Kitchen Monk Starter Plan

7 days · 4 recipes · 3 cooking sessions · written for 1 person · Whole-food, plant-based, no added salt, oil, or sugar (SOS-free).

Current version, October 16, 2026. Matches the live page: https://kitchenmonk.org/flourishing-foundations-7-day-plan/ .

Earlier PDFs (October 3 and October 5, 2026) describe older versions with different recipes and are archived.

Who it is for: adults who want one simple, complete plant-based week to start with.

Not ready for a whole week? Start with just one meal: pick any one recipe below, cook it once, and use its grocery list. That counts.

Your week

Day	Breakfast	Lunch	Dinner
1	Cinnamon Roll Oatmeal + banana	Chili + rice	Chili + rice
2	Oatmeal + banana	Chili + rice	Chili + rice
3	Oatmeal + banana	Chili + rice	Burger Meal
4	Oatmeal + banana	Burger Meal	Chili + rice
5	Oatmeal + banana	Burger Meal	Soup Meal
6	Oatmeal + banana	Soup Meal	Burger Meal
7	Oatmeal + banana	Soup Meal	Soup Meal

Chili + rice = 1 serving chili over 1 cup cooked brown rice.

Burger Meal = 2 patties, ½ cup white beans, 2 cups greens, 1 tbsp lemon juice.

Soup Meal = 1½ servings soup with ½ cup white beans stirred in.

Fruit = one piece a day (we calculate with a medium banana; an apple or orange works too).

Optional snack: a piece of fruit, a baked potato, extra beans, or a small handful of unsalted nuts (if you have no nut allergy), whenever you're hungry.

The three cooking sessions

Session 1 (Day 1): make the chili (8 servings), cook about 2 cups dry brown rice (about 6 cups cooked), and make 2 batches of oatmeal topping (4 servings). Refrigerate chili and rice for Days 2–4. Freeze 2 chili servings.

Session 2 (Day 3): make the veggie burgers (10 patties). Refrigerate 6 for Days 4–6. Freeze 2 as one future meal. On Day 4, make 1½ more topping batches (3 servings) for Days 5–7.

Session 3 (Day 5): make the cauliflower soup (6 servings = 4 soup meals) for Days 5–7.

The recipes, credits, and our SOS-free changes

Cinnamon Roll Oatmeal · Jill Dalton (The Whole Food Plant Based Cooking Show)

Written recipe is SOS-free as written: oats, water, dates, cinnamon, vanilla, cashews, and pecans. Use half the topping per bowl, as Jill notes.

Recipe: plantbasedcookingshow.com/2019/01/27/cinnamon-roll-oatmeal/ · Video: youtube.com/watch?v=S7otN02uGd8 · Our page: https://kitchenmonk.org/cinnamon-roll-oatmeal-cook-along/

Vegan Chili · Jill Dalton

Our SOS-free changes: no-salt-added beans, diced tomatoes, and tomato paste; water or homemade salt-free broth instead of low-sodium store broth; sauté the onion in a splash of water. Jill's written recipe lists no oil, salt, or sweetener beyond those canned and broth items. We haven't confirmed what she sautés in on camera, so we don't call the video itself SOS-free. Makes 8 servings.

Recipe: plantbasedcookingshow.com/2019/08/25/vegan-chili/ · Video: youtube.com/watch?v=TDyfmzSSM8c · Our page: https://kitchenmonk.org/vegan-chili-cook-along/

Burger Meal · Veggie Burgers by Cathy Fisher (Straight Up Food)

Cathy's written burger recipe is SOS-free; we use her tomato-paste option and her parchment-baking option, so the patties won't brown like pan-cooked ones. Kitchen Monk adds ½ cup white beans, 2 cups greens, and 1 tbsp lemon juice to each 2-patty meal to make it more substantial. Makes 10 patties.

