

Meals maker



7-DAY VEGAN DIET PLAN

WEEK 1

THIS MEAL PLAN INCLUDES:

- 21 meal recipes (3 meals per day for 7 days)
- Necessary Staples for Each Meal
- Weekly Grocery List

INSTRUCTIONS:

Step 1: Briefly review all meals for the week.

Step 2: Review necessary staples for each meal and weekly grocery list.

Step 3: Grocery shop, cook and enjoy!

SPECIAL NOTES: (PLEASE READ)

NOTE 1: Necessary Staples: Most meals will include the use of sea salt and fresh ground pepper so please make sure you are stocked up!

NOTE 2: Grocery List: When it comes to the Oil, Condiments, Herbs and Spices section, please only purchase what you don't already have.

For example, if the section states you need Balsamic Vinegar: 1 (12 oz.) bottle, we simply mean to purchase a bottle of Balsamic Vinegar if you don't already have it. We do not mean you will use the full 12 oz. bottle this week.



Meals maker

DAY 1

Breakfast:

TOFU SCRAMBLE
BREAKFAST BURRITO

Lunch:

KIDNEY BEAN SALAD

Dinner:

ROASTED VEGETABLES AND
SHELL PASTA

DAY 2

Breakfast:

CAULIFLOWER SCRAMBLE

Lunch:

CAPRESE AVOCADO TOAST

Dinner:

STIR FRY WITH TOFU AND
BROCCOLI

DAY 3

Breakfast:

STUFFED PAPAYA

Lunch:

VEGGIE LUNCH BOWL

Dinner:

FRIED TEMPEH AND KALE

DAY 4

Breakfast:

COCONUT PANCAKES

Lunch:

PINTO BEAN SALAD

Dinner:

VEGETABLE STIR FRY

DAY 5

Breakfast:

MINT SMOOTHIE

Lunch:

QUINOA SESAME SALAD

Dinner:

STUFFED TOMATOES

DAY 6

Breakfast:

RASPBERRY MANGO
BREAKFAST BLENDED
BOWL

Lunch:

TOFU AND RICE

Dinner:

GARLIC MUSHROOMS AND
PASTA MIX

DAY 7

Breakfast:

STRAWBERRY LAYERED
YOGURT BOWL

Lunch:

MEDITERRANEAN STYLE
SALAD

Dinner:

PEARLED FARRO WITH
TOMATO MIX

WEEKLY Notes



TOFU SCRAMBLE BREAKFAST BURRITO

Prep Time: 20 min.

Cook Time: 20 min.

Total Time: 40 min.

Ingredients:

1 small bell Pepper
Small hand full of Cherry Tomatoes
1 small avocado
1 cup of Spinach
2 whole-wheat wraps
Store bought salsa
½ block of tofu
1 can of chickpeas
Garlic Powder
Ground Cumin powder
Smoked Paprika Powder
Salt
Pepper
Olive oil

Instructions:

1. Using a large skillet, add some olive oil, and heat on medium to low heat.
2. Cut and prep the vegetables. The bell peppers should be cut into long slices, and the cherry tomatoes in half. Once done add them to the skillet, add a little bit of salt and cover. Allow cooking for about 2-5 minutes. Set to the side when done.
3. In the meantime, take the chickpeas and the crumbled tofu and place them in a food processor, or you can also do this by hand. And mash them slightly. Set to the side. If you use the food processor pulse for 5-10 seconds.
4. In a small prep bowl, add the garlic powder, cumin powder, paprika powder, salt, pepper, and a little bit of olive oil; whisk to combine.
5. Take the mix of the all powders that you just created and add to the chickpea and tofu mash. Mix it in using your hands to make sure that the whole things get evenly coated.
6. Place the chickpeas in the skillet and allow cooking

for about 5 minutes. Set to the side when done.

7. You can add more olive oil to the skillet if needed, then add the baby spinach and allow cooking for 5 minutes; or until the leaves are wilted.
8. Begin to assemble the tortillas by taking the cooked chickpea mix and using it as a spread for the wrap. Then layer it with the bell peppers, cherry tomatoes and baby spinach. You can add salt and pepper if desired. Then wrap the tortilla up. And serve with the salsa on the side as dipping.





