

EASY VEGAN MEAL PLAN

DAY 1

BREAKFAST

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
1/2 cup oatmeal 1 cup rice milk 1/4 cup blueberries sweetener of your choice	<i>-heat the rice milk in a medium saucepan -add oatmeal and stir well. cook for 2 minutes -add sweetener and stir to combine -top with blueberries</i>	Calories: 444 Protein: 14 g Carbs: 80 g Fats: 8 g Sodium: 102 mg

LUNCH

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
100 grams whole grain spaghetti or bucatini 1 clove garlic, minced 1 cup mushrooms, sliced 1/4 red bell pepper, sliced 1/4 carrot, sliced 1 cup baby spinach 1 teaspoon olive oil or coconut oil 1 tablespoons reduced sodium soy sauce 1 teaspoons erythritol 1/2 teaspoon sesame oil 1/4 teaspoon ground fresh ginger 1/2 teaspoon sriracha sauce	<i>-Cook pasta according to package instructions -whisk together soy sauce, erythritol, sesame oil, ground fresh ginger and sriracha and set aside -Heat oil in a pan and sauté all vegetables except spinach for 4 minutes. Then add spinach and sauté for additional 1 minute -combine with cooked pasta and soy sauce mixture</i>	Calories: 434 Protein: 20 g Carbs: 79 g Fats: 10 g Sodium: 951 mg

DINNER

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
1 cup lentils, cooked 1 cup red cabbage, shredded ¼ medium red onion, sliced 5 cherry tomatoes, halved 1 medium carrot, shredded ½ chili pepper, optional 1 tablespoon olive oil 1 tablespoon apple vinegar 1 tablespoon fresh lemon juice ½ teaspoon fresh ginger, minced salt and paper to taste	-Combine olive oil, vinegar, lemon juice, ginger salt and paper. Set aside -Combine all vegetables, stir in dressing and serve.	Calories: 451 Protein: 21 g Carbs: 61 g Fats: 15 g Sodium: 543 mg

SNACK

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
20 almonds 1 medium apple		Calories: 214 Protein: 5 g Carbs: 34 g Fats: 10 g Sodium: 2 mg

NUTRITION BREAKDOWN

Calories: 1543
 Protein: 60
 Carbs: 254
 Fats: 43
 Sodium: 1598 mg

DAY 2

BREAKFAST

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
1 tablespoon flax seed, ground 2 cups almond milk 1 scoop vegan protein powder ½ medium banana ½ cup baby spinach	<i>-put all ingredients in a blender and blend for one minute</i>	Calories: 268 Protein: 23 g Carbs: 23 g Fats: 15 g Sodium: 420 mg

LUNCH

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
100 grams red quinoa 1 stalk green onion, chopped 1 medium tomato, diced 2 cups green salad of your choice ½ teaspoon chopped cilantro 1 tablespoon olive oil 1 tablespoon fresh lemon juice 1 clove garlic, minced Salt and paper to taste	<i>-Cook quinoa according to the package instructions -Combine cilantro, oil, garlic, lemon juice, salt and paper and set aside -garnish green salad, green onion and diced tomato -rinse cooked quinoa under cold running water and combine it with prepared salad -pour over the dressing and serve</i>	Calories: 449 Protein: 16 g Carbs: 72 g Fats: 11 g Sodium: 23 mg

DINNER

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
2 cups string beans, cooked 3 radishes, sliced 100 grams tofu ½ teaspoon dill, chopped 1 clove garlic 1 tablespoon olive oil 2 tablespoons lemon juice ½ teaspoon mustard 1 teaspoon erythritol (or add sweetener of your choice)	-Combine cooked string beans and sliced radishes. Set aside. -Add the rest of ingredients in a blender and blend until you get creamy dressing. -Stir in prepared vegetables and serve.	Calories: 345 Protein: 19 g Carbs: 16 g Fats: 21 g Sodium: 26 mg

SNACK

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
2 tablespoons peanut butter 1 celery stalk	-cut celery stalk and serve it with peanut butter dip	Calories: 206 Protein: 8 g Carbs: 11 g Fats: 16 g Sodium: 220 mg