Recipe: straightupfood.com/blog/2010/06/25/veggie-burgers/ · Video: youtube.com/watch?v=ck7CJUPHJow · Our page: https://kitchenmonk.org/burger-meal-cook-along/

Creamy Cauliflower Soup · Jill Dalton

Our SOS-free changes: leave out the miso (it contains salt) and finish with the lemon and pepper; water or homemade salt-free broth instead of low-sodium broth. Jill already sautés in water, not oil. Makes 6 servings. Kitchen Monk adds ½ cup white beans to each 1½-serving bowl.

Recipe: plantbasedcookingshow.com/2026/09/30/creamy-cauliflower-soup/ · Video: youtube.com/watch?v=WT1ealaZVjg · Our page: https://kitchenmonk.org/watch-and-cook/creamy-cauliflower-soup/

Allergens: the oatmeal topping and the cauliflower soup contain tree nuts (cashews; pecans in the topping). Leave the nuts out of the topping. We haven’t tested a nut-free version of the soup, so choose the chili or a Burger Meal instead. Oats are often processed with wheat: choose certified gluten-free oats for the oatmeal and the burgers if you need to avoid gluten. Always check labels.

Credits and permissions: Recipes and videos belong to Jill Dalton and Cathy Fisher. We link to them and don't copy their steps or photos. Neither creator has reviewed or endorsed Kitchen Monk.

Grocery list (whole week)

Amounts match the plan exactly, including rice with the chili, white beans with the burgers and soup, and one fruit a day. Choose no-salt-added, BPA-free cans or cartons when you can. Herbs and spices are pantry staples: check your pantry first. Can and lemon counts are estimates.

Interactive checklist: flourishingnursing.org/grocery-list/?plan=starter

Item	1 person	2 people	4 people
Produce			
[ ] Bananas (or 1 apple or orange a day)	7	14	28
[ ] Cauliflower	1 head	2 heads	4 heads

Item	1 person	2 people	4 people
[ ] Celery	2 ribs	4 ribs	8 ribs
[ ] Garlic	2 cloves	4 cloves	8 cloves
[ ] Lemons	6 tbsp juice (buy about 3 lemons)	12 tbsp juice (buy about 6 lemons)	24 tbsp juice (buy about 12 lemons)
[ ] Medjool dates	21	42	84
[ ] Mixed salad greens	10 cups	20 cups	40 cups
[ ] Red onion	2	4	8
[ ] Russet potatoes	2	4	8
[ ] Sweet potato, medium	½	1	2
[ ] White or cremini mushrooms	2½ cups	5 cups	10 cups
[ ] Yellow or white onion, large	½	1	2
[ ] Yellow potato, medium	1	2	4
Beans and canned foods			
[ ] Black beans, canned (no salt added)	2 cans	4 cans	8 cans
[ ] Diced tomatoes, canned (no salt added)	2 cans	4 cans	8 cans
[ ] Kidney beans, canned (no salt added)	3 cans	6 cans	12 cans
[ ] Tomato paste (no salt added)	8 oz (buy about 2 cans)	16 oz (buy about 3 cans)	32 oz (buy about 6 cans)
[ ] White beans, canned (no salt added)	4½ cups (buy about 3 cans)	9 cups (buy about 6 cans)	18 cups (buy about 12 cans)
Grains			
[ ] Brown rice, cooked	6 cups	12 cups	24 cups
[ ] Rolled oats	4½ cups	9 cups	18 cups
[ ] Short-grain brown rice, dry	½ cup	1 cup	2 cups
Frozen			
[ ] Chopped spinach, frozen	16 oz	32 oz	64 oz
Nuts, seeds, pantry			
[ ] Cashews, raw, unsalted	2 cups	4 cups	8 cups
[ ] Nutritional yeast	¼ cup	½ cup	1 cup
[ ] Pecans	3½ tbsp	7 tbsp	14 tbsp
Herbs and spices			
[ ] Black pepper	1 tsp	2 tsp	4 tsp
[ ] Chili powder, salt-free	1½ tsp	3 tsp	6 tsp
[ ] Cinnamon	3½ tsp	7 tsp	14 tsp
[ ] Dried basil	1 tsp	2 tsp	4 tsp
[ ] Dried oregano	3 tsp	6 tsp	12 tsp
[ ] Granulated garlic	2 tsp	4 tsp	8 tsp