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WEEK 1

NECESSARY STAPLES



Day 1: Breakfast

1 Tbsp. extra virgin olive oil
Salt
Pepper
2 Tbsp. smoked paprika
1 Tbsp. seasoned salt

Day 1: Lunch:

2 ¼ Tbsp. olive oil
½ Tbsp. ground cumin
½ Tbsp. paprika
¼ Tbsp. garlic powder
½ Tbsp. salt
¼ Tbsp. black pepper
¼ cup chopped walnuts
3 Tbsp. nutritional yeast

Day 1: Dinner

1 ½ qt. vegetable or peanut oil
2 ½ cups of cornstarch
½ cup all-purpose flour
½ tbsp. baking powder
Salt
½ cup cold water
¼ cup vegetable stock
2 tbsp. soy sauce
2 tbsp. sugar
1 tbsp. toasted sesame oil
2 tbsp. lemon juice
1 tbsp. minced or grated fresh ginger
2 tbsp. toasted sesame seed

Day 2: Breakfast

2 Tbsp. vegetable oil
½ red bell pepper
½ cup water
¾ cup soy milk
3 Tbsp. nutritional yeast
1 tsp. maple syrup
1 tsp. onion powder
1 tsp. salt
½ tsp. basil
¼ tsp. turmeric
¼ tsp. paprika
Pepper

Day 2: Lunch

1 tbsp. Worcestershire Sauce
2 tbsp. nutritional yeast
1 tbsp. dried oregano
1 tbsp. dried parsley
½ tbsp. salt
¼ tbsp. pepper

Day 2: Dinner

2 tbsp. vegetable oil
1 tbsp. soy sauce
1 tbsp. toasted sesame oil
Ground white pepper

Day 3: Breakfast

1 tbsp. sea salt
3 tbsp. chai seeds
3 tbsp. maple syrup
1 tbsp. apple cider vinegar
1 tbsp. cinnamon
1 tbsp. pure vanilla extract

Day 3: Lunch

1 tbsp. chopped fresh oregano
¼ tbsp. ground pepper

Day 3: Dinner

Salt
Black pepper
8 oz. of

Day 4: Breakfast

2 tbsp. powder
2 tbsp. sweetened almond

Day 4: Lunch

1
½

Day 4: Dinner

½
½
¼ cup rice vinegar
1 tbsp. sesame oil
1 tbsp. brown sugar

1 tbsp. minced ginger

Day 5: Dinner

Kosher salt
Extra-virgin olive oil
½ cup ricotta cheese
Black pepper
Mint leaves

Day 6: Breakfast

4 tbsp. maple syrup
½ cup vegetable oil
1 tbsp. vanilla extract
1 cup all-purpose flour
1 tbsp. baking powder
1 tbsp. ground cinnamon
½ tbsp. ground ginger
¼ tbsp. ground nutmeg
2 cups cooked quinoa
Muffin tin

Day 6: Lunch

½ oz. feta cheese
½ oz. of raisins
¼ tbsp. lemon juice
¼ tbsp. honey
2 tbsp. olive oil
¼ tbsp. cumin, ground
½ tbsp. salt
¼ tbsp. dried cayenne pepper

juice
se
gar
oil

bsp. canola oil
loves garlic
bsp. ginger
½ tbsp. red pepper flakes

Day 7: Breakfast

1 tbsp. extra virgin olive oil
1 tbsp. grated Parmesan cheese
Salt
Pepper

Day 7: Lunch

2 Tbsp. garlic hummus
2 Tbsp. hemp Seeds

Day 7: Dinner

¼ cup thinly sliced basil
Balsamic glaze
¼ cup extra-virgin olive oil
3 tbsp. red wine vinegar
1 tsp. Italian seasoning
1 clove garlic
Kosher salt
Black Pepper

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plus more for serving
1 cup coconut milk
2 tbsp. unsweetened cocoa powder
2-3 tbsp. maple syrup or coconut sugar
½ tbsp. pure vanilla extract
Coconut sugar
Hemp seeds or chia seeds
3-4 squares vegan dark chocolate

