



Vegan GGB Meal Prep Plans

Solves the question of "What shall we eat today?"

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The Vegan GGB 3-2-6 Starter Plan

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Chili Sin Carne
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The Vegan GGB 3-2-6 Starter Plan


The GGB Philosophy

GGB stands for **Grains, Greens, Beans** and it's a way to compose wholesome, healthy vegan meals.


GGB isn't about restriction; it's about vegan variety:

✓ balanced ✓ rich in fibers and nutrients ✓ delicious and ✓ often simple and inexpensive.

Grain. Green. Bean

 **Grain:** The “carb” part of the meal: bread, pasta, rice, sweet potatoes, potatoes, wraps, tacos, nachos, oats, barley, quinoa and so on

 **Green:** Any vegetables, even if not green

 **Bean:** The “protein” part of the meal: all kind of beans, chickpeas, peas, lentils and tofu

Who is this plan for

- ✓ For people who are new to GGB and meal prep.
- ✓ The plan is designed for dinner for two people over six days.

If you are 1 person only, you can eat 2 weeks instead of 1 from the plan. If you eat with 4 people, you have to repeat the shopping and then the cooking from Thursday to Saturday.

What is in it

3 cooking sessions for 6 days of dinner for 2 people

Recipes in this plan

1. Chili sin Carne [Jump to recipe](#)
2. Green Dhal with Spinach and Tofu [Jump to recipe](#)
3. Spicy Sweet Potato with Berries and Beans [Jump to recipe](#)

Equipment

Minimum: pan (3 liter), pan for rice, cooking top, hand blender

Optional: wok, frying pan

When starting with dry beans: slow cooker (for unsupervised bean prep)

The Shopping List for this Plan

GRAINS

700g	Rice of your choice
1 pack	Nachos (low-salt), alternatively sweet potatoes or rice
600g	Sweet potatoes
350g (1 can)	Sweet corn

GREENS

200g	Spinach
500g	Onion
100g	Leeks
7 cloves	Garlic
200g	Carrots
60g	Fresh ginger
250g (1 big)	Red bell pepper
12	Cherry tomatoes
30g (1 bunch)	Fresh coriander (cilantro)
20g (1 small bunch)	Fresh parsley
3	Lemons
2	Avocados
50g	Blueberries
1 head	Salad of your choice (e.g. lettuce)

BEANS

1000g cooked (or 400g dry)	Kidney beans
200g (dry)	Yellow or red lentils
300g	Firm tofu

OTHER

200ml	Soy cream
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- for 800ml Vegetable stock (powder or fresh vegetables)
- 400g Tomato pulp/puree
- 200ml Red wine (or orange juice for alcohol-free)
- 3 tbsp Coconut oil (or other oil)
- 4 tbsp Olive oil (or other oil)

SPICES

- 3 tsp Salt
- 1 tsp Pepper
- 1 tsp Ground chili
- 2 tsp Black cumin
- 2 tsp Paprika
- 1 tsp Cayenne pepper
- 2 tsp Ground coriander
- 2 tsp Turmeric powder
- 2 tsp Ground cumin
- 3 Bay leaves
- 1 pinch Cinnamon
- 3 pinches Soda (when using dry beans)

Schedule

Saturday

Do the shopping. ### Sunday **Only for dry bean use:** In the evening, put 400g of dry kidney beans with plenty of water (at least double) to soak.

Monday

- **Only for dry bean use:** Before you go to work, put the beans into the slow cooker with a timer. Add vegetables for veggy stock (needed for **Green Dhal** on Tuesday). See [How to cook beans](#) for instructions. Before you start cooking, strain the beans, keep 600g for now and refridgerate the rest in a closed box.
- **Only for home-made vegetable stock:** When you strain the beans before you start cooking, keep the vegetable stock and refridgerate it in a closed container or bottle.
- 1 hour before dinner time: Start cooking the **Chili Sin Carne** (eat half, freeze half). Super easy, nothing to be handled in parallel. Don't forget the salad, see [Preparing Beans, Veggy Stock and Salad](#).

