

A woman with blonde hair, wearing a tan hat, a blue quilted vest, and blue jeans, is riding a dark horse on a dirt trail. The trail winds through a lush green valley with rolling hills and dense evergreen forests. In the background, majestic mountains with patches of snow rise under a blue sky with scattered white clouds. The overall scene is peaceful and scenic.

# *Small Changes* **BIG RESULTS**

**SIMPLE STEPS TO A HEALTHIER  
YOU AND A PLEASANT LIFE!**

**BONUS  
5-DAY  
MEAL PLAN**

**LISA PLEASANTS**

Master Level Nutrition Consultant

# Preface

Less than a decade ago, I faced chronic illness and the prospect of a major surgery. It was a wake-up call, a moment where I realized I had to take control of my own well-being. This eBook contains glimpses of that journey – a journey that led me from the brink of a risky operation to living a more vibrant, healthy full life.

For me, achieving health wasn't just about changing what I ate. It was about understanding the bigger picture – the intricate balance between energy in (nourishing your body with the right foods), energy out (through movement and a healthy metabolism), and the powerful influence of emotional well-being, habits, and environment.

This eBook is not about quick fixes or fad diets. It's about taking small steps to build a sustainable, holistic approach to health that empowers you to reach your full potential. It's about the basics of properly portioned nutrients and understanding the role of physical activity. It's about acknowledging the role of emotions, habits, and the world around you in shaping your health journey.

Most importantly, this eBook is about you. It's about unlocking the vibrant, healthy life you deserve. My passion lies in helping others take control of their own well-being, just like I did. Nothing would make me happier than to be your guide on this journey.



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# Introduction

How many times have you been out of breath from walking up a flight of stairs? Do you get tired when you shouldn't? Do you watch other people on their social media having fun on their hiking adventures or kayaking down a river and think, there's no way I can do that? Do you look at your closet with sadness because nothing in there fits you anymore? Is it just too hard to change, even if it means living the lifestyle you want?

**It doesn't have to be hard!**



Embarking on a journey to lose weight and become healthier doesn't always require drastic changes. Often, small, consistent adjustments to your lifestyle and diet can lead to significant, lasting improvements. Let me take you through a few practical steps you can take to enhance your well-being. These easy-to-implement strategies can make a big difference over time.

*The Staircase  
by: David Harris*

*Don't look at the whole staircase,  
It may seem too high,  
Just focus on one step at a time,  
And you'll reach the sky!*

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# Chapter One

## The Power of Small Changes

### *Why Small Changes Work*

Small changes are sustainable because they don't overwhelm you. When you try to overhaul your entire lifestyle overnight, it's easy to become discouraged and give up. Instead, gradual adjustments are more manageable, allowing you to build new habits that stick.

Is there any evidence to support the theory that small changes matter when it comes to weight loss? Of course there is! Or, I wouldn't be writing this eBook.

One prospective study published in the *International Journal of Obesity* in 2014 examined the impact of small changes in diet and physical activity on weight loss in younger and middle-aged women. The results showed that even small, incremental changes in behavior, such as reducing portion sizes and increasing physical activity levels gradually, were associated with weight loss over time (1).

Even the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) suggests that simple adjustments like reducing calorie intake, increasing physical activity, and making healthier food choices can lead to sustainable weight loss over time. (2)

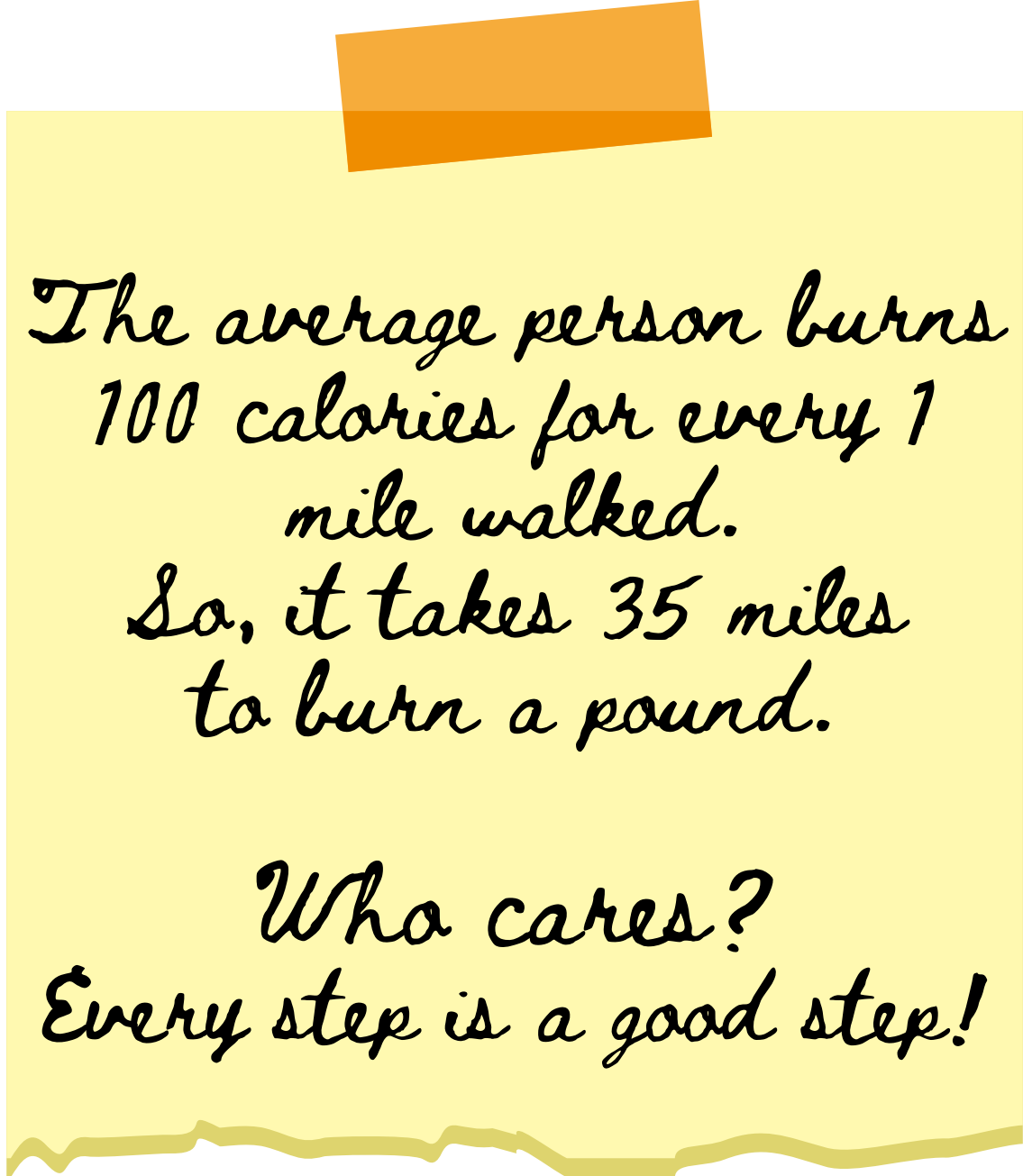


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## Examples of Small Changes

1. **Hydrate More:** Proper hydration supports metabolism and helps control hunger. Start by drinking an extra glass of water each day. If you don't already drink water regularly, try replacing one of your normal drinks each day with water. Better yet, drink that glass of water right before a meal so you will feel full before you eat and you are less inclined to overeat. Imagine if you have replaced your sweet tea each day with water and you drink it before dinner and eat less because you feel full. Those calories will add up each day and you will see a difference.

