Niçoise-Style Salad**

# Grocery List

## FRESH PRODUCE

- ▶ 10 oz. baby spinach
- ▶ 2 tsp. fresh ginger
- ▶ 5 yellow onions
- ▶ ½ of a red bell pepper
- ▶ 1 avocado
- ▶ 12 oz. shitake mushrooms
- ▶ 1 cup broccoli florets
- ▶ 3 limes
- ▶ 6 oz. salad greens
- ▶ 14 cloves garlic
- ▶ 1 carrot
- ▶ 2 jalapeño chiles
- ▶ 10 oz. cherry tomatoes
- ▶ 8 oz. cremini mushrooms
- ▶ 1 lb. green beans
- ▶ 1 cup fresh cilantro (optional)
- ▶ 4 scallions
- ▶ 3 green bell peppers
- ▶ 8 small red potatoes (24 oz.)
- ▶ 2 medium roma tomatoes
- ▶ 1 zucchini
- ▶ 1 lemon

## CANNED & PRESERVED GOODS

- ▶ 3 15-oz. cans no-salt-added chickpeas
- ▶ 2 32-oz. cartons low-sodium vegetable broth
- ▶ 1 15-oz. can no-salt-added fire-roasted diced tomatoes
- ▶ 2 15-oz. cans no-salt-added kidney beans
- ▶ 1 15-oz. can no-salt-added navy beans
- ▶ 6 Tbsp. Niçoise or Kalamata olives

## PLANT MILK

- ▶ 2 cups unsweetened, unflavored plant milk, such as almond, soy, cashew, or rice