Tuesday

1 hour before dinner time: Start cooking **Green Dhal** (eat half, freeze half). Easy one-pot with rice as a side. Don't forget the salad.

Note: If you like, you can prepare rice for 2 days, that is, 350g, and freeze half of it in a closed container.

Wednesday

1 hour before dinner time: Start cooking **Spicy Sweet Potato with Berries and Beans** (eat half, refridgerate half). Don't forget the salad.

Thursday

Allow 10 min prep for **Spicy Sweet Potato with Berries and Beans**.

1. Heat up the food (with rice) in the microwave.
2. Prepare the [salad](#) and the avocado.
3. Serve with berries and avocado on top.
4. Enjoy your mealpreap!

Friday

- **Morning:** Take the food (and rice if prepared) out of the freezer and place it in the fridge.
- **Evening:** Allow 15 min prep if cooking 175g of fresh rice **Green Dhal**.

1. Heat up the food in the microwave.
2. Prepare the rice, if necessary.
3. Prepare the fresh [salad](#)
4. Enjoy your mealpreap!

Saturday

- **Morning:** Take the food out of the freezer and place it in the fridge.
- Do the **shopping** for the next week!
- **Evening:** Allow 10 min prep for **Chili Sin Carne**.

1. Heat up the food in the microwave.
2. Prepare a salad with the fresh produce you have left.
3. Serve with nachos.
4. Enjoy your mealpreap!

Sunday

Eat what is left, go out, or visit friends!

General Instructions

Global Notes

Start of the week: The first dinner is planned for Monday.

Measurements: This plan and its recipes are intended for the European market. It is grounded in the metric system and contains products available in Europe.

Precision: The given weight in grams has a tolerance of at least 20%. Example: If the recipe says 100g of onion, you can use between 80g and 120g. The recipe will still work. That way you can compensate small and big appetite and avoid tiny leftovers from prepacked food.

Time estimate: 1 hour of prep time is plenty for the dishes of this plan and adequate for beginners.

Clean food: Wash all food and peel if necessary before using it. Thoroughly rinse canned beans, since the fluid contains lots of salt and conservation agents.

Keep it simple: You can use canned beans and vegetable stock from powder.

Using dry beans and home-made stock: If you want to use food as unprocessed as possible, see the schedule to soak the beans the night before and cook them in the slow cooker in time. See [How to Cook Beans](#). Also, you can prepare your own vegetable stock.

Bean weight: All recipes give the weight for already cooked beans. Generally, weight conversion is roughly this:

dry beans x 2,2 = cooked beans.

Example: 200 grams of dry beans make at least 400 grams. Some beans rather have factor 2.5, like kidney beans.

Freezing and No-Freezer Option

In this plan, you eat only one meal on two consecutive days, Wednesday and Thursday. The meals prepared on Monday and Tuesday should go either into the freezer compartment or the freezer.

If you **don't have a freezer**, you can simply eat the meal prepared the day before.

Beans spoil quite quickly and should not be stored in the refrigerator for more than 2 days.

Preparing Beans, Veggy Stock and Salad

How to Cook Beans

Pro tip 1: Add a pinch of soda (bicarb) to the water when cooking beans; it prevents them from not getting soft.

Pro tip 2: Don't add salt. With salt, it takes longer until the beans are cooked.

Pro tip 3: Soak beans at least for 12 hours, and black beans and large beans for 24 hours.

Buy quality

Beans have different qualities and cooking times. Sometimes they can be stubborn and stay hard forever. Soda helps, but also the quality of the beans is important. If your beans stay hard, consider buying them elsewhere next time.

Use a Slow Cooker

Meal prep doesn't make sense if you have to watch your beans in the pan for an hour. Use a **slow cooker with a timer**. You can use a timer for the wall plug, if your slow cooker has no timer.

