Everyday Plant Living

FREE 7-DAY PLAN

The Everyday Reset

Seven days of easy plant-based meals, one grocery list and a one-hour Sunday prep plan. The simplest way to start.

7	9	1	1 hr
DAYS	RECIPES	GROCERY LIST	SUNDAY PREP

WELCOME

One week.
No overthinking.

This reset is a gentle, realistic first week of plant-based eating. No strict rules, nothing to count and no hours in the kitchen. Just simple, satisfying food.

How it works

- **Shop once** on the weekend with the grocery list.
- **Prep for about an hour** on Sunday: breakfast jars, lunch filling, tofu and chopping.
- **Breakfasts and lunches are ready to grab**, and dinners take 20–35 minutes.
- **Friday is Clean-Out Bowls** and Saturday is a flex night.

Good to know

- Everything feeds **two people**. Cooking for one? Halve the dinners; the batch breakfasts and lunches will last longer.
- All recipes are 100% plant-based. Check labels for allergens (nuts, soy, wheat, sesame).
- Spices and oils are in a "pantry check" at the bottom of the grocery list.
- This plan isn't medical or nutrition advice. It's just good food.

Let's make plant-based living feel easy.
Everyday Plant Living

YOUR WEEK

The 7-day menu

DAY	BREAKFAST	LUNCH	DINNER
Mon Day 1	Apple Pie Overnight Oats	Smashed Chickpea Salad Sandwiches	One-Pot Spinach Artichoke Pasta
Tue Day 2	Apple Pie Overnight Oats	Smashed Chickpea Salad Sandwiches	Sheet-Pan BBQ Tofu with Potatoes & Green Beans
Wed Day 3	Apple Pie Overnight Oats	Smashed Chickpea Salad Sandwiches	Hearty Black Bean Burgers
Thu Day 4	Apple Pie Overnight Oats	Big-Batch Lentil Vegetable Soup	Naan Pizza Night
Fri Day 5	Tropical Green Smoothies	Big-Batch Lentil Vegetable Soup	Clean-Out Bowls See the formula page
Sat Day 6	Tropical Green Smoothies	Big-Batch Lentil Vegetable Soup	Flex night Eat out, order in or leftovers
Sun Day 7	Tropical Green Smoothies	Leftover tomato soup or brunch	Creamy Tomato Basil Soup & Toast

Prep timing. Sunday: about 1 hour. Wednesday evening, about 45 minutes mostly hands-off: make the Big-Batch Lentil Vegetable Soup and pack 6 portions for Thursday–Saturday.

GROCERY LIST

Shop once for the week

Quantities cover every recipe for two people. Tick off what you already have before you go.

PRODUCE

- [ ] Apple — 2
- [ ] Avocado — 1
- [ ] Baby potatoes — 1 lb
- [ ] Baby spinach — 3 × 5-oz bags (11 cups)
- [ ] Banana — 3
- [ ] Bell pepper — 1
- [ ] Carrot — 2
- [ ] Celery stalk — 1 bunch (4 stalks)
- [ ] Cremini mushrooms — 4 oz
- [ ] Fresh basil — 1 bunch
- [ ] Fresh dill — 1 bunch
- [ ] Garlic — 2 heads (11 cloves)
- [ ] Green beans — 8 oz
- [ ] Kale — 1 bunch (3 cups chopped)
- [ ] Lemon — 3
- [ ] Red onion — 1 (¾ needed)
- [ ] Roma tomato — 2
- [ ] Romaine lettuce — 1 head
- [ ] Yellow onion — 2

CANNED & JARRED

- [ ] Artichoke hearts — 1 × 15-oz can
- [ ] BBQ sauce — 1 bottle (½ cup needed)
- [ ] Black beans — 1 × 15-oz can
- [ ] Cannellini beans — 1 × 15-oz can
- [ ] Capers — 1 small jar (2 tbsp needed)
- [ ] Chickpeas — 2 × 15-oz cans
- [ ] Crushed tomatoes — 2 × 15-oz cans
- [ ] Diced tomatoes — 1 × 15-oz can
- [ ] Marinara sauce — 1 jar (½ cup needed)
- [ ] Tomato paste — 1 × 6-oz can or tube (1 tbsp needed)
- [ ] Unsweetened applesauce — 1 jar (or 4 snack cups) (1 cup needed)
- [ ] Vegetable broth — 3 × 32-oz cartons (11 cups)

