

7 DAY Vegan Meal Plan



A simple 1 week Vegan meal plan. Here's to your health! See our site for links to recipes or more info: HealthyHappySmart.com

by Healthy. Happy. Smart.

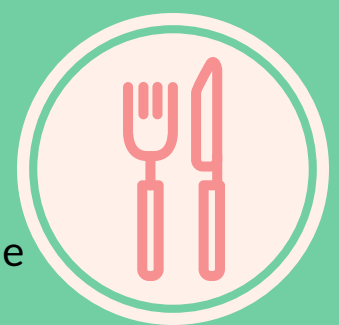


1 SUNDAY

BREAKFAST: Tofu scramble with veggies of your choice
LUNCH: 2-3 cups salad veggies of your choice, lemon juice, salt, pepper, garlic powder + 1/2 cup chickpeas (canned/drained)
DINNER: Easy Veggie and Brown Rice Sushi Rolls
SNACK: Almond Stuffed Dates

2 MONDAY

BREAKFAST: Green Smoothie
LUNCH: Zucchini noodles with marinara sauce
DINNER: Sweet Potato and Lima Bean Soup w/Kale
SNACK: Banana Tortilla Snack



3 TUESDAY

BREAKFAST: Cooked Oats topped with blueberries and nuts
LUNCH: Cabbage/apple slaw
DINNER: Zoodles with Creamy Avocado Sauce
SNACK: Ants on a Log



4 WEDNESDAY

BREAKFAST: Vegan Yogurt and Fruit Bowl
LUNCH: Jumbo salad: greens of your choice, tomatoes, cucumber, roasted veggies (pick low carb ones), drizzle of tahini, pepper & garlic
DINNER: Stuffed Portabella Mushrooms
SNACK: Veggie Chips (you choose which ones)

5 THURSDAY

BREAKFAST: Slice Whole Grain Vegan Toast with Peanut Butter + Banana slices
LUNCH: Easy Tofu Scramble lettuce wraps
DINNER: Spiced Chickpea Squash Wraps
SNACK: Banana Date Smoothie (Afternoon Energy Smoothie)

6 FRIDAY

BREAKFAST: Cooked oats topped with nuts, cinnamon & maple syrup
LUNCH: Quinoa salad - add lemon juice, cucumber, tomato, fresh herbs and chickpeas to cooked quinoa. Stir and serve.
DINNER: Spaghetti Squash Primavera
SNACK: Roasted Cauliflower hummus + raw veggies to dip.

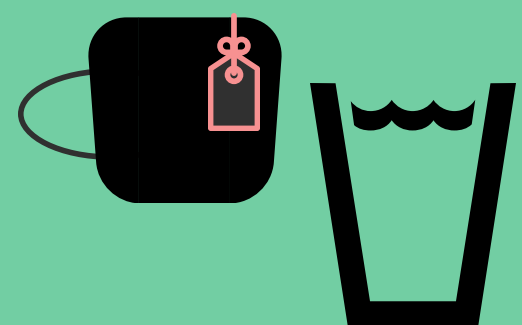


7 SATURDAY

BREAKFAST: Berries and Greens Smoothie
LUNCH: Salad greens, dressing of choice, 1 veggie patty
DINNER: Pesto or Cashew Alfredo over Tofu and Veggies
SNACK: Black Bean Brownies

* DRINK UP!

Avoid any sugary + junky drinks like soda or store bought juice. Drink tons of water and fresh brewed tea.



* EXTRA SNACKS!

If you still feel hungry, feel free to have: raw veggies and/or nuts/seeds, chocolate covered berries are good too.

VIEW ALL RECIPES ON OUR SITE:

www.HealthyHappySmart.com