2. **Walk Daily:** Walking aids digestion and burns calories. Aim for a short walk after dinner. You can also walk during your lunch break. Invite your friends to walk with you. When you're on the phone, get up and move around. When going to the store, park further away than you normally would. If you don't already use a step tracker, find one and wear it. When you give yourself a step goal on a step tracker, you make it a priority. You might even find yourself taking an extra walk around the block just to get those steps in.



*The average person burns  
100 calories for every 1  
mile walked.*

*So, it takes 35 miles  
to burn a pound.*

*Who cares?  
Every step is a good step!*



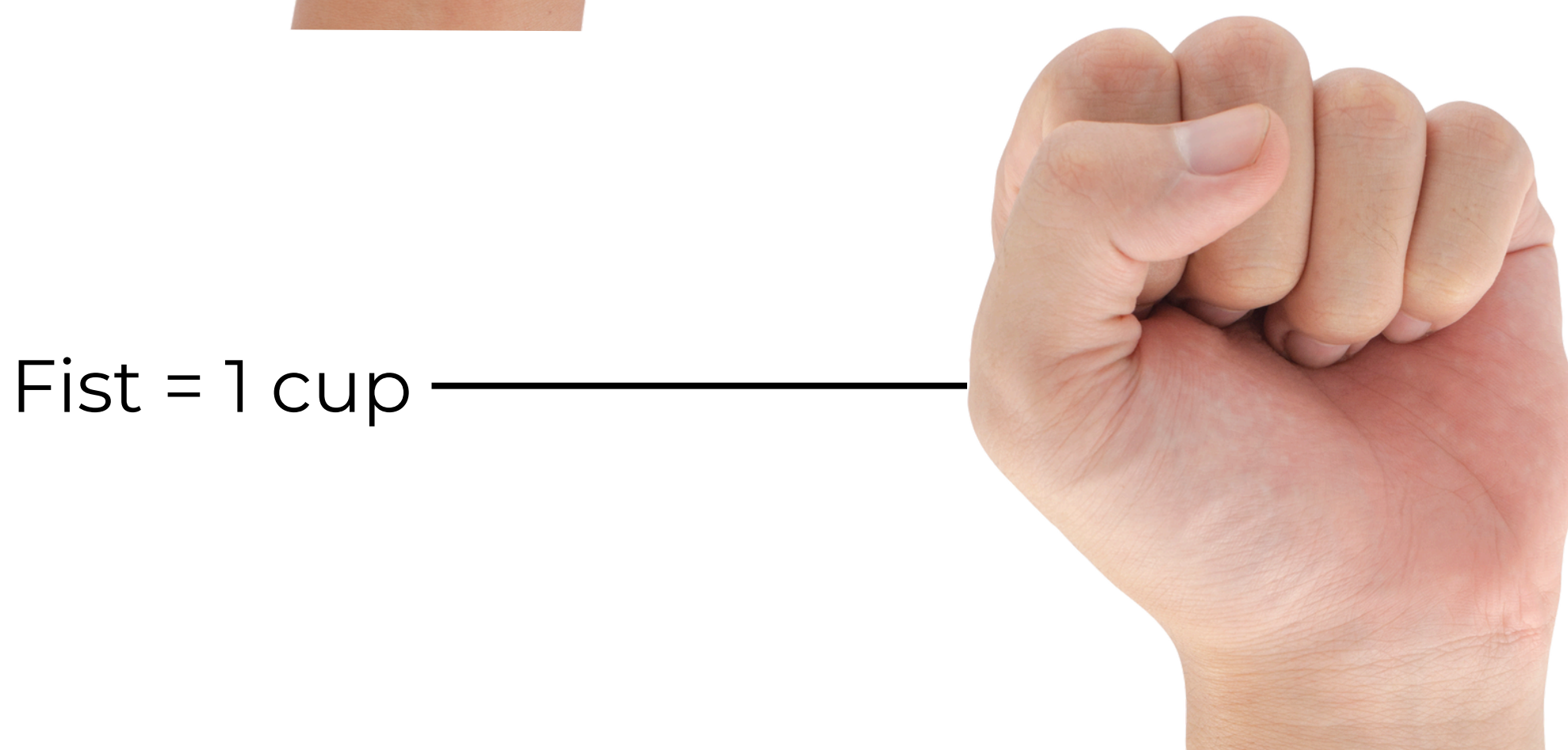
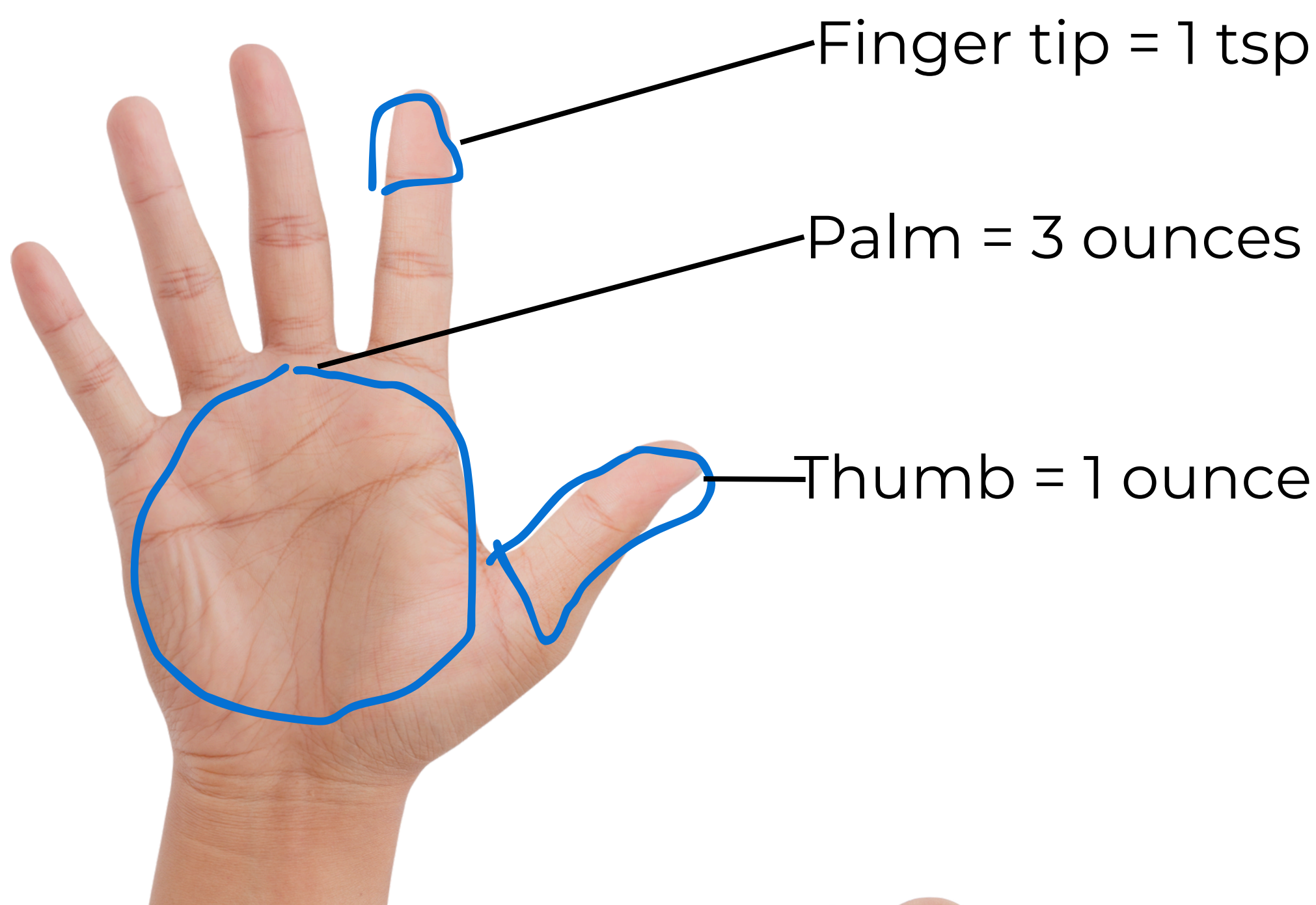
3. **Eat Mindfully:** We live in a fast-paced world and it's not always easy to take the time to think about how fast you eat and be thankful for your meal, but it's important. Eating more slowly allows your body more time to register feelings of fullness, which can prevent overeating. Give your brain the opportunity to recognize when you're satisfied, leading to smaller portion sizes and fewer calories consumed overall. Plus, eating slowly promotes better digestion, as chewing food thoroughly and taking your time to eat allows saliva to mix thoroughly with food, aiding in the breakdown of nutrients and making them easier for your body to absorb.

