

Week 4 Veganuary Meal Plan

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MONDAY

- Berry Parfait Cups
- Pear
- Pesto Pasta
- Guacamole & Crackers
- Spinach Chickpea Curry

WEDNESDAY

- Cereal, Plant Milk & Toppings
- Banana Cacao Smoothie
- Roasted Veggies, Pitta & Hummus
- Oat Bar
- Vegan Pho

FRIDAY

- Toasted Coconut Banana Toast
- Fruit Salad
- Lupin Bean Salad
- Smashed Avo, Olives, Hemp Seeds on Rice Cakes
- Vegan Breakfast Pizza

TUESDAY

- Crumpet & Jam
- Edamame Beans & Berries
- Avocado, Pesto Sandwich
- Yogurt & Toppings
- Teryiaki Tofu Bowl

THURSDAY

- Avocado Toast
- Flatbread & Baba Ganoush
- Vegan Club Sandwich
- Trail Mix
- Satay Tofu Skewers & Sticky Rice

SATURDAY

- Buckwheat Pancakes
- Green Smoothie
- Healthy Instant Rice Noodles
- Falafels & Tahini Dip
- Stuffed Fried Rice Pineapple

SUNDAY

- Vegan Cooked Breakfast
- Yogurt & Berries
- Buffalo Cauliflower Sandwich
- Banana Boat with Nut/Seed Butter
- Creamy Avocado Penne