

Vegan Meal Plan - Week 2

	Breakfast	Lunch	Snack	Dinner
Monday	Oatmeal with Wild Blueberries, Pumpkin Seeds, and Peanut Butter	BBQ Tempeh Wraps	Fruit Smoothie	Chickpea Curry with Rice and a Salad
Tuesday	Avocado Toast with Sliced Apples	BBQ Tempeh Wraps	Hummus with Vegetables or Lentil Crackers	Chickpea Curry with Rice and a Salad (Leftovers)
Wednesday	Oatmeal with Wild Blueberries, Pumpkin Seeds, and Peanut Butter	Salad with Hummus and Vegetables	Fruit Smoothie	Hearty Cabbage & Bean Soup with Baked Potatoes
Thursday	Avocado Toast with Sliced Apples	Plant Meat Sandwiches with Fruit	Hummus with Vegetables or Lentil Crackers	Hearty Cabbage & Bean Soup with Baked Potatoes
Friday	Oatmeal with Wild Blueberries, Pumpkin Seeds, and Peanut Butter	Plant Meat Sandwiches with Fruit	Fruit Smoothie	Vegan BLT Sandwich
Saturday	Tofu Scramble with Roasted Potatoes	Vegan BLT Sandwich	Hummus with Vegetables or Lentil Crackers	Lentil Sloppy Joes with Roasted Broccoli and a Salad (Leftovers)
Sunday	Tofu Scramble with Roasted Potatoes (Leftovers)	Salad with Hummus and Vegetables	Fruit Smoothie	Lentil Sloppy Joes with Roasted Broccoli and a Salad

Vegan Grocery List - Week 2

Item	Qty
<input type="checkbox"/> Old Fashioned Oats	3 cups
<input type="checkbox"/> Dry Brown Rice	2 cups
<input type="checkbox"/> Dry French Lentils	1 cup
<input type="checkbox"/> Dry Red Lentils	1 cup
<input type="checkbox"/> Canned Great Northern Beans	(2) 14oz
<input type="checkbox"/> Canned Chickpeas	(2) 14 oz
<input type="checkbox"/> Low-Sodium Vegetable Broth	2 quarts
<input type="checkbox"/> Ciabatta Rolls	4
<input type="checkbox"/> Tortillas or Spinach Wraps	6
<input type="checkbox"/> Ezekiel Bread	
<input type="checkbox"/> Tempeh Bacon	
<input type="checkbox"/> Block of Organic Firm Tofu	1
<input type="checkbox"/> Tempeh	1
<input type="checkbox"/> Pumpkin Seeds	
<input type="checkbox"/> Peanut Butter	
<input type="checkbox"/> Ground Flaxseed	
<input type="checkbox"/> Hemp Seeds	
<input type="checkbox"/> Plant Milk	1 Carton
<input type="checkbox"/> Hummus	
<input type="checkbox"/> Lentil Crackers	
<input type="checkbox"/> Garlic Powder	1/2 tsp

	Item	Qty
<input type="checkbox"/>	Cinnamon	3 tsp
<input type="checkbox"/>	Curry Powder	2 tbsp + 1/2 tsp
<input type="checkbox"/>	Cumin	1 1/2 tsp
<input type="checkbox"/>	Paprika	1/4 tsp
<input type="checkbox"/>	Black Salt (Optional)	1/4 tsp
<input type="checkbox"/>	Turmeric	1/2 tsp
<input type="checkbox"/>	Coriander Powder	1 1/4 tsp
<input type="checkbox"/>	Garam Masala	1 1/4 tsp
<input type="checkbox"/>	Chili Powder	2 tbsp
<input type="checkbox"/>	Smoked Paprika	1 tbsp + 2 tsp
<input type="checkbox"/>	Italian Seasonings	2 tbsp
<input type="checkbox"/>	Bay Leaf	1
<input type="checkbox"/>	Chili Flakes	1/4 tsp
<input type="checkbox"/>	Olive oil (Optional)	
<input type="checkbox"/>	Tomato Paste	3 tbsp
<input type="checkbox"/>	Bottle of BBQ Sauce	
<input type="checkbox"/>	Thai Red Curry Paste	4 oz
<input type="checkbox"/>	Vegan Worcestershire	1 tsp
<input type="checkbox"/>	Maple Syrup	2 tbsp
<input type="checkbox"/>	Balsamic Vinegar	1 tbsp
<input type="checkbox"/>	Ketchup	1/2 cup
<input type="checkbox"/>	Garlic Aioli (Optional)	
<input type="checkbox"/>	Broccoli	1 head

	Item	Qty
<input type="checkbox"/>	Leeks	1 bunch
<input type="checkbox"/>	Garlic Cloves	2 bulbs
<input type="checkbox"/>	Large Cabbage	1 head
<input type="checkbox"/>	Collard Greens (Fresh or Frozen)	1 bunch
<input type="checkbox"/>	Medium Carrots	5
<input type="checkbox"/>	Sugar Snap Peas (Fresh or Frozen)	10 oz
<input type="checkbox"/>	Vegetables (To Go with Hummus)	
<input type="checkbox"/>	Medium Onion	3
<input type="checkbox"/>	Mushrooms	1 lb
<input type="checkbox"/>	Large Red Pepper	3
<input type="checkbox"/>	Lemon	1
<input type="checkbox"/>	Lime	1
<input type="checkbox"/>	Fresh Ginger	
<input type="checkbox"/>	Green Onions	1 bunch
<input type="checkbox"/>	Cilantro	1 bunch
<input type="checkbox"/>	Large Container of Greens	
<input type="checkbox"/>	Tomato	3
<input type="checkbox"/>	Avocados	3
<input type="checkbox"/>	Frozen Fruit (For Smoothies)	
<input type="checkbox"/>	Frozen Wild Blueberries	
<input type="checkbox"/>	Fresh Fruit of Choice	