*Think about it...* It took a lot for the food to get to your plate and it's purpose is to provide nourishment to keep you alive. Don't diminish its importance by scooping it in like a shovel and swallowing it before you have time to think. Instead, turn off the TV and get rid of distractions. Take a moment to use your senses to appreciate the food. Chew slowly. If it helps, put your utensils down while you chew and don't lift them up again until you have completely chewed and swallowed. In between the bites, breathe deeply and ask yourself, am I still hungry? Do I need to keep eating? Or, am I satisfied?

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4. **Reduce Portion Sizes:** Some tricks for reduced portion sizes include:
- Use smaller plates to help control portions without feeling deprived.
  - In a restaurant, get a to-go box at the same time you order your meal and immediately transfer half of your meal to take away for tomorrow's lunch or dinner.
  - Pre-portion your snacks and meals ahead of time
  - Think of your plate a divider. As an example, the “My Plate” Plan from the U.S. Department of Agriculture says that your plate should be portioned by four fairly equal sections: protein, grains, veggies, fruits (3)
  - Use measuring cups and food scales to make sure you're not overeating.

Did you know if you don't have measuring tools, you can use your hand to approximate?



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# Chapter Two

## Diet Modifications

*Include more plant-based, whole-foods in your diet - Start Small*

More than ever, we are hearing that a plant-based, whole-food lifestyle increases your chances of living a longer, healthier life. There are many studies that have convincing evidence to support this plant-based, whole-food theory. So, the real question is, why would you **NOT** just switch? Everyone wants to live a long and healthy life, right?

For starters, it's not as easy as flipping a switch for most people. The only people I've known who have been able to make a drastic long-term change to their diets are those that have been confronted with a major medical complication and/or the possibility of death. If you haven't been confronted with this kind of complication, be thankful. However, take a moment to consider whether or not you are doing everything in your power to avoid this complication in the future. If not, what are you waiting on? You can start making small changes now. There's no need for a complete 180 degree turn in your diet; you can simply incorporate more, plant-based whole foods in your diet while reducing the unhealthy processed foods and meats.



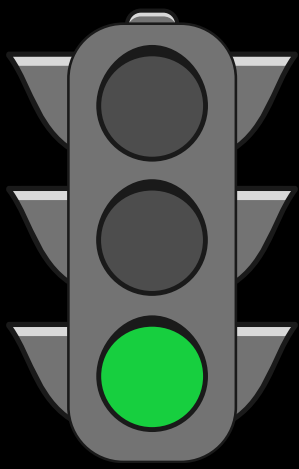
The first thing you need to understand is “plant-based, whole-food” does not mean vegan, or vegetarian, or pescatarian, or any of those non-meat lifestyles. Instead it is based on the principle that the more nutrient rich foods that keep your body running the most efficiently, are those that are closest to their most natural state and grow from the ground. So, the closer you get to eating those types of foods, the more plant-based, whole-foods you become.

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# Guidelines for a plant-based, whole-foods lifestyle

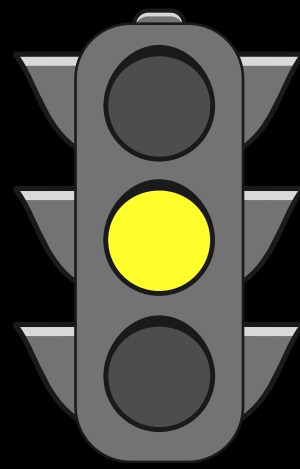
## Eat!

- Fruits
- Vegetables
- Whole grains
- Legumes
- Nuts and seeds
- Plant-based protein sources
- Healthy fats



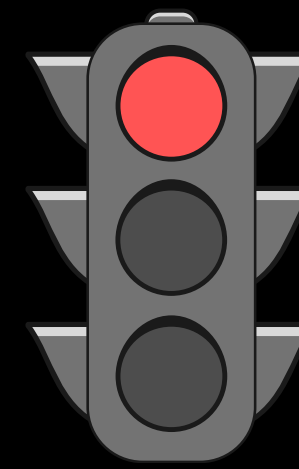
## Use Caution

- Lean meat
- Refined carbs
- Added sugars
- Alcohol
- Added fats



## Avoid

- Highly Processed meat
- Red meat
- Artificial additives & preservatives
- High sodium content foods
- Saturated fats



**“I know of nothing else in medicine that can come close to what a plant-based diet can do. In theory, if everyone were to adopt this, I really believe we can cut health care costs by seventy to eighty percent.”**

*T. Colin Campbell, an American biochemist who specializes in the effect of nutrition on long-term health and perhaps best known for his work on the China Project, one of the most comprehensive nutritional studies ever undertaken*

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## Make sure you are getting your macronutrients

Macronutrients are considered *essential* nutrients which means your body cannot produce them or produce enough of them to keep you alive. It is *essential* that you provide these nutrients from food. There are three macronutrients: Carbohydrates, Protein and Fat. When you start adding up your meals, the math can get a little difficult so I suggest using an app that does it for you.

Purpose	Macronutrient	Acceptable Range* (Percent of Daily Calories)	Calories per gram
Energy	Carbohydrates	45-65%	4
Amino Acids	Protein	10-35%	4
Fatty Acids	Fat	20-35%	9

\*According to the U. S. Dept. of Agriculture

There are three types of **carbohydrates**, fiber, sugar and starch. Fiber is a complex carb that doesn't break down. It helps regulate blood sugar and hunger and aids in digestion. Starch is a complex carb that can also provide your body with micronutrients (vitamins and minerals). Since complex carbs take longer to break down, sugar levels remain stable and the feeling of fullness lasts longer. Sugar is a simple carb that breaks down quickly so blood sugar levels rise. It is immediately used for energy. The sugar that isn't immediately used can get stored in the body as fat.