Item	1 person	2 people	4 people
[ ] Granulated onion	1 tsp	2 tsp	4 tsp
[ ] Ground cumin	1½ tsp	3 tsp	6 tsp
[ ] Ground turmeric	½ tsp	1 tsp	2 tsp
[ ] Smoked paprika	½ tsp	1 tsp	2 tsp
[ ] Vanilla extract or powder	5¼ tsp	10½ tsp	21 tsp

Note: the list buys sides (beans, greens, lemon) for 5 Burger Meals because the recipe makes 10 patties. You eat 4 Burger Meals this week and freeze 2 patties, so you can buy about 2 cups less greens, ½ cup less white beans, and 1 tbsp less lemon juice.

Leftovers, freezing, and reheating

• Refrigerate leftovers within 2 hours, in shallow containers so they cool fast.

• Eat refrigerated leftovers within 3–4 days. Freeze anything you won't eat by then; frozen leftovers keep their best quality for 3–4 months.

• Thaw frozen chili or patties overnight in the fridge. Reheat chili and soup to a rolling boil, and reheat patties and rice to 165°F.

Sources: USDA Food Safety and Inspection Service, “Leftovers and Food Safety” (fsis.usda.gov) (2 hours, 3–4 days, 165°F, soups to a rolling boil) and FoodSafety.gov Cold Food Storage Chart (soups and stews: 3–4 days refrigerated, 2–3 months frozen); checked October 14, 2026.

Nutrition (preliminary estimates, not yet verified)

Meal	kcal	Protein	Fiber	Carbs	Fat	Sat. fat	Sodium
Oatmeal + half topping + banana	681	15 g	14 g	120 g	21 g	3.5 g	9 mg
Chili + 1 cup brown rice	507	22 g	17 g	101 g	3.3 g	0.8 g	77 mg
Burger Meal	364	19 g	16 g	69 g	2.8 g	0.5 g	24 mg
Soup Meal (1½ servings + beans)	276	16 g	13 g	46 g	4.9 g	1.0 g	78 mg
Daily range	**1,233–1,694**	**46–58 g**	**40–49 g**	**213–322 g**	**27–30 g**	**4.7–5.4 g**	**110–164 mg**
Week average	**about 1,480**	**53 g**	**45 g**	**273 g**	**28 g**	**5.0 g**	**133 mg**

Eat as much as you need. About 1,480 kcal a day is an average estimate for this plan, not a target for everyone. Many adults need more, especially on the lighter soup days (Days 5–7). Easy additions: an extra cup of brown rice or a baked potato with any meal, another piece of fruit, more beans, or a small handful of unsalted nuts. Talk with your care team about what's right for you.

How these were estimated: USDA FoodData Central (SR Legacy) values for each ingredient in our version, divided by the stated yield. Canned beans counted as cooked, drained, no-salt-added beans. Nutritional yeast uses a typical product label (not in SR Legacy). Banana: medium, 118 g (apple, 182 g, is about 95 kcal; orange, 131 g, about 62 kcal). Standard calories, never reduced for fiber. Most spices, water, and salt-free broth are not counted.

Not yet verified: the specific USDA records and gram weights haven't been independently checked. Vitamins and minerals are not yet calculated, and there is no vitamin B12 source in this plan, so plan a reliable one. A second-person check and dietitian review are still to come. If you change servings or household size, these per-meal

numbers do not recalculate.

Review status

Written by Kitchen Monk with AI-assisted drafting; nutrition estimated (preliminary, not yet verified). Not independently kitchen-tested, not independently nutrition-checked, and not dietitian-reviewed yet.

Educational, not medical advice. Free from Kitchen Monk (kitchenmonk.org), created by Nathanael Elijah Smith, MSN, APRN, FNP-C, DipACLM. Corrections: rfjeep@gmail.com. Version: October 16, 2026 (corrected).