## BREAD & BAKED GOODS

- ▶ 12 corn tortillas

## FROZEN

- ▶ 10 oz. frozen corn

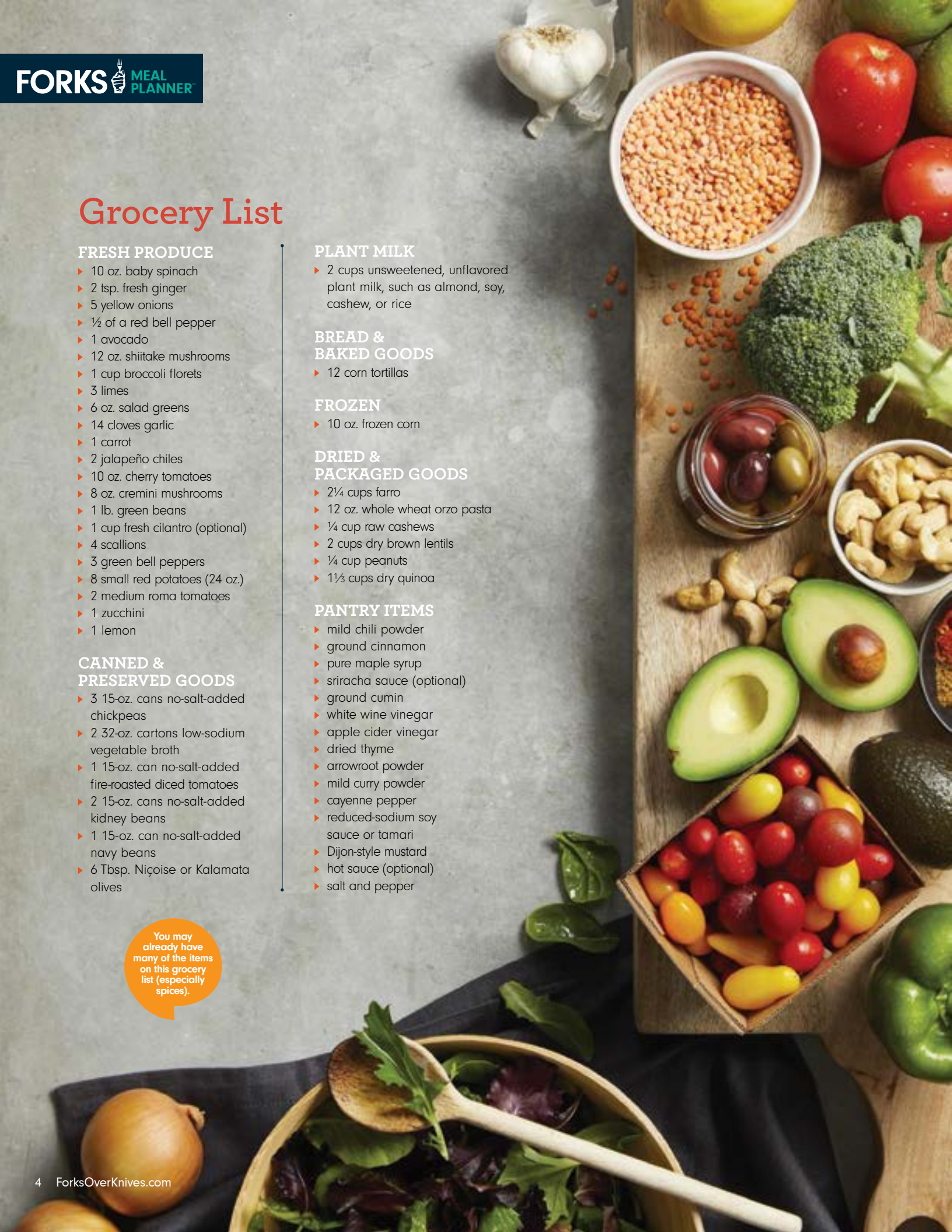
## DRIED & PACKAGED GOODS

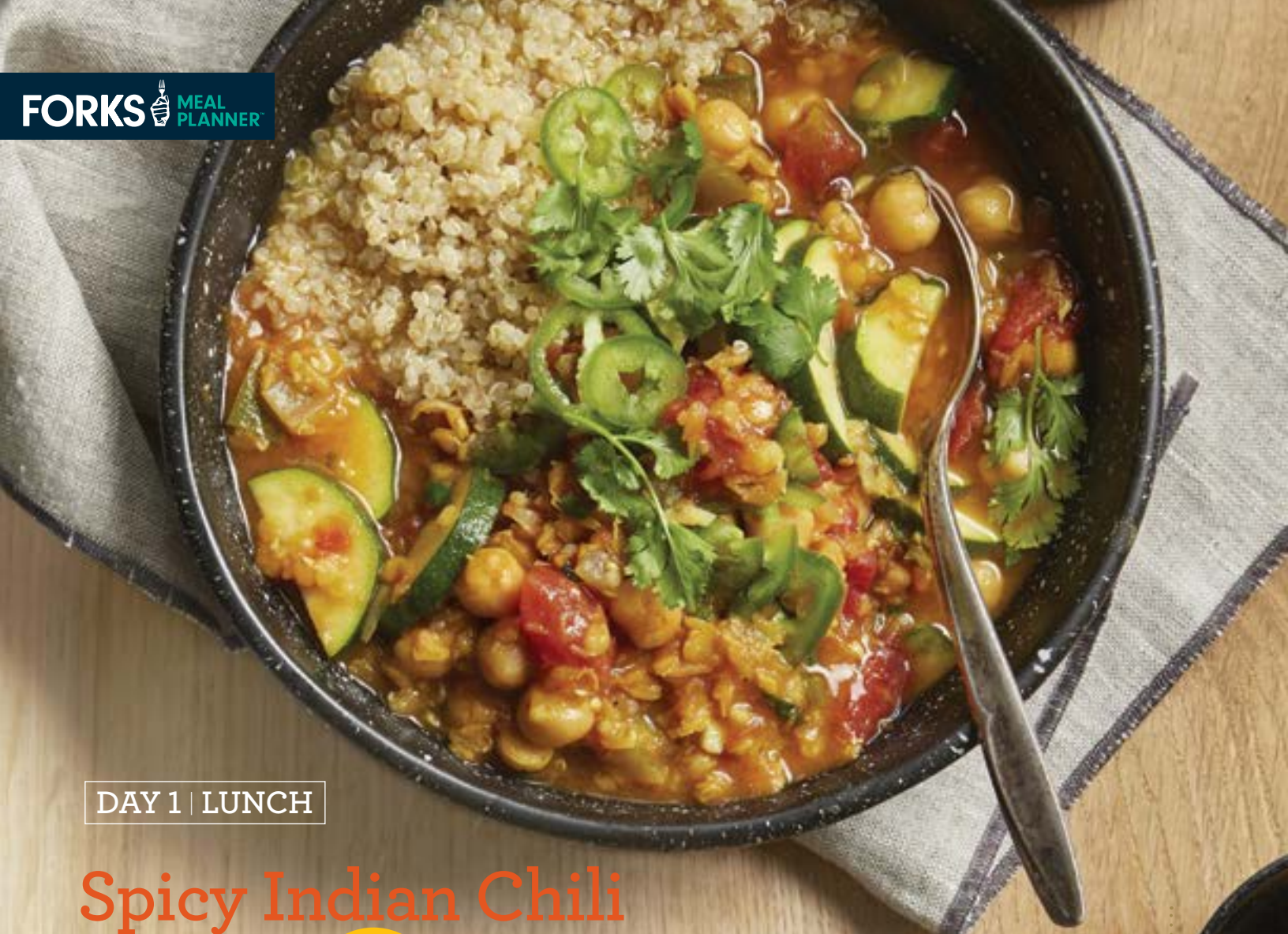
- ▶ 2¼ cups farro
- ▶ 12 oz. whole wheat orzo pasta
- ▶ ¼ cup raw cashews
- ▶ 2 cups dry brown lentils
- ▶ ¼ cup peanuts
- ▶ 1½ cups dry quinoa