High Fiber Foods	Starches	Sugars
Beans/Legumes Fruits Nuts & Seeds Whole-Grains Vegetables	Beans/Legumes Fruits Whole-Grains Vegetables	<b>Natural Sugars:</b> Fruit <b>Added Sugars:</b> Table Sugar Honey Corn Syrup

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## *Don't forget the micronutrients*

Micronutrients are Vitamins and Minerals, or to be more specific, they are the water-soluble vitamins, fat-soluble vitamins, macrominerals and trace minerals. All of these are needed so everything in your body works the way it should.

Vitamins are organic compounds produced by plants and animals. It's important to note that **water-soluble vitamins** are not stored in your body so it's important to get them regularly through your food intake. For proper absorption, **fat-soluble vitamins** should be consumed in conjunction with a source of fat. Fat-soluble vitamins are stored in your liver and fatty tissues for future use. Since they do not flush out of your system like water-soluble vitamins do, it's important to maintain normal levels, or vitamin toxicity could occur, which can be extremely harmful and even lead to death.

Minerals are inorganic elements that come from the earth, soil and water. They have various functions in the body including building bones and teeth (calcium and phosphorus), supporting muscle function (magnesium and calcium). As indicated by the names, **macrominerals** are needed in larger quantities and **trace minerals** are needed in smaller amounts.



*“The best way to get vitamins and minerals is to eat them,” said Dr. Josie Bidwell, associate professor and lifestyle medicine clinician in the Department of Preventive Medicine. “A supplement contains just the vitamin and/or mineral. When consumed via food, you get the full nutrient package which, depending on the food, includes fiber, protein, healthy fats and complex carbohydrates.” (4)*

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# Chapter Three

## Physical Activity

### *Find activities you enjoy*

I have personally bought and disposed of three different treadmills, one elliptical machine, and a rower. I have also paid for at least three different unused gym memberships. That's a lot of money I wasted and all because I was motivated for a brief period of time to do something I hated. If you try to do something you hate, you will not be successful. So, don't waste the money like I did! I don't have any of those things today and I am in the best shape I've ever been in.

I found my physical activity "happiness" in a different way. It all started with three things: tracking my steps, walking my dog and staying at a dude ranch in Wyoming. Let's talk about the dog walking and step tracking first. Meet "Honey" (pictured). She's a rescue and I swear to you sometimes I think she is part wild dog. She is an indoor dog who goes out to run, hunt and play and must do those things often. If she had a job title, it would be Professional Squirrel Chaser.




It was really hard for me to sit at my desk all day knowing she needed to be outside burning off all of her energy (and there's a lot to burn). So, I started walking her during every break and longer on lunch breaks. Then, I got a tracker so I could keep track of all of the steps I was taking. The tracker helped motivate me to get more steps. Day by day, I could feel myself feeling better both physically and mentally

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The dude ranch is a another story. My vacations used to be centered around luxury and relaxation. Going to a nice hotel and spa with fancy restaurants was my thing. There was usually also a beach chair somewhere along the way. My husband and I had always half jokingly talked about going to a dude ranch to get away. In the spur of the moment, one night, we booked one in Wyoming. I had heard of Wyoming but I certainly never pictured it as a vacation spot. I also never really thought that a dude ranch was mostly just about horse riding. I think I may have ridden a horse one time in my life to that point, and that was as a kid.

Long story short, we get to this dude ranch and a whole new world opened up for me. We were riding horses up mountains every day. We hiked through Grand Teton National Park. We stayed in a rustic cabin along the Hoback River. I went to a rodeo for the first time. There was one day when we rode our horses (mine was named "Outlaw") up Beaver Mountain to the top where we could see the Tetons and I thought to myself, "Now I know what they mean when they say 'God's Country'." Life for me changed forever after that. Before Wyoming, I had lost the weight and gotten healthier but after Wyoming, I knew my life was taking a new direction and I would never be that overweight, unhealthy person again.

I don't plan vacations now unless they involve hiking, kayaking, horseback riding and other grand adventures and I try to incorporate as many of those adventures in my every day life too. Why should you care about my dog or the dude ranch story? You shouldn't. However, I share them with you so maybe they will motivate you to find your own physical activity "happiness".



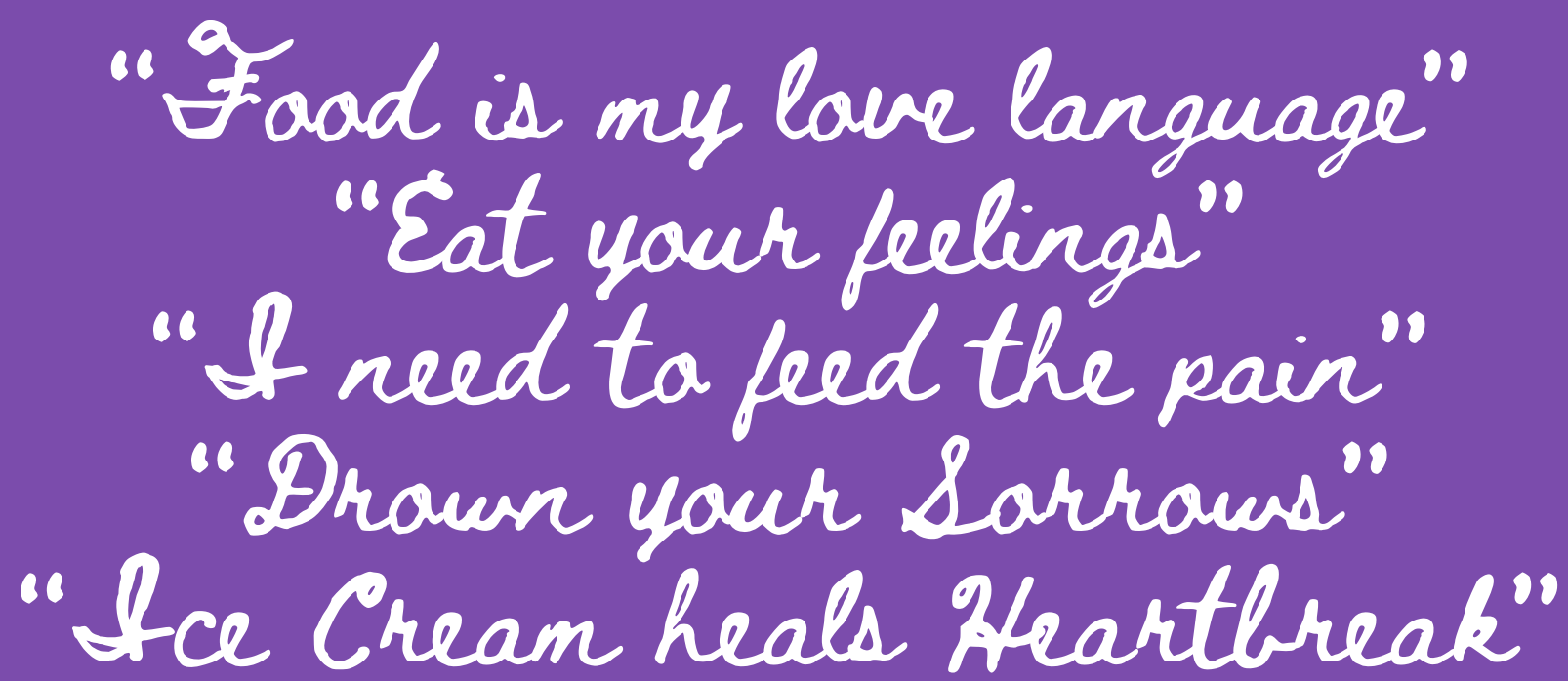
*What's your Physical  
Activity "Happiness"*

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# Chapter Four

## Mental Health Matters

Mental health can play a huge role in your physical health and weight management and I will ALWAYS advise you to seek the help of a mental health professional if any of the following factors are affecting your life. I will however focus on the physical activities and food choices you can make.



