

# Example Vegan Meal Plan



Remember to drink plenty of water!

## Monday

**Breakfast:** Porridge with chia seeds, fruit and a drizzle of maple syrup

**Lunch:** Crispy chickpea salad

**Dinner:** Tofu and vegetable stir fry with rice or noodles



## Tuesday

**Breakfast:** Toast with peanut butter with some fruit

**Lunch:** Falafel, hummus and salad wraps

**Dinner:** Vegan spaghetti bolognese



## Thursday

**Breakfast:** Fruit smoothie, made with plant milk, chia seeds and a spoonful of peanut butter

**Lunch:** Vegan sausage sandwich

**Dinner:** Leftover chickpea curry with rice

## Friday

**Breakfast:** Cereal with plant milk

**Lunch:** Roasted tofu salad with a vegan dressing

**Dinner:** Mixed bean chilli with potato wedges or chips



## Saturday

**Breakfast:** Avocado on toast

**Lunch:** Leftover mixed bean chilli

**Dinner:** Vegan bangers and mash with gravy and veg



## Sunday

**Breakfast:** Baked beans on toast

**Lunch:** Crispy chickpea salad wraps

**Dinner:** Vegan roast dinner; you can use sausages, a vegan pie or a vegan roast as a main.

### Snack ideas:



Fruit

Toast with jam and/or peanut butter



Veggie sticks and hummus

Vegan protein bar

Vegan flapjacks/  
oat bars



Vegan yoghurts

