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You don't have to consider yourself a vegan or vegetarian to reap the benefits of eating a plant-based diet. This simple plan features comforting autumnal flavors and warming recipes to welcome the cooler weather.

RECIPES & PHOTOGRAPHY BY **JESSE LANE LEE**

	BREAKFAST	LUNCH	DINNER	TOTAL NUTRIENTS
MONDAY	 <p>Pumpkin Pie Smoothie (p. 3)</p>	 <p>Harvest Fall Salad (p. 2)</p>	 <p>1 serving Buffalo Cauliflower with Tempeh Ranch Salad (p. 5, save leftovers)</p>	<p>Calories: 1,847, Fat: 92 g, Sat. Fat: 43 g, Carbs: 204 g, Fiber: 42 g, Sugars: 81 g, Protein: 71 g, Sodium: 2,352 mg, Cholesterol: 0 mg</p>
TUESDAY	 <p>Apple Cinnamon Breakfast Quinoa (p. 4)</p>	 <p>Chickpea Avocado Smash Wraps (p. 2)</p>	 <p>1 serving Buffalo Cauliflower with Tempeh Ranch Salad (leftovers, p. 5)</p>	<p>Calories: 1,525, Total Fat: 65 g, Sat. Fat: 12 g, Carbs: 210 g, Fiber: 44 g, Sugars: 67 g, Protein: 48 g, Sodium: 1,782 mg, Cholesterol: 0 mg</p>
WEDNESDAY	 <p>Sweet Potato Chickpea Hash (p. 4, save leftovers)</p>	 <p>1 serving Buffalo Cauliflower with Tempeh Ranch Salad (leftovers, p. 5)</p>	 <p>1 serving Pumpkin Tacos (p. 3, save leftovers)</p>	<p>Calories: 1,564, Fat: 69 g, Sat. Fat: 30 g, Carbs: 204 g, Fiber: 51 g, Sugars: 46 g, Protein: 52 g, Sodium: 2,558 mg, Cholesterol: 0 mg</p>
THURSDAY	 <p>Apple Cinnamon Breakfast Quinoa (p. 4)</p>	 <p>1 serving Buffalo Cauliflower with Tempeh Ranch Salad (leftovers, p. 5)</p>	 <p>1 serving Pumpkin Tacos (leftovers, p. 3)</p>	<p>Calories: 1,556, Fat: 66 g, Sat. Fat: 20 g, Carbs: 215 g, Fiber: 46 g, Sugars: 66 g, Protein: 48 g, Sodium: 1,742 mg, Cholesterol: 0 mg</p>
FRIDAY	 <p>Sweet Potato Chickpea Hash (leftovers, p. 4)</p>	 <p>1 serving Pumpkin Tacos (leftovers, p. 3)</p>	 <p>Harvest Fall Salad (p. 2)</p>	<p>Calories: 1,772, Fat: 79 g, Sat. Fat: 37 g, Carbs: 235 g, Fiber: 57 g, Sugars: 65 g, Protein: 49 g, Sodium: 2,011 mg, Cholesterol: 0 mg</p>
SATURDAY	 <p>Apple Cinnamon Breakfast Quinoa (p. 4)</p>	 <p>Chickpea Avocado Smash Wraps (p. 2)</p>	 <p>1 serving Pumpkin Tacos (leftovers, p. 3)</p>	<p>Calories: 1,447, Fat: 62 g, Sat. Fat: 16 g, Carbs: 204 g, Fiber: 49 g, Sugars: 49 g, Protein: 39 g, Sodium: 928 mg, Cholesterol: 0 mg</p>
SUNDAY	 <p>Pumpkin Pie Smoothie (p. 3)</p>	 <p>Chickpea Avocado Smash Wraps (p. 2)</p>	 <p>Harvest Fall Salad (p. 2)</p>	<p>Calories: 1,738, Fat: 88 g, Sat. Fat: 39 g, Carbs: 193 g, Fiber: 45 g, Sugars: 64 g, Protein: 62 g, Sodium: 1,538 mg, Cholesterol: 0 mg</p>