*"Food is my love language"*  
*"Eat your feelings"*  
*"I need to feed the pain"*  
*"Drown your Sorrows"*  
*"Ice Cream heals Heartbreak"*

We've all heard the phrase "Emotional Eating." Instead of turning to food for emotional support, focus on using it to nourish your body. It's hard when so many forces are against us!

**Stress** damages the body. When it comes to diet specifically, stress can trigger the release of cortisol, a hormone that can lead to increased appetite and cravings for high calorie, sugary and fatty foods. Cortisol is associated with abdominal fat storage, known as visceral fat. Visceral fat has been linked to health problems including heart disease, stroke, Type-2 diabetes and some types of cancer.

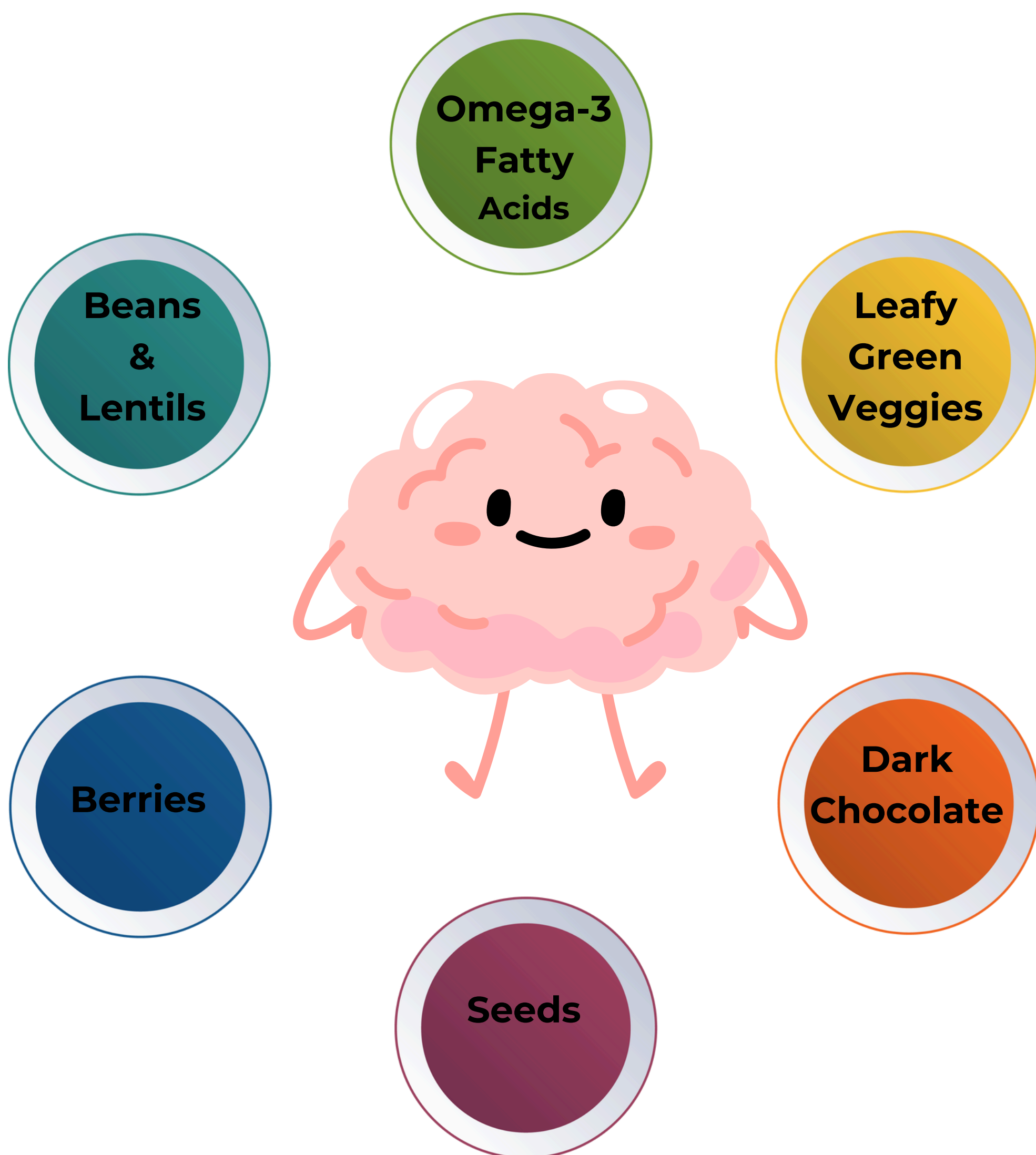
**Depression** is associated with low energy levels and can lead to decreased motivation to exercise and prepare healthy meals. This is where small steps can really help. Setting small, achievable goals can help build momentum. If you are too overwhelmed to go for a long walk, just think about what you can do. Even just a walk to the mailbox on a nice sunny day can feel like an achievement when depression is setting in.

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**Anxiety** can hit you in a couple of ways. When you are feeling anxious it is very common to seek “comfort” foods. It can also interfere with normal sleep patterns which will disrupt various hormones that can trigger weight gain:

- Leptin production is suppressed making you feel hungry (5)
- Ghrelin production is elevated increasing your appetite (5)
- Insulin sensitivity is impaired increasing blood sugar levels (6)
- Growth hormone is suppressed hindering caloric burn ability (7)

## Brain Supporting Foods



*NOTE: These foods can be supportive but are not a replacement for professional medical advice or treatment.*

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# Are You Ready?

## Find someone you can trust

If you are ready to take a step toward better nutrition and health, choose someone you can trust to guide you along the way. There are many options including big corporate programs where you follow their rules and guidelines and there are online applications that allow you to do all of the work and motivate yourself. You can take the journey by yourself. Any of those options can work.

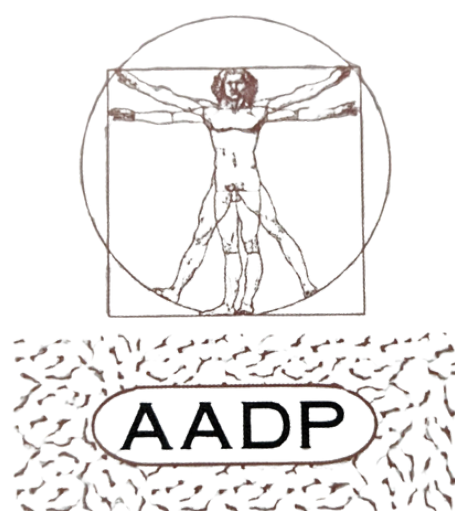
There are also plenty of nutrition consultants and dietitians out there who are there for you. I am just one of many. All I can tell you is if you choose to take the next steps with me, I will work with you to develop a plan that best suits your needs. You are unique and your nutrition and wellness plan should be too. Even if you don't choose me, please know that I am rooting for your success!