Day 5: Lunch

1 tbsp. extra virgin olive oil
Salt
Black pepper
¼ cup natural creamy peanut butter
¼ cup almond milk
1 tbsp. + 1 tbsp. soy sauce



WEEK 1

GROCERY LIST



Produce:

6 red potatoes
Extra-virgin olive oil
Mushrooms: 1 container
Baby spinach: 2 bags
Green onions: 1 Bag
1 Large sweet potato
Leafy greens: 2 bags
3 Avocados
Broccoli: 2 large florets
10 garlics
Fresh Ginger Root: 7 pieces
Scallions also known as green onion: 5 bundles
Red bell pepper: 3
Large onion: 3
Long carrots: 1 bag
Baby Swiss chard: 1 bundle
Mango: 1
Ginger bag: 1
Yellow bell pepper: 1
Snap peas: 1 bag
1 container of blueberries (to use as the mixed berries in Day 4: Breakfast recipe)
1 container of strawberries (to use as the mixed berries in Day 4: Breakfast recipe)
Asparagus: 2 bags
Fresh mint: 1 bundle
Bananas: 3
Romaine lettuce: 1 bundle
Red onion: 1
Grape tomatoes: 1 container
Fresh basil: 1 bundle
Limes: 1 bag of limes
Lemons: 5

Refrigerated:

Vegan sour cream
Firm Tofu: 2 Packages
Extra Firm Tofu: 1 Package
1 dozen eggs
4 oz. goat cheese
4 oz. ricotta cheese
Salsa: 1 container
Pesto sauce: 1 bottle
Garlic Hummus: 1 container
8 oz. Ciliegine, or also known as fresh mozzarella cheese

Frozen:

Vegan breakfast sausage
Frozen peas: 1 bag
Frozen raspberries: 1 small bag
Frozen broccoli florets: 1 bag
Frozen peas and carrots: 1 bag

Canned and Packaged:

White rice: 1 bag
Brown rice: 1 bag
Quinoa: 1 bag
Fusilli Pasta: 1 bag
Black Beans: 2 cans
Dried Lentils: 1 bag
Pinto Beans: 2 cans
Organic Rolled oats: 1 bag
Worcestershire Sauce (a
ketchup
Miso
b
P
M
S
C
M
tomatoes: 1 can
Fusilli pasta: 1 bag

Bakery and Deli:

Sandwich break: 1 loaf

Oils, condiments, herbs, and Spices:

Extra Virgin Olive oil: 1 bottle
Salt: 1 bottle
Pepper: 1 bottle
Black Pepper: 1 bottle
Paprika: 1 bottle
Ground cumin: 1 bottle
Garlic powder: 1 bottle
Vegetable oil: 1 bottle
Baking powder: 1 box
Vegetable stock: 1 box

Soy sauce: 1 bottle

Fermented black bean sauce: 1 can
Sugar: 1 bag
Toasted sesame oil: 1 bottle
Maple syrup: 1 bottle
Onion powder: 1 bottle
Turmeric: 1 bottle
Oregano: 1 bottle
1 bottle of dried parsley
Ground white pepper: 1 bottle
Sea salt: 1 bottle
Chai Seeds: 1 bag
Apple cider vinegar: 1 bottle
Cinnamon: 1 bottle
Pure vanilla extract: 1 bottle
Acai Powder: 1 bag
Rice Vinegar: 1 bottle
Sesame oil: 1 bottle
Gochujang: 1 bottle
Cornstarch: 1 box
Grapeseed oil: 1 bottle
Unsweetened cocoa powder: 1 bag
Coconut sugar: 1 bag
Hemp seeds: 1 bag
Kosher salt: 1 bottle

Maple syrup
Veg: 1 bottle
le
: 1 bottle
Pisin sauce: 1 bottle
ce vinegar: 1 bottle
nola oil: 1 bottle

Red pepper flakes: 1 bottle
Grated Parmesan cheese: 1 bottle
Balsamic glaze: 1 bottle
Red wine vinegar: 1 bottle
Italian seasoning: 1 bottle
Chopped walnuts: 1 bag
Nutritional yeast seasoning: 1 bottle

Miscellaneous:

Muffin Tin

Liquids:

Almond milk: 1 container
Coconut milk: 1 container
Soy milk: 1 container

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