

# Vegan Meal Plan - Week 4

	Breakfast	Lunch	Snack	Dinner
<b>Monday</b>	Oatmeal with Wild Blueberries, Pumpkin Seeds, and Peanut Butter	Chickpea Salad Sandwiches	Fruit Smoothie	Vegetable Barley Soup with a Salad
<b>Tuesday</b>	Avocado Toast with Sliced Apples	Chickpea Salad Sandwiches	Banana with a Serving of Nuts or Nut Butter	Vegetable Barley Soup with a Salad (Leftovers)
<b>Wednesday</b>	Oatmeal with Wild Blueberries, Pumpkin Seeds, and Peanut Butter	Southwest Quinoa Bean Salad	Fruit Smoothie	Pesto Quinoa Stuffed Tomatoes with Roasted Vegetables
<b>Thursday</b>	Avocado Toast with Sliced Apples	Southwest Quinoa Bean Salad	Banana with a Serving of Nuts or Nut Butter	Pesto Quinoa Stuffed Tomatoes with Roasted Vegetables (Leftovers)
<b>Friday</b>	Oatmeal with Wild Blueberries, Pumpkin Seeds, and Peanut Butter	Southwest Quinoa Bean Salad	Fruit Smoothie	Vegan Cheesy Zucchini Quesadillas
<b>Saturday</b>	Chia Seed Pudding Cups	BBQ Tempeh Wraps	Banana with a Serving of Nuts or Nut Butter	Curried Lentils with Brown Rice and a Salad
<b>Sunday</b>	Chia Seed Pudding Cups (Leftovers)	BBQ Tempeh Wraps	Fruit Smoothie	Curried Lentils with Brown Rice and a Salad (Leftovers)

# Vegan Grocery List - Week 4

	Item	Qty
<input type="checkbox"/>	Old Fashioned Oats	3 cups
<input type="checkbox"/>	Tortillas	10
<input type="checkbox"/>	Ezekiel Bread	1 loaf
<input type="checkbox"/>	Tempeh	1
<input type="checkbox"/>	Dry Pearl Barley	1 cup
<input type="checkbox"/>	Dry French Green Lentils	2 cups
<input type="checkbox"/>	Dry Brown Rice	2 cups
<input type="checkbox"/>	Dry Quinoa	2 cups
<input type="checkbox"/>	Canned Corn	(1) 14 oz
<input type="checkbox"/>	Canned Unsweetened Coconut Milk	(1) 14 oz
<input type="checkbox"/>	Canned Chipotle Peppers in Adobo	1
<input type="checkbox"/>	Canned Chickpeas	2
<input type="checkbox"/>	Canned Black Beans	(2) 14 oz
<input type="checkbox"/>	Canned Kidney Beans	(2) 14 oz
<input type="checkbox"/>	Ground Flaxseed	6 tbsp
<input type="checkbox"/>	Ceylon Cinnamon	3 tsp
<input type="checkbox"/>	Frozen Wild Blueberries	1 1/2 cups
<input type="checkbox"/>	Frozen Mango	2 cups
<input type="checkbox"/>	Frozen Spinach	8 oz
<input type="checkbox"/>	Frozen Red Peppers	(2) 10 oz
<input type="checkbox"/>	Raw Cashews	1 1/4 cup

	Item	Qty
<input type="checkbox"/>	Pumpkin Seeds	
<input type="checkbox"/>	Chia Seeds	1/4 cup
<input type="checkbox"/>	Golden Raisins	3 tbsp
<input type="checkbox"/>	Peanut Butter	
<input type="checkbox"/>	Avocado	2
<input type="checkbox"/>	Apples	5
<input type="checkbox"/>	Fresh Spinach	10 oz
<input type="checkbox"/>	Large Zucchini	2
<input type="checkbox"/>	Frozen Mixed Vegetables	2 cups
<input type="checkbox"/>	Fresh Basil	2 cups
<input type="checkbox"/>	Bananas	
<input type="checkbox"/>	Large Beefsteak Tomatoes	8
<input type="checkbox"/>	Large Container of Greens	
<input type="checkbox"/>	Large Red Bell Pepper	1
<input type="checkbox"/>	Large Sweet Potato	2
<input type="checkbox"/>	Plant Milk	1 carton
<input type="checkbox"/>	Vegetables of Choice	
<input type="checkbox"/>	Medium Red Onion	3
<input type="checkbox"/>	Garlic Bulb	2
<input type="checkbox"/>	Fruit of Choice	
<input type="checkbox"/>	Celery	
<input type="checkbox"/>	Carrots	4
<input type="checkbox"/>	Jalapeno	1

	Item	Qty
<input type="checkbox"/>	Fresh Cilantro	
<input type="checkbox"/>	Lime	3
<input type="checkbox"/>	Lemon	2
<input type="checkbox"/>	Kite Hill Unsweetened Plain Greek Yogurt Cup	1
<input type="checkbox"/>	Maple Syrup	3 tbsp + 1 tsp
<input type="checkbox"/>	Jarred BBQ Sauce	
<input type="checkbox"/>	Tahini	1 tsp
<input type="checkbox"/>	Curry Powder	3 1/2 tsp
<input type="checkbox"/>	Coriander Powder	1 1/2 tsp
<input type="checkbox"/>	Cumin	3/4 tsp
<input type="checkbox"/>	Garlic Powder	1 1/2 tsp
<input type="checkbox"/>	Chili Powder	1/4 tsp
<input type="checkbox"/>	Smoked Paprika	1/4 tsp
<input type="checkbox"/>	Cayenne Pepper	1/4 tsp
<input type="checkbox"/>	Chili Flakes	1/2 tsp
<input type="checkbox"/>	Nuts of Choice	
<input type="checkbox"/>	Tomato Paste	2 tbsp
<input type="checkbox"/>	Italian Seasonings	4 tsp
<input type="checkbox"/>	Bay Leaf	1
<input type="checkbox"/>	Paprika	1 tsp
<input type="checkbox"/>	Nutritional Yeast	2 1/2 tbsp
<input type="checkbox"/>	Tapioca Starch (Flour)	1/4 cup
<input type="checkbox"/>	Low-Sodium Vegetable Broth	6 cups

	Item	Qty
<input type="checkbox"/>	Jarred Artichoke Hearts (in water)	10 oz
<input type="checkbox"/>	Jarred Thai Green Curry Paste	4 oz