1. Thoroughly rinse the beans.
2. Put the beans into the slow cooker, start the slow cooker at 95°C and set the timer:
 - Kidney beans, Pinto beans, chick peas 2 hours
 - Black beans, large beans 3 hours
3. Add a pinch of soda.
4. Fill up with boiling water until at least 2cm above the beans
5. Optional: Add 1 tomato, 1 onion, 1 carrot and leftover leek to the beans. You can use the cooking water as stock for recipes like Green Dhal or for soups.
6. Put a strainer on a pan and strain the stock to keep it. Otherwise, strain off the water. Keep cooked beans and stock in a **closed container** in the fridge until you need them.

How to Make Vegetable Stock (Boullion) Yourself

Option 1: Save work and make vegetable stock by using the cooking water of the beans. When cooking beans in the slow cooker, add 1 tomato, 1 onion, 1 carrot and leftover leek to the beans and use the cooking water as stock.

Option 2: Cook 1.5 liter of water with 1 tomato, 1 onion, 1 carrot and leftover leek for 30 minutes on low heat. Don't add salt! Strain the stock to keep the liquid and discard the vegetables.



Home-made Vegetable stock

How to Make a Salad Side Dish

In the recipes of this plan, you will find **salad** as an ingredient in the shopping list. Salads are nicely fresh and contain extra vitamins. A salad is a great side dish and complements the GGB diet by adding more **Green**. Follow your taste, but keep it simple. Also, consider what kind of ingredients for a salad stay fresh for a couple of days.

In the shopping list, there is lettuce and carrots planned for the side salad. Feel free to change it:

1. Choose your ingredients: lettuce, carrot, tomato, cucumber, onion, bell pepper, anything you like, and put it on the shopping list.
2. Wash the ingredients and chop or grate them.
3. Add salt, pepper, olive oil and lemon juice or vinegar.
4. Make notes on what you like and how much you need to adjust your shopping list for next time.



Simple salad: lettuce, carrots, tomato

Recipes

1. Chili sin Carne
2. Green Dhal with Spinach and Tofu
3. Spicy Sweet Potato with Berries and Beans

Chili Sin Carne

Prep: 15 mins

Cook: 35 mins

Servings: 4

560 kcal/serving



Ingredients

- 600g Cooked beans (Kidney, Black, or Pinto)
- 120g Nachos (low-salt), alternatively sweet potatoes or rice
- 1 can (350g) Sweet corn
- 200g Onions
- 100g Leeks
- 4 cloves (10g) Garlic
- 70g Carrots (approx. 2)
- 30g Fresh ginger
- 250g Red bell pepper
- 1 bunch Fresh coriander (cilantro)
- 1 Lemon (zest and juice)

Fresh salad of your choice (try lettuce and carrots)

400g Tomato pulp/puree

200ml Red wine (or orange juice for alcohol-free)

Olive oil

Spices Salt, ground coriander, chili flakes, 3 bay leaves, black cumin, paprika

Why this dish

This chili hits the **Beans** and **Greens** (if you make the salad) perfectly. It's designed to be even better the next day, making it the king of meal prep. With nachos, this recipe is enough for 4 big servings, with sweet potatoes or rice it will do for 6 servings.

Instructions



Steps Chili sin Carne

1. Chop the onions, garlic, and leek finely.
2. Add oil and spices to a pot and sauté briefly over medium heat.
3. Add the onions, garlic, and leek, stir, and steam with the lid on.
4. Cut the carrots and ginger into small pieces and add them. Steam until the mixture slightly browns.
5. Deglaze with the red wine.
6. Add the beans and mix well.
7. Cook with the lid on for 10 minutes.
8. Chop the tomato, bell pepper, and coriander.
9. Chop the zest of a lemon.
10. Add the corn and tomatoes to the pot, stir, and bring to a boil.
11. Add the zest and bell pepper, stir, and taste.

12. Season with lemon juice and chili if necessary.
13. Turn off the heat and stir in the coriander.
14. Let it sit for 10 minutes.
15. Serve with 30g nachos per serving.

