

Healthy Vegan Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
VEGAN DINNER	Yellow Curry Veggie Quinoa with Tofu	Peaches and Potatoes "stir fry" + Steamed rice	Chickpeas and Mini Sweet Peppers Salad + Mashed Potatoes	Yellow Curry Veggie Quinoa with Tofu (left over from Day 1) + Cherry Apricot Red Grapes Smoothie	Almond Sauce Spaghetti with corn salsa	Masala Oatmeal + Pear Spinach Mango Smoothie	Almond Sauce Spaghetti with corn salsa (left over from Day 5) + Quinoa Almond Herbed Bread Sticks
NUTRITION FACTS	Calories: 458	Calories: 594	Calories: 489 (excluding the calories for mashed potatoes)	Calories: 300 + 292 = 592	Calories: 302	Calories: 258 + 287 = 545	Calories: 250 + 92 = 342
NOTES	Cook Quinoa a day ahead and refrigerate. Curry Powder can be made and stored for 3-4 weeks. Make this dinner recipe twice the quantity.	Any leftover can be used as lunch next day.	Soak chickpeas overnight if using fresh. Canned chickpeas can also be used.	Almond milk can also be used in smoothie instead of flax milk if desired. Reduced the quantity of yellow curry quinoa since it's accompanied with smoothie.	Corn salsa can be made during the weekend and refrigerated.	Left over masala oatmeal can be used for lunch next day.	Cook quinoa a day ahead and refrigerate but make sure to bring it to room temperature when using. Reduce the quantity of spaghetti since it's accompanied with bread sticks.

Healthy Vegan Breakfast Ideas

- [Pineapple Coconut Tropical Smoothie](#) (Calories: 299)
- [Savory Kale Oatmeal Cups](#) (Calories: 258)
- [Butterscotch Carrot Millet Waffles](#) (Calories: 180)
- [Tomato Herbed Spelt Bread](#) + with boiled eggs or sandwich with tomato, lettuce/spinach and cheese (Calories : 196)

Healthy Vegan Lunch Plan

- [Barley Pilaf](#) (Calories: 324)
- [Masala Oatmeal](#) (Calories: 258)
- [Brown Rice Tofu Scramble](#) (Calories: 325)
- [Black Bean Salad with Papaya Sauce](#) (Calories: 241)

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