### Master-Level Nutrition Consultant with specialties in:

- Holistic Nutrition
- Weight Management
- Sports Nutrition

### Available for

- Individual Coaching
- Group Coaching



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# **5-Day Plant-Based Meal Plan**

# Plant-Based, Whole-Food 5-Day Meal Plan (~1300 Calories per Day)

This meal plan provides a foundation for healthy, delicious plant-based eating. It incorporates whole grains, legumes, vegetables, fruits, and healthy fats to keep you energized throughout the day. **Each recipe below is for 2 servings.** If you are planning for different quantities, please adjust the recipes accordingly. Please note: **The nutrition estimates are per single serving** and are only estimates. They can vary depending on the actual ingredients used.

If your goal is to lose weight, this plan can help with that goal in conjunction with adequate physical activity and sleep. At approximately 1300 calories a day, these meals would leave you in a calorie deficit so healthy snacks can be added for the remainder of your calories, or you can add to the serving sizes.

## Shopping List

### SPICES

Ground cinnamon  
Dried oregano  
Chili powder  
Cumin  
Garlic powder  
Smoked paprika  
Ground coriander  
Cayenne pepper  
Turmeric  
Black pepper  
Salt  
Ground ginger  
Curry powder

### PANTRY STAPLES

Rolled oats  
Brown rice  
Chia seeds  
Olive oil  
Lemon juice  
Black beans (canned)  
Panko breadcrumbs  
Whole-wheat tortillas  
Almond butter  
Vegetable broth  
Lentils  
Canned chickpeas  
Vegetable broth  
Soy sauce or tamari  
Granola  
Whole-wheat flour  
Baking powder  
Baking soda  
Vanilla extract  
Nut butter (other than almond)  
Chopped nuts  
Maple syrup

### PRODUCE

Mixed berries  
Lime wedges  
Banana  
Cucumber  
Avocado  
Sweet potato  
Spinach (baby)  
Berries (fresh)  
Garlic cloves  
Maple syrup  
Fresh cilantro  
Broccoli  
Cauliflower  
Bell Pepper  
Cherry Tomatoes  
Red Onion  
Carrots  
Celery  
Corn

### REFRIGERATED ITEMS

Unsweetened plant-based milk  
Cilantro (fresh)  
Feta cheese  
Edamame Hummus  
Chickpea Hummus  
Tofu (firm)  
Tempeh  
Light coconut milk



Pleasant Life, LLC<sup>®</sup>

# Day One

## Breakfast (465 calories)

### Banana Oatmeal with Chia Seeds

#### *Ingredients:*

- 1 cup rolled oats
- 1 cup unsweetened plant-based milk
- 1/4 water (optional)
- 1/2 medium banana, sliced
- 2 tbsp cup chia seeds
- 1/4 tsp ground cinnamon
- 1 tbsp chopped nuts
- Pinch of salt
- Toppings (optional): Sliced banana, berries, nut butter, maple syrup

#### *Instructions:*

1. In a saucepan, combine rolled oats, plant-based milk, sliced banana, water (if using), chia seeds, cinnamon, and salt.
2. Bring to a boil over medium heat, stirring occasionally.
3. Reduce heat to low and simmer for 5-7 minutes, or until the oats are cooked through and the mixture has reached your desired consistency. If the oatmeal becomes too thick, add a splash more water or plant-based milk.
4. Remove from heat add nuts and stir in any additional desired toppings.
5. Enjoy warm

Protein: 17g, Fiber 13g, Carbs 51g, Fat 46g, Sat Fat 2g, Sugars 8g

## Lunch (410 calories)

### Edamame Salad w/ Whole-Wheat Toast & Avocado

#### *Ingredients:*

- 1 cup shelled edamame, cooked and cooled
- 1 cup chopped vegetables (cucumber, bell pepper, cherry tomatoes)
- 1/4 cup crumbled feta cheese (optional)
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp dried oregano
- Salt and pepper to taste
- 2 slices whole-wheat toast
- 1/2 avocado, sliced

### *Instructions:*

1. In a bowl, combine cooked and cooled edamame, chopped vegetables, and crumbled feta cheese (if using).
2. In a separate bowl, whisk together olive oil, lemon juice, oregano, salt, and pepper.
3. Pour the dressing over the salad ingredients and toss to coat.
4. Toast a slice of whole-wheat bread.
5. Serve the salad on a bed of lettuce (optional) with the toasted whole-wheat bread and sliced avocado.

Protein: 18g, Fiber 10g, Carbs 28g, Fat 25g, Sat Fat 5g, Sugars 6g

## Dinner (435 calories)

### Black Bean Burgers w/ Sweet Potato Fries

#### *Black Bean Burger Ingredients:*

- 1/3 can (15 oz) black beans, drained and rinsed
- 1/4 cup cooked brown rice
- 1/4 cup chopped red onion
- 1/4 cup chopped red bell pepper
- 1/4 cup panko breadcrumbs
- 1 tbsp ground flaxseed meal mixed with 3 tbsp water (flaxseed egg)
- 1 tbsp olive oil
- 1 tsp chili powder
- 1/2 tsp cumin
- 1/4 tsp garlic powder
- Salt and pepper to taste

#### *Black Bean Burger Instructions:*

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Mash together the black beans with a fork, leaving some texture.
3. In a large bowl, combine mashed beans, cooked brown rice, chopped onion, bell pepper, panko breadcrumbs, flaxseed egg, olive oil, spices, and salt and pepper. Mix well to form a cohesive mixture.
4. Form the mixture into two equal patties. Place on the prepared baking sheet.
5. Bake for 20 minutes, then flip the burgers and bake for an additional 10-15 minutes, or until golden brown and heated through.

### *Sweet Potato Fries Ingredients:*

- 1 large sweet potato, cut into wedges
- 1 tbsp olive oil
- 1/2 tsp paprika
- 1/4 tsp garlic powder
- Salt and pepper to taste

### *Sweet Potato Fries Instructions:*

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Toss sweet potato wedges with olive oil, paprika, garlic powder, salt, and pepper.
3. Spread the sweet potato wedges on the prepared baking sheet in a single layer.

Bake for 20-25 minutes, or until tender and golden brown, flipping halfway through.

