

Vegan Meal Plan - Week 3

	Breakfast	Lunch	Snack	Dinner
Monday	Oatmeal with Wild Blueberries, Pumpkin Seeds, and Peanut Butter	Arugula Quinoa Salad	Fruit Smoothie	Stuffed Spinach Artichoke Shells with a Salad
Tuesday	Avocado Toast with Sliced Apples	Arugula Quinoa Salad	Nut & Seed Granola Bars	Stuffed Spinach Artichoke Shells with a Salad (Leftovers)
Wednesday	Oatmeal with Wild Blueberries, Pumpkin Seeds, and Peanut Butter	Plant Meat Sandwiches with Fruit	Fruit Smoothie	Lentil Stuffed Cabbage Rolls with Roasted Vegetables
Thursday	Avocado Toast with Sliced Apples	Salad with Lentils and Hummus	Nut & Seed Granola Bars	Lentil Stuffed Cabbage Rolls with Roasted Vegetables (Leftovers)
Friday	Oatmeal with Wild Blueberries, Pumpkin Seeds, and Peanut Butter	Salad with Lentils and Hummus	Fruit Smoothie	Roasted Cauliflower Steaks with Red Pepper Pasta
Saturday	Banana Pancakes	Red Pepper Pasta (Leftovers)	Nut & Seed Granola Bars	Buffalo Cauliflower Tacos with Roasted Brussel Sprouts and a Salad
Sunday	Banana Pancakes	Plant Meat Sandwiches with Fruit	Fruit Smoothie	Buffalo Cauliflower Tacos with Roasted Brussel Sprouts (Leftovers)

Vegan Grocery List - Week 3

	Item	Qty
<input type="checkbox"/>	Old Fashioned Oats	6 1/2 cups
<input type="checkbox"/>	Oat Flour	1 cup
<input type="checkbox"/>	Ezekiel Bread	
<input type="checkbox"/>	AP Flour	1 cup
<input type="checkbox"/>	Penne Pasta	1 lb
<input type="checkbox"/>	Dry Brown Rice	1 cup
<input type="checkbox"/>	Cooked Quinoa	3 cups
<input type="checkbox"/>	Dry French Lentils	1 cup
<input type="checkbox"/>	Jumbo Shells	1 lb
<input type="checkbox"/>	Panko Breadcrumbs	1 1/2 cups
<input type="checkbox"/>	Ground Flaxseed	1 tbsp
<input type="checkbox"/>	Ceylon Cinnamon	1 1/2 tsp
<input type="checkbox"/>	Plant Milk (I use unsweetened coconut)	1 carton
<input type="checkbox"/>	Frozen Wild Blueberries	
<input type="checkbox"/>	Bags of Frozen Spinach	(2) 10 oz
<input type="checkbox"/>	Large Heads of Cauliflower	2
<input type="checkbox"/>	Large Head Red Cabbage	1
<input type="checkbox"/>	Brussel Sprouts	1 lb
<input type="checkbox"/>	Large Beefsteak Tomato	1
<input type="checkbox"/>	Fresh Basil	1 bunch
<input type="checkbox"/>	Garlic Cloves	8

	Item	Qty
<input type="checkbox"/>	Baby Arugula	5 oz
<input type="checkbox"/>	Sweet Onion	2
<input type="checkbox"/>	Shredded Carrots	1 1/2 cups
<input type="checkbox"/>	Avocado	2
<input type="checkbox"/>	Vegetables of Choice	
<input type="checkbox"/>	Fruit of Choice	
<input type="checkbox"/>	Apples	4
<input type="checkbox"/>	Large Container of Greens	
<input type="checkbox"/>	Peanut Butter	
<input type="checkbox"/>	Pumpkin Seeds	1 cup
<input type="checkbox"/>	Hemp Seeds	1/2 cup
<input type="checkbox"/>	Chia Seeds	1 tsp + 2 tbsp
<input type="checkbox"/>	Almonds	1/4 cup
<input type="checkbox"/>	Sliced Almonds	1/4 cup
<input type="checkbox"/>	Raw Cashews	2 1/2 cups
<input type="checkbox"/>	Roasted Walnuts	1/2 cup
<input type="checkbox"/>	Hummus	
<input type="checkbox"/>	Apple Cider Vinegar	2 1/2 tbsp
<input type="checkbox"/>	Baking Powder	1 tbsp
<input type="checkbox"/>	Avocado Oil	
<input type="checkbox"/>	Maple Syrup	6 tbsp + 1/2 cup
<input type="checkbox"/>	Vanilla Extract	1 tsp + 1 tbsp
<input type="checkbox"/>	Balsamic Vinegar	3 tbsp
<input type="checkbox"/>	Dried Cherries	1/2 cup

	Item	Qty
<input type="checkbox"/>	Jarred Artichoke Hearts	(3) 10 oz
<input type="checkbox"/>	Plant Meat Deli Slices (Mushroom Meat)	
<input type="checkbox"/>	Coconut Oil	1/4 cup
<input type="checkbox"/>	Coconut Sugar	1/4 cup
<input type="checkbox"/>	Frank's Buffalo Sauce	2 cups
<input type="checkbox"/>	Marinara Sauce Jar	(2) 26 oz
<input type="checkbox"/>	Dijon Mustard	1 tbsp
<input type="checkbox"/>	Nutritional Yeast	4 tbsp
<input type="checkbox"/>	Violife Vegan parmesan (Optional)	1 tbsp
<input type="checkbox"/>	Jarred Fire-Roasted Red Peppers	28 oz
<input type="checkbox"/>	Tomato Paste	3 tbsp
<input type="checkbox"/>	Lemon	2
<input type="checkbox"/>	Paprika	1 1/2 tsp
<input type="checkbox"/>	Nutmeg	1/8 tsp
<input type="checkbox"/>	Garlic Powder	3 tsp
<input type="checkbox"/>	Smoked Paprika	1/4 tsp
<input type="checkbox"/>	Italian Seasonings	1 tbsp