

Healthy Back to School Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BACK TO SCHOOL DINNER	Tofu Coins in Spicy Peanut Sauce + Steamed Rice	Pumpkin Almond Burger + Mixed green salad with olive oil, salt and pepper	Spicy Carrot Amaranth Soup + Bread sticks/dinner rolls	Tofu Coins in Spicy Peanut Sauce (left over from Day 1) + Brown rice/quinoa	Grilled Sweet Potato Wraps	Cottage Cheese Spinach Pasta + Cucumber Kale Ginger Smoothie	Butternut Squash Tofu Salad with Toasted Hazelnuts
NUTRITION FACTS	Calories: 188 (excluding the calories for rice)	Calories: 413 (excluding the salad)	Calories: 401 (excluding the breads)	Calories: 188 (excluding the rice)	Calories: 305	Calories: 414 + 212 = 626	Calories: 294
NOTES	Make Tofu coins double the quantity and refrigerate to be used again later in the week. Brown rice also goes well with this entrée.	Any leftover can be used for lunch next day.	Cook Amaranth a day ahead or during the weekend and refrigerate in an air tight container.	Just make the entrée sauce fresh and use the leftover tofu coins from day 1. Make sure to bring those coins to room temperature before putting them in the sauce.	Vegetables can also be baked in the oven as mentioned in the recipe.	Leftover pasta can be used in lunch box during the week.	

Healthy Vegan Breakfast Ideas	Healthy Vegan Lunch Plan
<ol style="list-style-type: none"> Spinach Almond Amaranth Muffins (Calories: 199) Broccoli Oatmeal Breakfast Casserole (Calories: 423) Peanut Butter Bulgur Waffles (Calories: 389) Tomato Herbed Spelt Bread + with boiled eggs or sandwich with tomato, lettuce/spinach and cheese (Calories : 196) 	<ol style="list-style-type: none"> Chinese Oatmeal (Calories: 400) Grilled Cabbage Ricotta Sandwich (Calories: 610) Brown Rice Tofu Scramble (Calories: 325) Kale Arugula Grapes Salad with Yogurt Dip (Calories: 136)

Disclaimer: This meal plan is not for weight loss and is based on an average daily requirement of 2000 calories.