GRAINS, PASTA & BREAD

- [ ] Burger buns — 1 pack (4 needed)
- [ ] Green lentils — 1½ cups dry
- [ ] Naan — 1 pack (2 needed)
- [ ] Panko breadcrumbs — 1 small canister (½ cup needed)
- [ ] Penne — 1 × 16-oz box (8 oz needed)
- [ ] Rolled oats — 4½ cups (1 canister)
- [ ] Whole-grain bread — 1 loaf (16 slices)

REFRIGERATED

- [ ] Extra-firm tofu — 1 × 14-oz block
- [ ] Unsweetened plant milk — 2 half-gallon cartons (10½ cups)
- [ ] Vegan cheese shreds — 1 × 8-oz bag (½ cup needed)

FROZEN

- [ ] Frozen mango — 2 × 12-oz bags (4½ cups)

NUTS, SEEDS & DRIED FRUIT

- [ ] Chia seeds — 1 bag (½ cup needed)
- [ ] Ground flaxseed — 1 bag (1 tbsp needed)
- [ ] Hemp seeds — 1 bag (6 tbsp needed)
- [ ] Walnuts — 1 bag (½ cup needed)

Pantry check: make sure you have cornstarch, Dijon mustard, dried thyme, garlic powder, ground cinnamon, ground cumin, ground ginger, Italian seasoning, maple syrup, nutritional yeast, olive oil, red pepper flakes, salt, smoked paprika, soy sauce, vanilla extract, vegan mayo.

SUNDAY PREP

About one hour, a whole week easier

Work through these in order. Put on music, and you'll be done before you know it.

1. **Breakfast jars.** Make the Apple Pie Overnight Oats and portion into 8 jars.
2. **Lunch filling.** Mix the Smashed Chickpea Salad filling and store it in one container.
3. **Freeze bananas.** Peel, slice and freeze 3 bananas for the weekend smoothies.
4. **Prep for Tuesday.** Press the tofu, then store it in a container in the fridge.
5. **Wash & chop.** Wash the romaine and spinach. Dice the onions you'll need this week and keep them in one container.

Midweek mini-prep

Wednesday evening, about 45 minutes mostly hands-off: make the Big-Batch Lentil Vegetable Soup and pack 6 portions for Thursday–Saturday.

Storage reminders

Use airtight containers and let hot food cool before refrigerating. Overnight oats keep 4 days, chickpea salad 4 days and soup 4 days (or freeze it).

7-DAY RESET · BREAKFAST · MON–THU

Apple Pie Overnight Oats

10 min + overnight | Makes 8 servings | Make-ahead | No cook

INGREDIENTS

- 4 cups rolled oats
- ½ cup chia seeds
- 5 cups unsweetened plant milk
- 1 cup unsweetened applesauce
- ¼ cup maple syrup
- 2 tsp ground cinnamon
- ½ tsp ground ginger
- 1 tsp vanilla extract
- ¼ tsp salt
- 2 apples, diced, for topping
- ½ cup walnuts, chopped, for topping

METHOD

1. In a large bowl, stir together the oats, chia seeds, cinnamon, ginger and salt.
2. Whisk in the plant milk, applesauce, maple syrup and vanilla until there are no dry pockets.
3. Divide among 8 jars or containers. Refrigerate overnight; keeps 4 days.
4. Each morning, top with diced apple and a sprinkle of walnuts. Add a splash of milk if it's too thick.

Tip. Dice the apple fresh each morning so it stays crisp, or toss it with a squeeze of lemon if you prep it ahead.

MY NOTES

Tropical Green Smoothies

5 min each | Makes 6 smoothies (blend 2 at a time) | 5 minutes | No cook

INGREDIENTS

- 4½ cups unsweetened plant milk
- 6 cups baby spinach
- 4½ cups frozen mango
- 3 bananas, sliced and frozen
- 6 tbsp hemp seeds

METHOD

1. For 2 smoothies: blend 1½ cups plant milk with 2 cups spinach until completely smooth.
2. Add 1½ cups frozen mango, 1 frozen banana and 2 tbsp hemp seeds.
3. Blend until thick and creamy, adding a splash more milk if needed. Repeat each morning.