Protein: 11g, Fiber 12g, Carbs 53g, Fat 20g, Sat Fat 4g, Sugars 8g

## Day Two

### Breakfast (400 calories)

### Whole-Wheat Tortillas with Berries and Nut Butter

#### *Ingredients:*

- 4 whole-wheat tortillas
- 4 tbsp almond butter
- mixed berries
- chia seeds
- 2 cups orange juice

#### *Instructions:*

1. Warm 2 whole-wheat tortillas. Spread with 1 tbsp each of almond butter and top with mixed berries and a sprinkle of chia seeds.
2. Enjoy with orange juice

Protein: 10g, Fiber 7g, Carbs 54g, Fat 16g, Sat Fat 2g, Sugars 23g

## Lunch (470 calories)

### Black Bean Salad w/Roasted Vegetables

#### *Ingredients:*

- Leftover black beans (from Day One Dinner)
- Vegetables (bell pepper, onion, carrots), chopped and roasted
- 1 cup corn, cooked
- 1 avocado, cubed
- 2 tbsp vinaigrette dressing

#### *Instructions:*

1. In a bowl, toss together beans, vegetables, avocado
2. Top with dressing

Protein: 13g, Fiber 20g, Carbs 58g, Fat 19g, Sat Fat 3g, Sugars 16g

## Dinner (450 calories)

### Spicy Chickpea Veggie Bowl w/ Brown Rice

#### *Ingredients:*

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup cooked brown rice
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1/2 red onion, chopped
- 1 tbsp olive oil
- 1 tsp chili powder
- 1/2 tsp cumin
- 1/4 tsp smoked paprika
- 1/4 tsp ground coriander
- Pinch of cayenne pepper (optional)
- 1/4 cup chopped fresh cilantro
- 1/4 cup crumbled feta cheese (optional)
- Lime wedges, for serving

#### *Instructions:*

1. Heat olive oil in a large skillet over medium heat. Add chopped bell peppers and onion, and cook for 5-7 minutes, or until softened.
2. Add drained and rinsed chickpeas, chili powder, cumin, paprika, coriander, and cayenne pepper (if using) to the skillet. Stir to coat and cook for 2-3 minutes, or until heated through.
3. In a bowl, combine cooked brown rice, the chickpea mixture, and chopped fresh cilantro.
4. Serve with lime wedges and crumbled feta cheese (optional).

Protein: 15g, Fiber 13g, Carbs 66g, Fat 14g, Sat Fat 3g, Sugars 10g

# Day Three

## Breakfast (380 calories)

### Smoothie Bowl w/ Granola & Fruit

#### *Ingredients:*

- 1 cup plant-based milk
- 1/2 banana
- 1 cup berries
- handful of baby spinach
- 1 tbsp chia seeds
- 2 tbsp nut butter

#### *Instructions:*

1. Blend and divide into two drinking cups

Protein: 9g, Fiber 9g, Carbs 49g, Fat 16g, Sat Fat 2g, Sugars 24g

## Lunch (400 calories)

### Veggie Wrap w/ Hummus

#### *Ingredients:*

- 1/2 cup hummus
- 2 large whole-wheat wraps
- 1 tbsp flaxseed, ground
- 1 cup baby spinach
- 1/4 cup carrots
- 1/4 cup red bell pepper
- 1/2 cup cucumber

#### *Instructions:*

1. Spread hummus on a large whole-wheat tortilla.
2. Fill with baby spinach, chopped vegetables (bell pepper, carrot, cucumber), and a sprinkle of ground flaxseed.

Protein: 13g, Fiber 12g, Carbs 46g, Fat 19g, Sat Fat 5g, Sugars 4g



# Dinner (470 calories)

## Tofu Scramble w/ Whole-Wheat Toast

### Ingredients:

- 1 block (14 oz) firm tofu, drained and pressed
- 1/4 cup chopped red onion
- 1/4 cup chopped green bell pepper
- 1/4 cup chopped mushrooms
- 1/4 cup chopped cherry tomatoes
- 1/4 cup crumbled tempeh (optional)
- 1 tbsp olive oil
- 1/4 cup vegetable broth
- 1/4 tsp turmeric
- 1/4 tsp smoked paprika
- 1/4 tsp black pepper
- Salt to taste
- 2 slices of bread, toasted, whole-wheat
- Avocado slices (optional)
- Hot sauce (optional)

### Instructions:

1. Crumble the drained and pressed tofu with your hands or or a fork into a crumbly texture.
2. Heat olive oil in a large skillet over medium heat. Add chopped onion, bell pepper, and mushrooms. Cook for 5-7 minutes, or until softened.
3. Add crumbled tofu, cherry tomatoes, and crumbled tempeh (if using) to the skillet. Cook for another 3-4 minutes, breaking up the tofu further with a spatula.
4. Pour in the vegetable broth, turmeric, smoked paprika, and black pepper. Stir to combine and cook for 1-2 minutes, or until broth is mostly absorbed.
5. Season with salt to taste.
6. While the tofu scramble cooks, toast 2 whole-wheat tortillas.
7. Serve the tofu scramble on the toast.
8. Top with avocado slices and add hot sauce (optional).

Protein: 27g, Fiber 9g, Carbs 36g, Fat 24g, Sat Fat 3g, Sugars 6g



# Day Four

## Breakfast (400 calories)

### Overnight Oats w/ Berries & Almonds

#### *Ingredients:*

- 1 cup rolled oats
- 1 cup plant-based milk
- 1/4 cup chia seeds
- 1/2 cup chopped banana
- Optional toppings: berries, slivered almonds, granola

#### *Instructions:*

1. Divide ingredients in two sealed glass containers (mason jars work well)
2. Refrigerate overnight
3. Top with optional toppings

Protein: 11g, Fiber 14g, Carbs 57g, Fat 15g, Sat Fat 2g, Sugars 15g

## Lunch (380 calories)

### Black Bean Salad w/ Brown Rice

#### *Ingredients:*

- 1 cup black beans
- 1 cup corn, cooked
- 1/4 cup chopped onion
- 1/2 cup chopped tomato
- 4 tbsp vinaigrette dressing
- 1 cup brown rice, cooked

#### *Instructions:*

1. Combine beans and vegetables
2. Serve on a bed of brown rice
3. Top with dressing

Protein: 13g, Fiber 11g, Carbs 65g, Fat 9g, Sat Fat 1g, Sugars 10g

**REMEMBER!** →

**Look for  
“no salt added”  
when buying  
canned beans**

# Dinner (450 calories)

## Lentil Shephard's Pie w/ Mashed Sweet Potatoes

### Lentil Filling Ingredients:

- 1 cup brown lentils, rinsed
- 2 cups vegetable broth
- 1 cup chopped carrots
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp dried thyme
- 1/2 tsp dried rosemary
- 1/4 tsp ground coriander
- Salt and pepper to taste

### Mashed Sweet Potatoes Ingredients:

- 1 large sweet potato, peeled and diced
- 1/2 cup unsweetened plant-based milk
- 1 tbsp olive oil
- Pinch of ground nutmeg
- Salt and pepper to taste

### Instructions:

#### **Lentil Filling:**

In a medium saucepan, combine lentils, vegetable broth, chopped carrots, celery, onion, garlic, olive oil, thyme, rosemary, and coriander. Bring to a boil, then reduce heat and simmer for 20-25 minutes, or until lentils are tender. Season with salt and pepper to taste.