## PANTRY ITEMS

- ▶ mild chili powder
- ▶ ground cinnamon
- ▶ pure maple syrup
- ▶ sriracha sauce (optional)
- ▶ ground cumin
- ▶ white wine vinegar
- ▶ apple cider vinegar
- ▶ dried thyme
- ▶ arrowroot powder
- ▶ mild curry powder
- ▶ cayenne pepper
- ▶ reduced-sodium soy sauce or tamari
- ▶ Dijon-style mustard
- ▶ hot sauce (optional)
- ▶ salt and pepper

You may already have many of the items on this grocery list (especially spices).





**DAY 1 | LUNCH**

# Spicy Indian Chili

**35 MINUTES | MAKES 10 CUPS**

To save time on this recipe, buy precooked quinoa and skip ahead to Step 2.

- 1½ cups dry quinoa, rinsed and drained (4 cups cooked)**
- 1 cup chopped green bell pepper**
- 1 cup chopped onion**
- 1 jalapeño chile, halved, seeded, and finely chopped (optional)**
- 4 cloves garlic, minced**
- 2 tsp. curry powder**
- ¼ tsp. cayenne pepper (optional)**
- ⅙ tsp. ground cinnamon**
- 4 cups low-sodium vegetable broth**
- 1 15-oz. can no-salt-added chickpeas, rinsed and drained (1½ cups)**
- 1 14.5-oz. can no-salt-added fire-roasted diced tomatoes, undrained**
- 1½ cups cooked lentils, lightly mashed**
- 1 medium zucchini, halved lengthwise and cut into ¼-inch-thick slices**
- ¼ cup + 2 Tbsp. chopped fresh cilantro**
- Sea salt and freshly ground black pepper, to taste**
- ¼ cup raw cashews, chopped**
- Fresh jalapeño chile slices (optional)**

- 1.** In a saucepan combine quinoa and 2⅔ cups water; bring to boiling. Reduce heat to low and simmer, covered, 20 minutes. Remove from heat; let cool slightly and fluff with a fork.
- 2.** Meanwhile, in a large pot cook bell pepper, onion, chopped jalapeño (if using), and garlic over medium 3 to 4 minutes, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Add curry powder, cayenne (if using), and cinnamon; cook 1 minute more.
- 3.** Increase heat to high. Stir in broth, chickpeas, tomatoes, and lentils. Reduce heat and simmer, uncovered, 15 minutes. Stir in zucchini and simmer 5 minutes more or until zucchini is tender. Stir in ¼ cup of the cilantro and season with salt and black pepper.
- 4.** Garnish with cashews, remaining 2 Tbsp. cilantro, and the jalapeño slices (if using). Serve with quinoa.

## tip

▶ Every recipe makes two full meals for two people, so be sure to store half of each completed recipe to eat later. Online, Forks Meal Planner recipes can be adjusted to any serving size.

DAY 1 | DINNER

# Niçoise-Style Salad

Fresh vegetables, nutty farro, olives, and chickpeas make a very hearty salad.

10 MINUTES | MAKES 16 CUPS

- 6 cups salad greens
- 8 small red potatoes, quartered and steamed
- 1 lb. fresh green beans, cut into 2-inch pieces and steamed
- 2 15-oz. cans no-salt-added chickpeas, rinsed and drained (3 cups)
- 2 cups cherry or grape tomatoes, halved
- 1½ cups cooked farro
- 6 Tbsp. halved Niçoise or Kalamata olives
- ¼ cup sliced scallions
- ¼ cup white wine vinegar
- 2 Tbsp. Dijon-style mustard
- 2 tsp. pure maple syrup (optional)
- 2 cloves garlic, minced
- Sea salt and freshly ground black pepper, to taste

1. Place half of the salad greens on two dinner plates. Top with half of the remaining salad components (potatoes, green beans, chickpeas, tomatoes, farro, and olives). Store remaining greens and salad components separately.

2. In a small bowl whisk together scallions, vinegar, mustard, maple syrup (if using), and garlic. Season with salt and pepper. Drizzle over salads.

## tip

Allow 30 minutes extra to cook the farro, potatoes, and green beans if you make this recipe from start to finish in one day. Weekend prep (see p. 3) is the key to fast weeknight meals.



