The 3-Day Starter

Three days. One short grocery list. One 20-minute prep. No stove needed. A small, complete beginning.

Matches the live page: kitchenmonk.org/three-day-starter/ (page last updated October 9, 2026; PDF made October 14, 2026). A Kitchen Monk Original plan built only from Kitchen Monk Original recipes (not adapted from the VA guide).

For	1 adult; double everything for 2
Equipment	Microwave, a large bowl, a fork, and a can opener. No stove.
Work	Day 1: about 20 minutes (one prep). Days 2-3: about 10 minutes a day.
Cleanup	One bowl and a fork per meal
Allergens	Soy on Day 2 (edamame); swap below
Review	Nutrition calculated from USDA data; registered dietitian review planned, not yet done

Start with just one meal. Not ready for three days? Pick one recipe, make it once, and enjoy it. Each recipe page has the ingredients, steps, and a technique video.

The three days

Day	Breakfast	Lunch	Dinner
1	Hemp-Topped Oats	Chickpea Lettuce Wraps (make the full recipe; save half)	Black Bean & Corn Bowl (make the full recipe; save half)
2	Hemp-Topped Oats	Chickpea Wraps (saved half)	Edamame & Rice Bowl
3	Hemp-Topped Oats	Black Bean Bowl (saved half)	Rescue Potato

What "easy" means here: every meal uses ready-to-use beans or frozen foods, needs no stove, and has at most a little chopping (celery and onion for the wraps). The oats take 5 minutes; the bowls and potato take 7-10.

Recipes: kitchenmonk.org/hemp-topped-oats/ · /chickpea-lettuce-wraps/ · /black-bean-corn-bowl/ · /edamame-rice-bowl/ · /rescue-potato/

What each day's meals provide

Day	Protein	Fiber	Energy	Sodium
1	47 g	36 g	1,060 kcal	60 mg
2	56 g	38 g	1,105 kcal	120 mg
3	56 g	45 g	1,220 kcal	70 mg

Meals only, approximate. Totals add up the per-serving estimates on each recipe page. Energy is the standard USDA total.

Three fiber wins in a row: 36-45 grams every day. New to beans? Drink water and go at your own pace; your body adjusts.

Please eat enough. These meals alone give about 1,060-1,220 kcal a day, less than most adults need. Add food as hunger guides you: +1 cup cooked brown rice adds about 5 g protein, 3.5 g fiber, and 215 kcal; +1 medium potato adds about 4 g protein, 4 g fiber, and 160 kcal. Fruit is welcome anytime (not counted).

Not yet calculated (missing data, not zero): carbohydrate, fat, saturated fat, vitamins and minerals. Nothing in these three days provides vitamin B12, so a reliable B12 source from fortified foods or a supplement is still needed. This is an example to adapt, not a nutritionally complete plan.

The one prep (Day 1, about 20 minutes)

1. Make the **chickpea wrap filling** (about 10 minutes). Eat half for lunch; refrigerate half in a covered container for Day 2.

2. Make the **Black Bean & Corn Bowl** (about 10 minutes). Eat half with 1 cup rice for dinner; refrigerate the other half of the bean mixture for Day 3.

Food safety: refrigerate within 2 hours, use within 3-4 days, and reheat the bean bowl until steaming hot (165°F). The wraps are eaten cold. Source: USDA FSIS, Leftovers and Food Safety.

Grocery list (1 person, 3 days)

Already have some of these? Cross them off before you go. Interactive checklist: flourishingnursing.org/grocery-list/

Cans, all "no salt added"
[ ] 1 can (15 oz) chickpeas
[ ] 2 cans (15 oz) black beans (you'll use about 2¼ cups)
[ ] 1 can (15 oz) diced tomatoes (you'll use 1 cup)
Frozen

[ ] Shelled edamame (1 cup)
[ ] Corn (1 cup)
[ ] Mixed vegetables (1 cup)
[ ] Chopped broccoli (1 cup)
[ ] Cooked brown rice (3 cups)
[ ] Unsweetened blueberries (1½ cups)

Dry

[ ] Rolled oats (1½ cups)
[ ] Hulled hemp seeds (9 tbsp, a little over ½ cup)

Fresh

[ ] 6 large romaine leaves
[ ] 1 celery stalk
[ ] 1 small red onion
[ ] 1 lemon
[ ] 1 lime
[ ] 1 medium potato

Check your pantry first

[ ] Dried dill · cumin · salt-free chili powder · ground ginger · garlic powder · cinnamon · black pepper
[ ] Unseasoned rice vinegar · optional no-salt-added salsa

Leftovers from the store sizes: about ¾ cup black beans and ¾ cup diced tomatoes. Freeze them in a small container, or stir both into Day 3's bean bowl for a bigger lunch. Frozen bags and oats carry over into the 7-day plan (kitchenmonk.org/flourishing-foundations-7-day-plan/).

My day changed. Help me simplify.

Too tired tonight? Eat a saved half instead, or the zero-energy rescue bowl (kitchenmonk.org/food-tools/seven-minute-rescue-meal/). Move tonight's meal to tomorrow.

Missed the store? Oats, frozen rice, frozen vegetables, and one can of beans make a full day of meals.

Loved a meal? Repeat it. Repeating a meal is a success, not a shortcut.

No soy: on Day 2, have a second Rescue Potato instead of the Edamame Bowl (add 1 medium potato and 1 cup frozen broccoli to the list; your extra black beans cover the rest). It has about 21 g protein and 20 g fiber.

Changing a meal changes that day's totals. Nothing here is a failure; plans exist to bend.

What next? Pick one

Repeat your favorite days · Ready for a week? The 7-day plan · Learn one skill: cook a pot of lentils · Share it with your care team (kitchenmonk.org/plant-protein/#visit-card)

Educational example, not medical care or individualized nutrition therapy. Talk with your care team first if you take medicine for blood sugar or blood pressure, have kidney disease, are pregnant, or follow a medical nutrition plan. Nutrition is estimated from USDA FoodData Central (SR Legacy) for the stated servings; herbs, spices, vinegar, salsa, and citrus are not counted. Calculated October 3, 2026, with AI assistance, for Nathanael Elijah Smith, MSN, APRN, FNP-C, DipACLM. Culinary testing, a second-person calculation check, and registered dietitian review are still to come. Free from Kitchen Monk (kitchenmonk.org). Corrections: rfjeep@gmail.com.