The Kitchen Monk Starter Meal Plan

A simple week of nourishing plant-based meals. Whole-food, plant-based, and SOS-free (no added salt, oil, or sugar). For 1 person; double for 2.

Start here: You do not have to change everything today. Choose one meal, gather what you need, and begin. Recipes, steps, swaps, and nutrition for every meal: kitchenmonk.org/flourishing-foundations-7-day-plan/

The week

Day	Breakfast	Lunch	Dinner
1	Hemp-Topped Oats	Chickpea Lettuce Wraps (make full recipe; save half)	One-Pot Lentil Soup (save 1/3 for Day 3; freeze 1/3 for Day 7)
2	Hemp-Topped Oats	Chickpea Wraps (saved half)	Black Bean & Corn Bowl (save half)
3	Hemp-Topped Oats	Lentil Soup (saved)	Black Bean Bowl (saved half)
4	Hemp-Topped Oats	Edamame Black Bean Fiesta Salad (no cooking; save half)	Edamame & Rice Bowl
5	Hemp-Topped Oats	Fiesta Salad (saved half)	Rescue Soup (save half)
6	Hemp-Topped Oats	Rescue Soup (saved half)	Rescue Potato
7	Hemp-Topped Oats	Lentil Soup (from freezer)	Edamame & Rice Bowl

Optional snacks any day: whole fruit, raw vegetables, or a small handful of unsalted nuts or seeds.

What each day's meals provide (Kitchen Monk estimates)

Day	1	2	3	4	5	6	7
Protein (g)	47	47	55	68	60	57	64
Fiber (g)	38	36	45	45	46	48	47
Energy (kcal)	885	1,060	1,135	1,235	1,185	1,215	1,180

Fiber win: 36 to 48 grams every day, far more than most people eat. New to beans? Ease in and drink water. Please eat enough: these meals give about 900 to 1,250 kcal a day, less than most adults need. Add rice, potatoes, fruit, or more beans as hunger guides you. Meal sodium is about 60 to 150 mg a day.

Grocery list for the week (1 person)

[ ] **Cans (no salt added):** 2 cans chickpeas; 3 cans black beans; 4 cans diced tomatoes
[ ] **Freezer:** shelled edamame (3 cups); mixed vegetables (6 cups); corn (2 cups); chopped broccoli (1 cup); cooked brown rice (5 cups); unsweetened blueberries (3 1/2 cups)
[ ] **Dry goods:** rolled oats (3 1/2 cups); hulled hemp seeds (about 1 1/3 cups); brown or green lentils (1 cup)
[ ] **Fresh:** 1 medium potato; romaine (6 large leaves); 1 celery stalk; 1 small red onion; 2 lemons; 2 limes
[ ] **Check your pantry:** cumin; garlic powder; salt-free chili powder; salt-free Italian herbs; dried dill; ground ginger; cinnamon; black pepper; unseasoned rice vinegar

Label checks: cans say "no salt added" ("low sodium" is not the same). Spice blends list no salt. Frozen foods list only the food, with no sauce or oil. Rice vinegar says "unseasoned." Fruit is unsweetened.

Prep guide

Before Day 1: shop once.
Day 1: simmer the lentil soup (about 35 minutes, mostly hands-off) and mash the wrap filling. Refrigerate one soup portion; freeze one.
Night before Day 4: move edamame and corn to the fridge to thaw.
Night before Day 7: move frozen soup to the fridge.

Storage: refrigerate cooked food within 2 hours; eat leftovers within 3 to 4 days; reheat until steaming hot (165 F).

Easy swaps

Short on time: swap any cooking day for the Edamame & Rice Bowl or Rescue Potato (7 to 10 minutes in a microwave).
No soy: on Days 4 and 7, have the Rescue Potato; use chickpeas instead of edamame in the salad.
Save money: cook dry beans in a big pot; buy oats and rice in bulk; any frozen vegetable mix works.
No hemp seeds: 2 tablespoons ground flaxseed or a small handful of unsalted pumpkin seeds.

Is this right for me?

This is a general starter plan, not a treatment for any condition. Check with your care team first if you take medicine for blood sugar or blood pressure (plant-based, low-salt eating can lower both), have kidney disease, are pregnant, have food allergies or trouble swallowing, or follow a prescribed nutrition plan. Everyone eating only plants needs a reliable vitamin B12 source; ask your clinician which is right for you. Emergency: call 911.

Free educational resource to support conversations with your care team; not medical care or individualized nutrition therapy. Nutrition estimated from USDA FoodData Central (SR Legacy) for stated servings; energy is the standard USDA total; herbs, spices, and citrus not counted. Prepared for Nathanael Elijah Smith, MSN, APRN, FNP-C, DipACLM, with AI assistance. Culinary testing, a second-person calculation check, and registered dietitian review are still to come. Kitchen Monk is independent; not endorsed by any organization. Corrections: rfjeep@gmail.com. Version: October 3, 2026.