

# Week 2 Veganuary Meal Plan

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## MONDAY

- Toast, Nut/Seed Butter, Banana
- Vegan Cream Cheese & Crackers
- Satsumas
- Vegan Egg Sandwich
- Blackbean Truffles
- Sweet Potato Curry

## WEDNESDAY

- Granola, Yogurt, Fruit
- Dates, Apple, Nut/Seed Butter
- Vegan Cream Cheese Bagel
- Edamame Beans & Berries
- Falafel, Pitta & Salad

## FRIDAY

- Acocado Toast
- Parfait Cups
- Crunchy Cream Cheese Sandwich
- Blueberry Pear Smoothie
- Falafels & Tahini Dip
- Vegetable Barley Soup

## TUESDAY

- Banana Overnight Oats
- Trail Mix
- Yogurt
- Pumpkin & Beet Salad
- Guacamole & Nachos
- Vegetable Masala Rice

## THURSDAY

- Baked Beans, Cheese on Toast
- Olives & Roast Almonds
- Oat Bar
- Sauteed Veggie Pasta
- Kale Chips
- Tofu Buddha Bowl

## SATURDAY

- Vegan Shakshuka
- Banana Beet Smoothie
- Vegan Loaded Bagel
- Satsumas
- Chickpea Tacos & Peach Salsa

## SUNDAY

- Cacao Smoothie Bowl
- Yogurt & Trail Mix
- Vegan Tuna Melt
- Fruit Salad
- Lentil Mushroom Bake