NUTRITION BREAKDOWN

Calories: 1268
 Protein: 66 g
 Carbs: 122 g
 Fats: 63 g
 Sodium: 689 mg

DAY 3

BREAKFAST

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
1 whole grain tortilla 1 cup cooked kidney beans, rinsed and drained ¼ cup brown rice, cooked 1/4 avocado, sliced ½ medium tomato, diced 2 tablespoons salsa 1/4 teaspoon chili powder 1/4 teaspoon ground cumin 1/4 teaspoon garlic powder Salt and pepper to taste	<i>-mix salsa with spices and set aside</i> <i>-add beans and rice on the tortilla,</i> <i>followed by diced tomatoes and sliced</i> <i>avocado</i> <i>-pour salsa, roll up and slice in half</i>	Calories: 458 Protein: 16 g Carbs: 78 g Fats: 12 g Sodium: 575 mg

LUNCH

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
100 grams tempeh, diced 2 cups sauerkraut, drained ½ medium onion, sliced 3 tablespoons oil 2 tablespoons low sodium soy sauce pepper to taste	<i>-Marinate diced tempeh in soy sauce</i> <i>-Add drained sauerkraut in a non -</i> <i>stick skillet and sauté for 3 minutes.</i> <i>Add water if necessary to prevent</i> <i>sticking</i> <i>-Heat oil in a small skillet and fry</i> <i>marinated tempeh.</i> <i>-Lay fried tempeh on paper towel to</i> <i>remove excess oil</i> <i>-Serve over warm sauerkraut</i> <i>-add 1 tablespoon of vegan sour cream</i> <i>(optional)</i>	Calories: 514 Protein: 16 g Carbs: 30 g Fats: 37 g Sodium: 1249 mg

DINNER

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
100 grams tofu, cubed 1 tablespoon coconut oil ½ medium onion, sliced 1 cup shredded cabbage ½ cup mushrooms, sliced ½ carrot, shredded 1 teaspoon sesame seeds Pinch of salt and pepper 1 tablespoon soy sauce 1 tablespoon rice vinegar 1 tablespoon brown sugar ½ teaspoon fresh ginger, minced 1 clove garlic, minced ½ teaspoon corn starch ½ teaspoon five spices seasoning	<p><i>-combine soy sauce, vinegar, brown sugar, garlic, ginger and corn starch.</i></p> <p><i>Stir well.</i></p> <p><i>-heat the oil in the skillet over medium heat</i></p> <p><i>-fry tofu cubes until they are brown and crispy. Set aside</i></p> <p><i>-to the same pan, add cabbage, bell peppers and onion and sauté for 3 minutes. Add mushrooms and continue to sauté for 2 minutes</i></p> <p><i>-stir in tofu cubes and prepared sauce and cook for one minute, until the sauce thickens</i></p>	Calories: 342 Protein: 15 g Carbs: 40 g Fats: 20 g Sodium: 943 mg

SNACK

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
1 tablespoon chia seeds 1 cup almond milk vanilla extract sweetener, optional	<p><i>-combine chia seeds and almond milk.</i></p> <p><i>Stir well</i></p> <p><i>-add vanilla and sweetener and let it rest for one hour</i></p>	Calories: 90 Protein: 3 g Carbs: 5 g Fats: 6 g Sodium: 85 mg

NUTRITION BREAKDOWN

Calories: 1405
 Protein: 50 g
 Carbs: 153 g
 Fats: 75 g
 Sodium: 2852 mg

DAY 4

BREAKFAST

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
100 grams firm tofu ½ cup mushrooms, slices ¼ red bell pepper ¼ medium onion ¼ teaspoon salt 1/8 teaspoon pepper ½ tablespoon oil	<i>-heat oil in a skillet, add onion, mushrooms and bell peppers and sauté for one minute</i> <i>-add tofu and break it in chunks</i> <i>-season with salt and paper</i>	Calories: 135 Protein: 13 g Carbs: 25 g Fats: 4 g Sodium: 4 mg