Green Dhal with Spinach and Tofu

Prep: 20 mins Cook: 25 mins Servings: 4 610 kcal/serving



Ingredients

- 175g Rice (for 2 servings; optionally prepare for 4 and refridgerate)
- 1 Onion
- 1 clove Garlic
- 30g Ginger root
- 200g Spinach
- 2 tbsp Lemon juice + zest
- 200g Yellow lentils
- 300g Firm tofu
- for 800ml Vegetable boullion powder
- 200ml Soy cream
- 3 tbsp Coconut oil

Spices Turmeric powder, ground cumin, ground coriander, salt, chili, pepper

Why this Dish

This dhal is a powerhouse of plant-based protein. By blending half the spinach with soy cream, you get a vibrant green, silky texture without heavy dairy.

Instructions



Steps for Green Dhal

1. Soak the lentils in a bowl with 0.5l of hot water (15 min).
2. Cook the rice according to the package instructions.
3. Prepare the vegetable stock (or use home-made stock from your meal prep plan).
4. Cut the tofu into approx. 1cm cubes.
5. Add salt, chili, and coconut oil to a wok or pot and heat over medium heat until the oil is liquid; add tofu and mix well.
6. Fry the tofu until golden brown.
7. While the tofu is frying, finely chop the onion, garlic, and ginger.
8. Once the tofu is ready, place it on a plate and set aside.
9. In the same pot/wok, add the onion, garlic, and ginger and sauté for 1 minute over medium heat. Add turmeric, cumin, and coriander and cook for another 2 minutes.
10. Add the tofu cubes and stir.
11. Drain the lentils in a sieve, rinse thoroughly, and add them to the pot and stir.
12. Pour in the boullion and bring to a boil.
13. Cover and simmer over medium heat for about 15 minutes until tender, adding more boullion if needed.
14. Meanwhile, chop the spinach with scissors if necessary.
15. Puree half of the spinach with the soy cream using a (hand) blender.

16. Stir the puree into the dhal and bring back to boil.
17. Season to taste with lemon juice, salt, and pepper, then turn off the heat.
18. Stir in the remaining spinach.
19. Serve with rice in deep plates or bowls.

Spicy Sweet Potatoes with Berries & Beans

Prep: 15 mins Cook: 25 mins Servings: 4 690 kcal/serving



Ingredients

- 350g Rice (for 4 servings; refridgerate half)
- 600g Sweet potatoes
- 2 Onions
- 2 cloves Garlic
- 12 Cherry tomatoes
- 1 handful (10g) Parsley
- 2 Avocados (½ per serving)
- 1 handful (50g) Blueberries
- Salad
- 400g Kidney beans (cooked)

2 tbsp Olive oil

Spices Ground cumin, cayenne pepper, cinnamon, chili flakes

Why this dish

The combination of cinnamon and cayenne with the sweetness of the potatoes creates a deep, “braised” flavor that feels gourmet. The addition of fresh berries at the end provides a burst of acidity that cuts through the starch perfectly.

Instructions

1. Prepare the Basmati rice according to the package instructions.
2. Peel, wash, and cube the sweet potatoes.
3. Chop the onions and garlic.
4. Heat the oil in a deep pan. Add the sweet potatoes, onions, and garlic, and fry over medium heat for 10 minutes, stirring occasionally.
5. In the meantime, prepare the salad.
6. Rinse and drain the kidney beans. Add them to the pan.
7. Season with cumin, cayenne pepper, cinnamon, and chili flakes. Add 100ml of water, stir, and cook for another 5–8 minutes over low heat.
8. Meanwhile, halve one of the avocado, remove the pit, scoop out the flesh, and cut into slices.
9. Halve the cherry tomatoes and add them to the pan at the end so they get warm.
10. Coarsely chop the parsley. Distribute the braised sweet potatoes on plates and serve with rice, avocado, half of the berries, tomatoes, and parsley.