#### **Mashed Sweet Potatoes:**

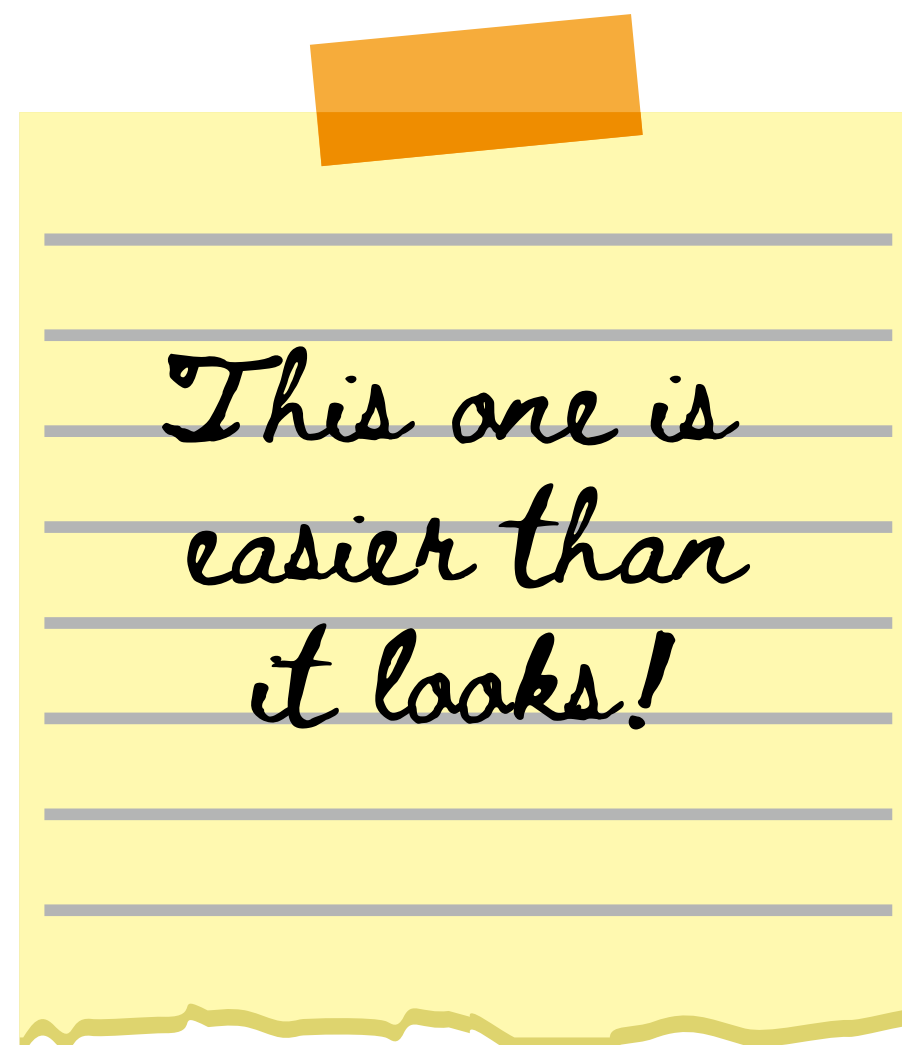
1. While the lentils cook, place diced sweet potato in a pot and cover with water. Bring to a boil, then reduce heat and simmer for 15-20 minutes, or until tender.
2. Drain the sweet potato and return it to the pot. Mash with a potato masher or immersion blender until mostly smooth. Stir in plant-based milk, olive oil, nutmeg, and salt and pepper to taste.

#### **Assemble:**

1. Preheat oven to 375°F (190°C).
2. Spoon the lentil filling into a baking dish. Top with the mashed sweet potatoes, spreading evenly.

Bake for 20-25 minutes, or until heated through and the top is slightly golden brown.

Protein: 21g, Fiber 33g, Carbs 76g, Fat 25g, Sat Fat 5g, Sugars 12g



# Day Five

## Breakfast (460 calories)

### Whole-Wheat Pancakes w/ Berries & Maple Syrup

#### *Ingredients:*

- 1 cup whole-wheat flour
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1 1/4 cups unsweetened plant-based milk
- 1/4 cup mashed banana
- 1 tbsp olive oil
- 1 tsp vanilla extract
- Fresh berries and maple syrup, for serving

#### *Instructions:*

1. In a large bowl, whisk together dry ingredients (flour, baking powder, baking soda, and salt).
2. In another bowl, whisk together plant-based milk, mashed banana, olive oil, and vanilla extract.
3. Pour the wet ingredients into the dry ingredients and whisk until just combined (a few lumps are okay).
4. Heat a lightly oiled griddle or frying pan over medium heat. Pour 1/4 cup batter per pancake onto the griddle.
5. Cook for 2-3 minutes per side, or until golden brown and cooked through.
6. Serve pancakes with fresh berries and maple syrup.

Protein: 12g, Fiber 13g, Carbs 73g, Fat 12g, Sat Fat 1g, Sugars 23g

## Lunch (340 calories)

### Veggie Wrap w/ Edamame Hummus

#### *Ingredients:*

- 2 whole-wheat tortillas
- 1/2 cup edamame hummus
- 1 cup baby spinach
- 1/2 red bell pepper, sliced
- 1/2 cucumber, sliced
- 1/4 cup shredded carrots
- 1/4 cup cherry tomatoes, halved
- 1/2 cup cucumbers, chopped
- Salt and pepper to taste

### *Instructions:*

1. Spread edamame hummus evenly on each whole-wheat tortilla.
2. Layer the baby spinach, sliced bell pepper, cucumber, shredded carrots, and cherry tomatoes on one half of each tortilla.
3. Season with salt and pepper to taste (optional).
4. Fold the empty half of the tortilla over the filling to create a wrap.
5. Cut the wrap in half diagonally for easier eating (optional).

Protein: 7g, Fiber 5g, Carbs 60g, Fat 10g, Sat Fat 1.5g, Sugars 5g

## Dinner (530 calories)

### Coconut Curry Chickpea Bowl w/ Brown Rice

#### *Ingredients:*

- 1 cup cooked brown rice
- 1/4 can (15 oz) chickpeas, drained and rinsed
- 1 cup chopped vegetables (broccoli, cauliflower, carrots, or a mix)
- 1 tbsp olive oil
- 1/2 onion, chopped
- 1 clove garlic, minced
- 1 tsp curry powder
- 1/2 tsp ground ginger
- 1/4 tsp turmeric
- 1 (13.5 oz) can light coconut milk
- 1/4 cup vegetable broth
- 1 tbsp soy sauce or tamari
- 1 tbsp lime juice
- Salt and pepper to taste
- Fresh cilantro, for garnish (optional)

#### *Instructions:*

1. In a large pot or Dutch oven, heat olive oil over medium heat. Add chopped onion and cook for 3-4 minutes, or until softened.
2. Add minced garlic and cook for another minute, until fragrant.
3. Stir in curry powder, ginger, and turmeric, and cook for an additional 30 seconds to toast the spices.
4. Pour in the coconut milk, vegetable broth, soy sauce, and lime juice. Bring to a simmer and cook for 5 minutes.
5. Add the drained and rinsed chickpeas and chopped vegetables to the pot. Simmer for an additional 10-15 minutes, or until the vegetables are tender and the sauce has thickened slightly.
6. Season with salt and pepper to taste.
7. Serve the curry chickpea mixture over a bed of cooked brown rice.
8. Garnish with fresh cilantro (optional).

Protein: 11g, Fiber 11g, Carbs 67g, Fat 24g, Sat Fat 14g, Sugars 22g

## Disclaimers:

The nutritional information provided in this meal plan is an estimate and may vary depending on several factors, including: specific brands and ingredients used, portion sizes, and cooking methods

This meal plan is not intended for those with specific allergies or dietary restrictions.

Pleasant Life, LLC and its affiliates are not responsible for the outcome of using this meal plan. It's intended for informational purposes only.

Always consult with a healthcare professional before starting any new diet or exercise program, especially if you have any underlying health conditions.

For questions and/or concerns, please contact [lisa@pleasantlifellc.com](mailto:lisa@pleasantlifellc.com)