

# Vegan Meal Plan - Week 1

	Breakfast	Lunch	Snack	Dinner
<b>Monday</b>	Oatmeal with Wild Blueberries, Pumpkin Seeds, and Peanut Butter	Vegetable Hummus Wraps	Fruit Smoothie	Stuffed Pepper Soup with Roasted Sweet Potatoes
<b>Tuesday</b>	Avocado Toast with Sliced Apples	Vegetable Hummus Wraps	Banana with a Serving of Nuts or Nut Butter	Stuffed Pepper Soup with Roasted Sweet Potatoes (Leftovers)
<b>Wednesday</b>	Oatmeal with Wild Blueberries, Pumpkin Seeds, and Peanut Butter	Plant Meat Sandwiches with Fruit	Fruit Smoothie	Sweet Potato & Black Bean Burritos
<b>Thursday</b>	Avocado Toast with Sliced Apples	Wheat Berry Vegetable Salad	Banana with a Serving of Nuts or Nut Butter	Sweet Potato & Black Bean Burritos (Leftovers)
<b>Friday</b>	Oatmeal with Wild Blueberries, Pumpkin Seeds, and Peanut Butter	Wheat Berry Vegetable Salad	Fruit Smoothie	Veggie Burgers with Fruit and a Salad
<b>Saturday</b>	Rawnola Bowls with Fresh Fruit	Plant Meat Sandwiches with Fruit	Banana with a Serving of Nuts or Nut Butter	Lentil Meatballs with Spaghetti
<b>Sunday</b>	Rawnola Bowls with Fresh Fruit (Leftovers)	Salad with Lentils and Hummus	Fruit Smoothie	Lentil Meatballs with Spaghetti (Leftovers)

# Vegan Grocery List - Week 1

Item	Qty
<input type="checkbox"/> Old Fashioned Oats	4 cups
<input type="checkbox"/> Ezekiel Burger Buns	2
<input type="checkbox"/> Vegetable Burgers	2
<input type="checkbox"/> Ezekiel Bread	1 loaf
<input type="checkbox"/> Spaghetti	1 lb
<input type="checkbox"/> Dry Brown Rice	1/2 cup
<input type="checkbox"/> Dry Quinoa	1 1/4 cup
<input type="checkbox"/> Dry Green Lentils	3/4 cup
<input type="checkbox"/> Dry Wheat Berries (or Quinoa, Barley or Rice)	1 1/2 dry cups
<input type="checkbox"/> Canned Fire-Roasted Diced Tomatoes	28 oz
<input type="checkbox"/> Canned Black Beans	(2) 14 oz
<input type="checkbox"/> Tortillas	10
<input type="checkbox"/> Plant Meat (Mushroom Deli Slices)	1 package
<input type="checkbox"/> Frozen Fruit (For Smoothies)	
<input type="checkbox"/> Frozen Wild Blueberries	
<input type="checkbox"/> Avocado	3
<input type="checkbox"/> Fresh Fruit of Choice	
<input type="checkbox"/> Bananas	6
<input type="checkbox"/> Apples	4
<input type="checkbox"/> Large Container of Greens or Romaine	

	Item	Qty
<input type="checkbox"/>	Hummus	
<input type="checkbox"/>	Vegetables (To Go with Hummus Wraps)	
<input type="checkbox"/>	Tomatoes	2
<input type="checkbox"/>	Bell Peppers	4
<input type="checkbox"/>	Cucumber	1
<input type="checkbox"/>	Red Onion	3
<input type="checkbox"/>	Zucchini	1
<input type="checkbox"/>	Medium Sweet Potatoes	6
<input type="checkbox"/>	Frozen Spinach	10 oz
<input type="checkbox"/>	Lemon	1
<input type="checkbox"/>	Lime	1
<input type="checkbox"/>	Cilantro	1 bunch
<input type="checkbox"/>	Fresh Basil	
<input type="checkbox"/>	Garlic Cloves	7
<input type="checkbox"/>	Peanut Butter	
<input type="checkbox"/>	Plant Milk	1 carton
<input type="checkbox"/>	Low-Sodium Vegetable Broth	1 quart
<input type="checkbox"/>	Pumpkin Seeds	
<input type="checkbox"/>	Raw Walnuts	1 1/2 cups
<input type="checkbox"/>	Raw Almonds	1/2 cup
<input type="checkbox"/>	Raw Pecans	1/2 cup
<input type="checkbox"/>	Medjool Dates	1 cup
<input type="checkbox"/>	Shredded Coconut	1/2 cup

	Item	Qty
<input type="checkbox"/>	Chia Seeds	1 tbsp
<input type="checkbox"/>	Ground Flaxseed	6 tbsp
<input type="checkbox"/>	Sunflower Seeds	1/4 cup
<input type="checkbox"/>	Olive oil	5 tbsp
<input type="checkbox"/>	Apple Cider Vinegar	1 tbsp
<input type="checkbox"/>	Tomato Paste	2 tbsp
<input type="checkbox"/>	Ceylon Cinnamon	4 tsp
<input type="checkbox"/>	Garlic Powder	1 1/2 tsp
<input type="checkbox"/>	Onion Powder	1 tsp
<input type="checkbox"/>	Italian Seasonings	2 tbsp + 2 tsp
<input type="checkbox"/>	Smoked Paprika	1/2 tsp
<input type="checkbox"/>	Chili Powder	1 tsp
<input type="checkbox"/>	Cumin	1/2 tsp