



Vegan Meal Plan Program

A Sample Week

1400 - 1500 Calories Per Day

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Oatmeal-Lemon Pancakes with Raspberry-Date Syrup (410 Calories)	Vegan Breakfast Hash (350 Calories)	Strawberry Peanut Butter Overnight Oats (350 Calories)	Breakfast Beans - Ful Mudammas (380 Calories)	Maple-Cinnamon Oatmeal Waffles (350 Calories)
AM SNACK	Buffalo Cauliflower Wings (200 Calories)	Cranberry Orange Pumpkin Muffins (190 Calories)	Hummus & Veggie Sticks (160 Calories)	Cherry Chocolate Chip Bliss Ball (170 Calories)	Roasted Edamame (110 Calories)
LUNCH	Vegan Mushroom Marsala with Onion Risotto & Roasted Garlic Green Beans (400 Calories)	Crispy Tofu and Veggie Stir-Fry (400 Calories)	Zucchini Rollatini with Quinoa and Chickpeas (380 Calories)	Mujadara Bowls with Parsley-Tahini Sauce (420 Calories)	Vegan Shepherd's Pie (430 Calories)
PM SNACK	Vegan Carrot Cake (130 Calories)	Vegan Spring Rolls (180 Calories)	Vegan Brownie (220 Calories)	Veggie Shushi Rolls (140 Calories)	Chocolate Sweet Potato Cake (220 Calories)
DINNER	Black Bean and Sweet Potato Quesadillas (360 Calories)	Italian Zucchini and Chickpea Skillet (380 Calories)	Hearty One-Pot Lentil Stew (390 Calories)	Potato Burrito Bowls with Salsa Fresca (390 Calories)	Vegan Tempeh Buddha Bowl (390 Calories)