LUNCH

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
2 slices bread 1 cup chickpeas, drained 1 teaspoon oil ¼ medium onion, finely chopped 1 clove garlic, minced 1/2 can diced tomatoes ¼ teaspoon cumin ¼ teaspoon smoked paprika ¼ teaspoon sweet paprika pinch of salt and pepper	<i>-heat oil in a medium skillet</i> <i>-sauté onion until translucent, add garlic and spices and sauté for one minute</i> <i>-add diced tomatoes and simmer until the sauce had thickened</i> <i>-combine with chickpeas and cook for additional 2 minutes</i> <i>-toast bread</i> <i>-serve with chickpeas</i>	Calories: 400 Protein: 15 g Carbs: 66 g Fats: 9 g Sodium: 1144 mg

DINNER

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
1 cup lentils, cooked ½ cup brown rice, cooked 1 teaspoon Thai red curry paste 1 teaspoon coconut oil ½ red bell peppers, julienned 5 cherry tomatoes, halved ½ cup coconut oil	<i>-heat oil in a medium pan, add Thai red paste and sauté until fragrant</i> <i>-add red bell peppers and tomatoes.</i> <i>Stir fry for 2 minutes</i> <i>-Pour in coconut milk, add lentils and simmer for 3 minutes</i> <i>-serve red curry over rice</i>	Calories: 422 Protein: 22 g Carbs: 71 g Fats: 7 g Sodium: 179 mg

SNACK

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
1 cup soy yoghurt 20 walnuts		Calories: 293 Protein: 9 g Carbs: 33 g Fats: 17 g Sodium: 20 mg

NUTRITION BREAKDOWN

Calories: 1250
 Protein: 59 g
 Carbs: 195 g
 Fats: 37 g
 Sodium: 1347 mg

DAY 5

BREAKFAST

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
100 grams buckwheat flour 160 ml almond milk ½ tablespoon ground flax seed+1 ½ tablespoon water, mixed 1 teaspoon baking powder vanilla extract sweetener of your choice pinch of salt 2 tablespoons maple syrup 1 tablespoon pecans or walnuts, chopped cooking spray	<i>-combine ground flax seed and water and set aside for 5 minutes. -Whisk together flour, baking powder, pinch of salt -add flax seed mix, almond milk, vanilla extract and sweetener -Whisk until you get smooth batter -let it rest for 15 minutes -spray non-stick skillet with cooking spray and heat over medium heat -fry pancakes for 2 minutes every side -serve with chopped nuts and maple syrup</i>	Calories: 546 Protein: 16 g Carbs: 93 g Fats: 16 g Sodium: 186 mg

LUNCH

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
1 cup brown rice, cooked 2 cups vegetable broth ¼ medium onion, finely diced 1 clove garlic, minced 1 tablespoon smooth peanut butter 1 tablespoon tomato paste 1 teaspoon peanuts, roughly chopped 1 cup kale, chopped ¼ teaspoon salt ½ teaspoon fresh ginger, minced	<i>-In a medium sauce pan bring the broth to the boil. Add onion, ginger and garlic and cook for 20 minutes on medium heat -Combine tomato paste and peanut butter until smooth and pour it in the soup. Stir well to combine -Add kale and cook for 15 minutes on medium heat, stirring often -serve with rice and sprinkle with chopped peanuts</i>	Calories: 394 Protein: 13 g Carbs: 66 g Fats: 12 g Sodium: 1717 mg

DINNER

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
100 grams seitan 2 teaspoon olive oil 1 medium sweet potato, cut in wedges pinch of salt and pepper few drops Tabasco green salads of your choice sprinkled with lemon juice	<i>-heat the oven to 300 degrees F</i> <i>-marinate seitan with 1 tsp. olive oil, salt, pepper and Tabasco</i> <i>-combine sweet potato with 1 tsp. olive oil and salt</i> <i>-baked potatoes for 30 minutes</i> <i>-heat a non-stick skillet and fry seitan until browned on the outside</i>	Calories: 346 Protein: 31 g Carbs: 34 g Fats: 10 g Sodium: 82 mg

SNACK

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
2 rice cakes 2 tablespoons hummus		Calories: 188 Protein: 6 g Carbs: 29 g Fats: 5 g Sodium: 60 mg

