

Vegan Meal Plan - Week 1

	Breakfast	Lunch	Snack	Dinner
Monday	Oatmeal with Wild Blueberries, Pumpkin Seeds, and Peanut Butter	Vegetable Hummus Wraps	Fruit Smoothie	Stuffed Pepper Soup with Roasted Sweet Potatoes
Tuesday	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)
Wednesday	Oatmeal with Wild Blueberries, Pumpkin Seeds, and Peanut Butter	Plant Meat Sandwiches with Fruit	Fruit Smoothie	Sweet Potato & Black Bean Burritos
Thursday	Avocado Toast with Sliced Apples	Wheat Berry Vegetable Salad	Banana with a Serving of Nuts or Nut Butter	Sweet Potato & Black Bean Burritos (Leftovers)
Friday	Oatmeal with Wild Blueberries, Pumpkin Seeds, and Peanut Butter	Wheat Berry Vegetable Salad	Fruit Smoothie	Veggie Burgers with Fruit and a Salad
Saturday	Rawnola Bowls with Fresh Fruit	Plant Meat Sandwiches with Fruit	Banana with a Serving of Nuts or Nut Butter	Lentil Meatballs with Spaghetti
Sunday	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	5 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	4 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	3 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
<input type="checkbox"/>	Dried Parsley	1 tsp
<input type="checkbox"/>	Dried Basil	1 tsp
<input type="checkbox"/>	Nutritional Yeast	2 tbsp
<input type="checkbox"/>	Vegan Worcestershire Sauce	1 tbsp
<input type="checkbox"/>	Cremini Mushrooms	5 oz
<input type="checkbox"/>	Garlic Cloves	2