

Week 3 Veganuary Meal Plan

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MONDAY

- Apple Cinnamon Oats
- Pitta, Hummus, Veggie Sticks
- Vegan BLT
- Smashed Avo, Olives, Hemp Seeds on Rice Cakes
- Mexican Veggie Rice

WEDNESDAY

- Cereal, Plant Milk & Toppings
- Yogurt & Berries
- Cauliflower & Leek Soup
- Hummus & Crackers
- Creamy Avocado Penne

FRIDAY

- Cinnamon French Toast
- Oat Bar
- Chickpea Tuna Salad
- Cuppa Cauliflower & Leek Soup
- Vegan Paella

TUESDAY

- Breakfast Burrito
- Crackers & Mushroom Pate
- Santa Fe Salad
- Edamame Beans & Berries
- Peanut Tofu Satay Curry

THURSDAY

- Tofu Scramble
- Pear & Mango Smoothie
- Vegan Greek Salad
- Apple & Nut/Seed Butter
- Vegan Dublin Coddle Stew

SATURDAY

- Strawberry Breakfast Smoothie
- Roasted Chickpeas
- Portobello Mushroom Burger
- Fruit Salad
- Spiced Red Lentil Dahl

SUNDAY

- Banana Overnight Oats
- Watermelon
- Vegan Shawarma
- Trail Mix
- Vegan Roast Dinner