NUTRITION BREAKDOWN

Calories: 1474
 Protein: 66 g
 Carbs: 222 g
 Fats: 43 g
 Sodium: 2045 mg

DAY 6

BREAKFAST

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
1 cup millet, cooked 1 cup coconut milk ¼ teaspoon cinnamon 1 teaspoon ground flax seed sweetener of your choice	<i>-Heat coconut milk and combine with cooked millet and flax seeds. Let it simmer until has thicken</i> <i>-Add cinnamon and sweetener to taste</i>	Calories: 276 Protein: 8 g Carbs: 45 g Fats: 7 g Sodium: 199 mg

LUNCH

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
50 grams soy mince 75 grams spaghetti ¼ medium onion, finely diced 1 cloves garlic, minced ¼ medium carrot, finely diced 1 teaspoon olive oil 1 cup canned diced tomatoes ½ teaspoon dried basil salt and pepper to taste	<i>-prepare soy mince according to the package instruction</i> <i>-prepare spaghetti according to the package instruction</i> <i>-heat oil in a skillet and sauté onion until translucent. Add carrot and continue to stir for 1 minute, then add garlic</i> <i>-pour in tomato sauce. Stir in soy mince and basil and simmer for 20 minutes</i> <i>-add salt and pepper to taste</i> <i>-serve with spaghetti</i>	Calories: 537 Protein: 42 g Carbs: 87 g Fats: 7 g Sodium: 1305 mg

DINNER

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
150 grams smoked tofu, thinly sliced 2 medium tomatoes, sliced 1 tablespoon olive oil 1 tablespoon balsamic vinegar -salt to taste fresh basil for garnishing	<i>-arrange smoked tofu and tomatoes on a plate and pour over oil and vinegar. Add salt to taste and garnish with fresh basil</i>	Calories: 482 Protein: 31 g Carbs: 20 g Fats: 32 g Sodium: 1076 mg

SNACK

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
1 medium banana 1 tablespoon almond butter		Calories: 194 Protein: 4 g Carbs: 26 g Fats: 9 g Sodium: 1 mg

NUTRITION BREAKDOWN

Calories: 1492
Protein: 85 g
Carbs: 178 g
Fats: 55 g
Sodium: 2581 mg

DAY 7

BREAKFAST

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
1 cup amaranth, cooked ½ cup soy yoghurt 1 tablespoon maple syrup ½ cup berries	<i>-pour the maple syrup over coked amaranth and garnish with berries</i> <i>-serve next to soy yoghurt</i>	Calories: 360 Protein: 15 g Carbs: 68 g Fats: 4 g Sodium: 28 mg

LUNCH

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
-50 grams fettuccine -50 grams seitan -1 teaspoon olive oil -1/4 medium onion, finely diced ½ cup mushrooms, sliced 1 medium pickle, diced ½ cup soy cooking cream salt and pepper to taste	<i>-prepare fettuccine according to the package instruction</i> <i>-heat oil in a skillet, add onion and sauté until translucent</i> <i>-add seitan and fry until browned, then add mushrooms, pickle and soy cooking cream</i> <i>-let it simmer for 2 minutes</i> <i>-serve with pasta</i>	Calories: 358 Protein: 23 g Carbs: 51 g Fats: 8 g Sodium: 182 mg

DINNER

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
1 cup cooked millet ½ cup cooked quinoa 50 grams firm tofu ½ medium carrot, shredded ¼ teaspoon thyme, dry salt and pepper to taste 1 tablespoon olive oil 2 cups green salad 1 tablespoon balsamic vinegar	<i>-Combine millet, quinoa, carrot and tofu in a bowl, until you get dough like mixture</i> <i>-add seasoning</i> <i>-shape patties</i> <i>-heat oil in a non –stick skillet and fry patties until they are brown</i> <i>-serve with salad</i>	Calories: 522 Protein: 17 g Carbs: 77 g Fats: 20 g Sodium: 659 mg

SNACK

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
1 medium carrot, chopped in sticks ½ medium cucumber, sticks ½ cup cooked edamame	<i>-serve vegetable stick with hummus dip</i>	Calories: 140 Protein: 9 g Carbs: 18 g Fats: 3 g Sodium: 74 mg

NUTRITION BREAKDOWN

Calories: 1380
 Protein: 64 g
 Carbs: 214 g
 Fats: 35 g
 Sodium: 943 mg

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