DAY 2 | DINNER

# Asian Lentil Tacos

35 MINUTES | MAKES 12 TACOS

- 1 cup chopped broccoli
- ½ cup chopped red bell pepper
- ½ cup grated carrot
- ¼ cup sliced scallions (green onions)
- ¼ cup chopped fresh cilantro
- 2 Tbsp. + 2 tsp. lime juice
- 12 to 16 oz. shiitake mushrooms, stems removed and coarsely chopped, or button mushrooms, coarsely chopped
- 1 cup chopped onion
- 2½ cups cooked lentils
- ¼ cup reduced-sodium soy sauce or tamari
- 2 Tbsp. pure maple syrup
- 4 tsp. arrowroot powder
- 4 cloves garlic, minced
- 2 tsp. grated fresh ginger
- 1 tsp. sriracha sauce (optional)
- 12 6-inch corn tortillas, warmed
- ¼ cup peanuts, chopped

Buttery shiitake mushrooms pair nicely with a crunchy broccoli slaw in these gingery tacos.

1. In a large bowl combine broccoli, bell pepper, carrot, scallions, cilantro, and 2 Tbsp. of the lime juice. Set aside.
2. In an extra-large skillet cook mushrooms and onion over medium 5 minutes, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Add lentils and cook 3 to 4 minutes more or until lentils are hot.
3. In a small bowl combine ½ cup water, the soy sauce, maple syrup, arrowroot, garlic, remaining 2 tsp. lime juice, ginger, and sriracha sauce (if using). Add to lentil mixture and cook 2 to 3 minutes or until thickened.
4. Serve lentil filling in tortillas and top with broccoli slaw and peanuts.

LEFT-OVERS FOR LUNCH

Niçoise-Style Salad

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DAY 3 | DINNER

# Mushroom-Spinach Orzo

25 MINUTES | MAKES 10 CUPS

- 3 cups sliced fresh cremini mushrooms (8 oz.)
- 1 cup chopped onion
- 4 cloves garlic, minced
- 2 cups low-sodium vegetable broth
- 2 cups unsweetened, unflavored plant milk, such as almond, soy, cashew, or rice
- 12 oz. dry whole wheat orzo pasta
- 1 15-oz. can no-salt-added navy beans, rinsed and drained (1½ cups)
- 10 oz. fresh baby spinach
- 4 tsp. apple cider vinegar
- ½ tsp. dried thyme, crushed
- ½ tsp. lemon zest
- Sea salt and freshly ground black pepper, to taste
- Lemon wedges

This vibrant pasta dish has a pleasant earthiness tempered with bright lemon.

LEFT-OVERS FOR LUNCH

**Spicy Indian Chili**

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1. In a large pot cook mushrooms, onion, and garlic over medium 2 to 3 minutes, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Add vegetable broth, milk, and orzo. Increase heat to high. Cover and bring to boiling. Reduce heat to medium and simmer 5 to 7 minutes or until orzo is nearly tender.
2. Stir in beans and gradually add spinach until all of it has wilted. Add vinegar, thyme, and lemon zest. Season with salt and pepper. Serve with lemon wedges.







DAY 4 | DINNER

# Southwestern Farro Pilaf

30 MINUTES | MAKES 10 CUPS

- 2 cups chopped onions
- 2 cups chopped green bell peppers
- 2 cups frozen whole kernel corn
- 4 tsp. chili powder
- 2 tsp. ground cumin
- 1 cup low-sodium vegetable broth
- 3 cups cooked farro
- 2 15-oz. cans no-salt-added kidney beans (3 cups)
- Sea salt and freshly ground black pepper, to taste
- 2 medium roma tomatoes, chopped
- 1 avocado, seeded, peeled, and sliced
- ¼ cup chopped fresh cilantro
- Lime wedges
- Hot sauce (optional)

This hearty, flavor-packed pilaf is a bona fide crowd-pleaser.

1. In a large pot cook the first five ingredients (through cumin) over medium 4 to 5 minutes or until nearly tender, stirring occasionally and adding vegetable broth, 1 to 2 Tbsp. at a time, as needed to prevent sticking.
2. Add remaining vegetable broth, the farro, and beans; cook 3 to 4 minutes more or until hot. Season with salt and black pepper.
3. Top with tomatoes, avocado, and cilantro. Serve with lime wedges and hot sauce, if desired.



LEFTOVERS FOR LUNCH

Asian Lentil Tacos

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DAY 5

## LEFTOVERS FOR DINNER

**Mushroom-  
Spinach Orzo**

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## LEFTOVERS FOR LUNCH

**Southwestern  
Farro Pilaf**

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### ***Hungry for more?***

► Visit [forksoverknives.com/meal-planner](https://forksoverknives.com/meal-planner) to get a free two-week trial (no credit card required). Access exclusive meal plans and grocery lists, and customize them according to your family size, palate, food sensitivities, and more.