Tip. Peel, slice and freeze the bananas on Sunday so they're ready to go.

MY NOTES

7-DAY RESET · LUNCH · MON–WED

Smashed Chickpea Salad Sandwiches

15 min | Makes 6 sandwiches | No cook | Make-ahead

INGREDIENTS

- 2 cans chickpeas, drained, rinsed and patted dry
- ½ cup vegan mayo
- 2 tsp Dijon mustard
- 1 lemon, juiced
- 2 celery stalks, finely diced
- ¼ red onion, minced
- 2 tbsp capers, chopped
- 2 tbsp fresh dill, chopped
- ½ tsp salt
- 12 slices whole-grain bread
- 1 head romaine lettuce, leaves separated
- 2 roma tomatoes, sliced

METHOD

1. Smash the chickpeas with a fork or potato masher, leaving some texture.
2. Stir in the mayo, Dijon, lemon juice, celery, onion, capers, dill and salt.
3. Store the filling in one container (keeps 4 days).
4. Each day, toast the bread and build sandwiches with lettuce and tomato.

Tip. Keeping the filling separate means no soggy bread. It's also great in a wrap or on crackers.

MY NOTES

7-DAY RESET · LUNCH · THU–SAT

Big-Batch Lentil Vegetable Soup

45 min | Makes 6 servings | One pot | Freezer-friendly

INGREDIENTS

- 1 tbsp olive oil
- 1 yellow onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp dried thyme
- 1½ cups green lentils, rinsed
- 1 can diced tomatoes
- 7 cups vegetable broth
- 1 tsp salt
- 3 cups kale, chopped
- 1 lemon, juiced

METHOD

1. Heat the oil in a large pot. Cook the onion, carrot and celery 7 minutes until soft.
2. Add the garlic, cumin, paprika and thyme and cook 1 minute.
3. Add the lentils, tomatoes, broth and salt. Bring to a boil, then simmer, partly covered, 30–35 minutes, until the lentils are tender.
4. Stir in the kale for 3 minutes, then the lemon juice. Portion into 6 containers.

Tip. The soup thickens as it sits. Add a splash of water or broth when reheating. Freezes for 3 months.

MY NOTES

7-DAY RESET · DINNER · MONDAY

One-Pot Spinach Artichoke Pasta

20 min | Makes 2 servings | One pot | 20 minutes

INGREDIENTS

- 1 tbsp olive oil
- 4 cloves garlic, minced
- ¼ tsp red pepper flakes
- 8 oz penne, or another short pasta
- 2 cups vegetable broth
- 1 cup unsweetened plant milk
- ½ tsp salt
- 1 can artichoke hearts, drained and chopped
- 4 cups baby spinach
- ¼ cup nutritional yeast
- 1 lemon, zested and juiced

METHOD

1. Heat the oil in a deep skillet. Cook the garlic and red pepper flakes 1 minute.
2. Add the pasta, broth, milk and salt. Bring to a boil, then simmer 10–12 minutes, stirring often, until the pasta is tender and saucy.
3. Stir in the artichokes and spinach until wilted.
4. Off the heat, stir in the nutritional yeast, lemon zest and juice.

MY NOTES

7-DAY RESET · DINNER · TUESDAY

Sheet-Pan BBQ Tofu with Potatoes & Green Beans

55 min | Makes 2 servings | Sheet pan

INGREDIENTS

- 1 block extra-firm tofu, pressed and cubed
- 1 tbsp cornstarch
- 1 lb baby potatoes, halved
- 8 oz green beans, trimmed
- 2 tbsp olive oil, divided
- 1 tsp smoked paprika, divided
- 1 tsp garlic powder, divided
- ¾ tsp salt, divided
- ½ cup BBQ sauce, vegan, divided

METHOD

1. Heat the oven to 425°F. Toss the potatoes with 1 tbsp oil and half the spices and salt. Roast 15 minutes.
2. Toss the tofu with the cornstarch, remaining oil, spices and salt. Add to the pan and roast 15 minutes.
3. Add the green beans, toss the tofu with ¼ cup BBQ sauce and roast 10–12 minutes more.
4. Brush the tofu with the remaining sauce and serve.

Tip. Check the BBQ sauce label: some contain honey or anchovies.

