

# Meal Plan

## MONDAY

- Breakfast: Vegan banana pancakes with maple syrup and mixed berries
- Snack: Apple slices with almond butter
- Lunch: Tofu and veggie stir-fry with gluten-free soy sauce, served with brown rice
- Snack: Vegan protein bar
- Dinner: Vegan chili with kidney beans, tomatoes, onions, and bell peppers

## TUESDAY

- Breakfast: Vegan smoothie bowl with mixed berries, banana, and almond milk, topped with gluten-free granola
- Snack: Baby carrots with hummus
- Lunch: Vegan lentil soup with gluten-free crackers
- Snack: Mixed nuts and dried fruit
- Dinner: Vegan spaghetti with tomato sauce and sautéed vegetables (zucchini, bell peppers, and onions)

## WEDNESDAY

- Breakfast: Vegan breakfast burrito with tofu scramble, black beans, avocado, and salsa
- Snack: Rice cakes with peanut butter and sliced banana
- Lunch: Vegan quinoa salad with mixed greens, cherry tomatoes, cucumber, and balsamic vinaigrette
- Snack: Vegan protein shake
- Dinner: Vegan stir-fry with tempeh, broccoli, and carrots, served with quinoa

## THURSDAY

- Breakfast: Vegan smoothie with mixed berries, banana, and almond milk, topped with chia seeds
- Snack: Rice cakes with hummus and sliced cucumber
- Lunch: Vegan falafel wrap with mixed greens, tomatoes, and tahini sauce, served with gluten-free pita bread
- Snack: Vegan protein bar
- Dinner: Vegan mushroom risotto with arborio rice, mushrooms, and vegan parmesan cheese

## FRIDAY

- Breakfast: Vegan oatmeal with almond milk, sliced banana, and chopped walnuts
- Snack: Baby carrots with guacamole
- Lunch: Vegan lentil and vegetable soup with gluten-free crackers
- Snack: Mixed nuts and dried fruit
- Dinner: Vegan spaghetti squash with marinara sauce and vegan meatballs



# Meal Plan

## MONDAY

- Breakfast: Vegan blueberry muffins with almond milk
- Snack: Apple slices with peanut butter
- Lunch: Vegan avocado and black bean wrap with mixed greens and salsa
- Snack: Vegan protein bar
- Dinner: Vegan lentil shepherd's pie with mashed sweet potato topping

## TUESDAY

- Breakfast: Vegan smoothie with banana, mango, and almond milk, topped with chia seeds
- Snack: Rice cakes with hummus and sliced bell peppers
- Lunch: Vegan kale salad with quinoa, roasted sweet potato, and balsamic vinaigrette
- Snack: Mixed nuts and dried fruit
- Dinner: Vegan mushroom stroganoff with gluten-free noodles

## WEDNESDAY

- Breakfast: Vegan breakfast burrito with tofu scramble, black beans, avocado, and salsa
- Snack: Carrot sticks with guacamole
- Lunch: Vegan sweet potato and lentil curry with basmati rice
- Snack: Vegan protein shake
- Dinner: Vegan vegetable lasagna with gluten-free noodles

## THURSDAY

- Breakfast: Vegan overnight oats with almond milk, chia seeds, and mixed berries
- Snack: Rice cakes with hummus and sliced cucumber
- Lunch: Vegan chickpea salad with mixed greens, cherry tomatoes, and balsamic vinaigrette
- Snack: Vegan protein bar
- Dinner: Vegan stuffed bell peppers with quinoa, black beans, and salsa

## FRIDAY

- Breakfast: Vegan smoothie with mixed berries, banana, and almond milk, topped with gluten-free granola
- Snack: Baby carrots with almond butter
- Lunch: Vegan lentil soup with gluten-free crackers
- Snack: Mixed nuts and dried fruit
- Dinner: Vegan spaghetti with tomato sauce and sautéed vegetables (zucchini, bell peppers, and onions)

