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FREE PLANT-BASED STARTER KIT

Your first 7 days of eating plants.

Seven days of simple meals, a grocery list under $75, and the protein cheat sheet — everything a beginner needs to start, free.

Inside this kit: the 7-day meal plan, a beginner grocery list, a protein cheat sheet, and the 15 pantry staples that make weeknights easy.

How to use this kit

1. **Shop once.** The grocery list on page 3 covers the whole week for about $75.
2. **Cook once, eat twice.** The plan reuses leftovers on purpose — soup night makes tomorrow's lunch.
3. **Start with the three recipes.** Overnight oats, the Buddha bowl, and lentil soup are on page 5 and on the site.

No paywall, no overwhelm. This kit is free, and so are all the recipes at iwentvital.com. New recipes land every Monday, Wednesday, and Friday.

YOUR FREE 7-DAY MEAL PLAN

One week, zero guesswork

Breakfast, lunch, and dinner for seven days. Every meal is whole-food and plant-based — no meat, fish, dairy, or eggs. Leftovers are built in, so you cook less and waste nothing.

DAY	BREAKFAST	LUNCH	DINNER	TIP
Monday	Berry Overnight Oats	Lentil soup with bread	Rainbow Chickpea Buddha Bowl	*Prep the oats tonight — breakfast is done for days.*
Tuesday	Overnight oats with banana	Buddha bowl leftovers	Smoky Lentil and Sweet Potato Soup	*Soup night — make a double batch.*
Wednesday	Fruit smoothie and toast	Soup with a green salad	Veggie stir-fry with rice	*Midweek reset: fresh veg, big flavor.*
Thursday	Overnight oats	Chickpea salad wrap	Lentil soup with roasted vegetables	*Use up the week's veg — zero waste Thursday.*
Friday	Avocado toast	Buddha bowl	Homemade veggie tacos	*Friday tacos — the week's fun night.*
Saturday	Oat-banana pancakes	Soup and salad	Pasta with roasted vegetables and white beans	*Slow Saturday — cook once, eat twice.*
Sunday	Tofu scramble	Buddha bowl	Lentil soup with crusty bread	*Plan next week in 10 minutes with the grocery list.*

Make it yours. Swap any meal for another from the same column — the grocery list still works. Short on time? The three recipes on page 5 are the only ones you need to learn this week; everything else is assembly.

BEGINNER GROCERY LIST

One shop, one week, under $75

Everything for the 7-day plan, priced at typical US supermarket estimates. The tahini, chia seeds, and almond butter last 3–4 weeks, so week two onward runs about $60.

Produce

Sweet potatoes, 2 lb	$3.00
Bananas, 1 bunch	$0.80
Frozen mixed berries, 1 bag	$3.50
Lemons, 2	$1.50
Kale, 1 bunch	$2.00
Baby spinach, 5 oz bag	$2.50
Cherry tomatoes, 1 pint	$3.00
Avocados, 2	$3.00
Stir-fry vegetable mix, 1 bag	$3.00
Spring mix salad, 5 oz	$3.00
Yellow onion + garlic	$2.00
Fresh basil, 1 bunch	$2.00
Produce subtotal	**$29.30**

Dry goods & pantry

Rolled oats, 42 oz	$4.00
Quinoa, 1 lb	$4.00
Brown rice, 2 lb	$2.50
Red lentils, 1 lb	$2.00
Chickpeas, 2 cans	$2.50
Black beans, 1 can	$1.25
White beans, 1 can	$1.25
Corn tortillas, 1 pack	$2.50
Pasta, 1 lb	$1.50
Whole-wheat bread, 1 loaf	$3.00
Dry goods subtotal	**$24.50**

Fridge & freezer

Extra-firm tofu, 1 block	$2.50
Almond butter, 1 jar	$5.00
Chia seeds, 1 bag	$4.00
Frozen mango, 1 bag	$3.50
Tahini, 1 jar	$6.00
Fridge & freezer subtotal	**$21.00**

Week total (all three groups)	**$74.80**

Prices are estimates from a typical US supermarket in 2026 — your total will vary by store and season. Buy store brand where you can; frozen fruit and veg are just as nutritious as fresh and never go to waste.

PROTEIN CHEAT SHEET

Where vegans actually get protein

The question every beginner hears. The short answer: beans, lentils, tofu, and whole grains — eaten across the day, they cover you easily. No protein powder required.

FOOD	SERVING	PROTEIN
Lentils, cooked	1 cup	**18 g**
Tofu	1 block serving	**20 g**
Chickpeas, cooked	1 cup	**15 g**
Quinoa, cooked	1 cup	**8 g**
Hemp seeds	3 tbsp	**10 g**
Tempeh	100 g (about 3.5 oz)	**~19 g**
Edamame	1 cup	**~18 g**
Black beans, cooked	1 cup	**~15 g**
Peanut butter	2 tbsp	**~7 g**
Nutritional yeast	2 tbsp	**~8 g**

How much do you need?

Most adults need roughly **0.8 g of protein per kg of body weight per day** — about 55 g for a 70 kg (155 lb) person. Three meals on this plan typically add up to about 50–65 g a day before snacks.

Three easy ways to add 10 g

- A handful of walnuts or a spoonful of peanut butter on your oats.
- A cup of edamame as an afternoon snack.
- Swap rice for quinoa, or stir a spoonful of nutritional yeast into soup.

You don't need to combine proteins at every meal. Eat a variety of plant proteins across the day and your body does the combining for you.

15 PANTRY STAPLES

The shelf that makes weeknights easy

Keep these on hand and dinner is never more than ten minutes away. Most keep for months — buy once, cook all month.

1. **Rolled oats** — breakfast in 10 minutes, or overnight.
2. **Quinoa** — the highest-protein grain, ready in 15 minutes.
3. **Brown rice** — stir-fries, bowls, and taco filling.
4. **Red lentils** — soup in 25 minutes, no soaking needed.
5. **Chickpeas** — bowls, wraps, and crispy roasted snacks.
6. **Black beans** — tacos, burritos, and quick chili.
7. **Tahini** — the Buddha bowl dressing, and any grain bowl.
8. **Almond butter** — oats, toast, smoothies, and sauces.
9. **Chia seeds** — overnight oats and puddings.
10. **Hemp seeds** — sprinkle on anything for 10 g of protein.
11. **Nutritional yeast** — cheesy flavor for pasta and popcorn.
12. **Canned diced tomatoes** — soup, pasta, and shakshuka base.
13. **Vegetable broth** — the start of every soup and grain pot.
14. **Olive oil** — roasting, dressings, and sautéing.
15. **Soy sauce or tamari** — instant depth for stir-fries and tofu.

Your first 3 recipes

All free on the site, with full ingredients and steps:

Berry Overnight Oats with Chia and Almond Butter
iwentvital.com/berry-overnight-oats-with-chia-and-almond-butter/

Rainbow Chickpea Buddha Bowl with Tahini-Lemon Dressing
iwentvital.com/rainbow-chickpea-buddha-bowl-with-tahini-lemon-dressing/

Smoky Lentil and Sweet Potato Soup
iwentvital.com/smoky-lentil-and-sweet-potato-soup/

Keep going — it's free.

New plant-based recipes land every Monday, Wednesday, and Friday at iwentvital.com. Start with the oats tonight, and come back for the next one.

IWENTVITAL.COM — Eat plants. Feel vital.