MY NOTES

7-DAY RESET · DINNER · WEDNESDAY

Hearty Black Bean Burgers

30 min | Makes 4 burgers | Freezer-friendly

INGREDIENTS

- 1 tbsp ground flaxseed, mixed with 3 tbsp water
- 1 can black beans, drained, rinsed and patted very dry
- ½ cup rolled oats
- ½ cup panko breadcrumbs
- ¼ red onion, finely chopped
- 1 clove garlic, minced
- 1 tbsp soy sauce
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp salt
- 1 tbsp olive oil
- 4 burger buns
- 1 avocado, sliced

METHOD

1. Stir the flaxseed and water together and let it thicken 5 minutes.
2. Mash the beans, leaving some chunky. Add the flax mixture, oats, breadcrumbs, onion, garlic, soy sauce, spices and salt, and mix well.
3. Shape into 4 patties. Cook in oil in a skillet over medium heat 4–5 minutes per side until crisp.
4. Serve 2 on toasted buns with lettuce (from your romaine), tomato and avocado. Freeze the other 2 patties for later.

Tip. Patting the beans very dry is the secret to burgers that hold together.

MY NOTES

7-DAY RESET · DINNER · THURSDAY

Naan Pizza Night

20 min | Makes 2 pizzas | 20 minutes | Kid-friendly

INGREDIENTS

- 2 naan, check it's vegan
- ½ cup marinara sauce
- ½ cup vegan cheese shreds
- 4 oz cremini mushrooms, sliced
- 1 bell pepper, sliced
- ¼ red onion, thinly sliced
- 1 cup baby spinach
- 1 tsp Italian seasoning
- red pepper flakes, to taste

METHOD

1. Heat the oven to 425°F. Place the naan on a sheet pan.
2. Spread each with ¼ cup marinara and top with spinach, mushrooms, pepper, onion and cheese. Sprinkle with Italian seasoning.
3. Bake 10–12 minutes, until the edges are crisp and the cheese melts.
4. Finish with red pepper flakes, slice and serve.

Tip. Use whatever vegetables need using up. That's the beauty of pizza night.

MY NOTES

7-DAY RESET · DINNER · SUNDAY

Creamy Tomato Basil Soup & Toast

35 min | Makes 4 servings | One pot | Freezer-friendly

INGREDIENTS

- 1 tbsp olive oil
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 1 tbsp tomato paste
- 2 cans crushed tomatoes, 15-oz
- 1 can cannellini beans, drained and rinsed
- 2 cups vegetable broth
- 1 tsp maple syrup
- 1 tsp salt
- ½ cup fresh basil, leaves
- 4 slices whole-grain bread, toasted, for serving

METHOD

1. Cook the onion in oil 6 minutes. Add the garlic and tomato paste for 1 minute.
2. Add the tomatoes, beans, broth, maple syrup and salt. Simmer 15 minutes.
3. Stir in the basil and blend until very smooth (carefully, in batches, if using a blender).
4. Serve with toast for dunking. Leftovers make a great Monday lunch.

Tip. The white beans make it creamy, with no cream needed.

MY NOTES

FRIDAY

The Clean-Out Bowl formula

Use up what's left from the week. Pick one from each row and dinner is ready in about 10 minutes.

1 · A base

Leftover pasta, toast, a big handful of greens or a quick pot of rice.

2 · A protein

Leftover lentil soup (thick, over rice), a burger patty from the freezer or any beans.

3 · Vegetables

Any remaining spinach, kale, pepper, mushrooms or green beans, sautéed or raw.

4 · Sauce + crunch

Lemon-tahini, a spoon of BBQ sauce or vegan mayo with lemon, plus walnuts or hemp seeds.

WHAT'S NEXT

You did it. Now keep going.

One week in, you've got a rhythm: shop once, prep a little, eat well. Here's how to keep it going.

Repeat it

Run this week again and swap one dinner for a new recipe from the blog.

Go further

The 30-Day Everyday Plant Living Plan has four full weeks planned: 36 recipes, 4 grocery lists and 4 prep plans.

Quick dinners

Everyday Weeknights has 10 dinners in 30 minutes or less, each with its own grocery list.

My favorites from this week

Find it all at everydayplantliving.com. Create a free account to save your favorite recipes and keep your purchases in one place.

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Thanks for starting your reset with us. Here's to many more easy, plant-filled weeks.

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