

Vegan Meal Plan

I based this off of what I eat in a day. I provided recommendations for breakfast, lunch, dinner, and two snacks. I eat snack 1 around 10:00 AM and snack 2 around 3:00 PM. Feel free to swap meals out. You can try to include your family in this meal plan if you want!

	Breakfast	Lunch	Snack	Dinner
Friday (January 8)	<u>Strawnana Green Smoothie</u>	Peanut Butter and Jelly Sandwich and 2 <u>Chocolate Chip Cookies</u>	1: Apple 2: Banana (or another piece of fruit)	<u>“Orange You Glad I Made Crispy Tofu?”</u>
Saturday (January 9)	<u>Blueberry Pancakes from Chocolate-Covered Katie</u>	<u>Vegetable Stir Fry, Banana Balls</u>	1: Carrots 2: Apple with Nut Butter	<u>“Peanutty Perfection” Noodles</u>
Sunday (January 10)	Apple Muffins (or another type of muffin). Make them on Saturday or today.	<u>“Tuna” Sandwich, Berries (or another type of fruit)</u>	1: Celery Sticks, Snap Peas (or <u>Snap Pea Crisps</u>) 2: <u>Banana Ice Cream</u>	<u>Quinoa-Stuffed Sweet Potatoes, Chlostess Cupcakes (you can make them on Saturday or today).</u>
Monday (January 11)	<u>Overnight Oatmeal Topped with Fruit (make the oatmeal the night before and top with fruit in the morning).</u>	<u>Quesadilla</u>	1: Chopped Pineapple (or another type of fruit) 2: <u>Trail Mix</u>	Leftover <u>“Peanutty Perfection” Noodles, Leftover Chlostess Cupcakes</u>
Tuesday January 12)	Leftover Apple Muffins (I typically eat 2 because they’re little)	<u>Peanut Butter and Banana Sandwich/ Quesadilla</u>	1: Berries 2: Granola Bar	Spaghetti with Marinara Sauce, Leftover Chocolate Chip Cookies
Wednesday (January 13)	<u>Peanut Butter Banana Smoothie</u>	<u>Tofu Scramble, Banana Balls</u>	1: Apple Muffin 2: Fruit	<u>Veggie Burgers with french fries and peas</u>
Thursday (January 14)	<u>Chia Seed Pudding (make it the night before). Have something else if chia seeds freak you out.</u>	Leftovers	1: Fruit 2: Granola Bar	<u>Chili, Carrots and Hummus, Chocolate</u>

Friday (January 15) THE LAST DAY!	<u>Fruit Smoothie</u>	Peanut Butter and Jelly Sandwich and 2 Chocolate Chip Cookies	1: Carrots 2: Apple with Nut Butter	<u>Spicy Cauliflower Power Bowl, Cookies</u>
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