

One-Day Sample Vegan Meal Plan
Adapted from LivingPlate.com

BREAKFAST

Overnight Strawberry Oatmeal

Servings: 1

Ingredients

1/2 cup rolled oats
1 coconut or almond beverage
1 teaspoon cinnamon more to taste
1 Tablespoon chia seeds
1/2 cup strawberries

Instructions

1. In an 8 or 12 oz. container mix oatmeal, coconut or almond beverage, cinnamon plus chia seeds. Cover and let stand overnight in the refrigerator.
2. Add fresh fruit before serving.

Nutritional Information per Serving

Per Serving based on 1 servings

Calories: 260

Protein: 8.41

Fat: 6.4 g

Carbs: 45.33 g

Fiber: 12.29 g

Sugar: 4.71 g

LUNCH

Beets and chickpea salad

Servings: 1

Ingredients

¼ cup canned beets, drained and rinsed
¼ cup carrots, sliced
½ tablespoon extra-virgin olive oil
2 ounces canned chickpeas drained and rinsed
2 cups baby spinach leaves
1 tablespoon extra firm tofu crumbled
½ teaspoon nutritional yeast
1 tablespoon balsamic vinegar
sea salt and freshly ground pepper to taste

Instructions

1. Toss all the vegetables together.
2. Mix balsamic with salt, pepper and olive oil as dressing.
3. Top with tofu mixed with nutritional yeast.

Nutritional Information per Serving

Calories: 280
Protein: 10.53 g
Fat: 16.67 g
Carbs: 25.15 g
Fiber: 6.68 g
Sugar: 8.93 g

SNACKS

Grapefruit Mini Salad

Servings: 2

Ingredients

2 grapefruits, cut in supreme
1 tablespoon fresh mint chopped

Instructions:

1. Mix all ingredients and serve.

Nutritional Information per serving

Calories: 96
Protein: 1.79 g
Fat: 0.33 g
Carbs: 24.29 g
Fiber: 3.72 g
Sugar: 15.63 g

Instructions

1. Toss and mix ingredients together. Stevia optional.
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DINNER

Tofu pumpkin curry over cauliflower rice and side of quinoa

Servings: 2

TOFU

Ingredients

7 ounces firm tofu, cut in ½" cubes
½ tablespoon olive oil
¼ yellow onion, chopped
½ red bell pepper, chopped
½ clove garlic, minced
1 tablespoon red curry paste
½ 15-ounce pumpkin puree
½ 15-ounce full fat coconut milk
2 cups fresh spinach leaves
salt and pepper to taste
Juice of 1 lime
¼ cup cilantro chopped
1 cup cauliflower rice, cooked

Instructions

1. Drain tofu and place on a plate lined with paper towels. Cover with another layer of paper towels and top with a heavy object to press some moisture from tofu.
2. Heat olive oil in a large skillet. Add the onion and red bell pepper. Sauté for 3-5 minutes or until onion begins to soften. Add the garlic and cook one more minute.
3. Stir in the curry paste, pumpkin, and coconut milk and bring to a gentle simmer/
4. Add tofu cubes and cook for 3 minutes. Add the spinach, salt, and pepper, and cook another 3-5 minutes or until spinach is soft.
5. Serve over cauliflower rice and top with a squeeze of fresh lime juice and chopped cilantro.

Nutritional Information per serving

Calories: 508
Protein: 25.1 g
Fat: 37.38 g
Carbs: 28.73 g
Fiber: 10.77 g
Sugar: 8.89 g

Cilantro Lime Quinoa

Servings: 2

Ingredients

½ cup quinoa
1 cup vegetable broth
1 tablespoon fresh lime juice
3 tablespoons chopped cilantro
sea salt and pepper, to taste

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Instructions

1. Combine quinoa and broth in a saucepan and bring to a boil. Cover and reduce to a simmer, cook for 20 minutes.
2. Mix quinoa, lime juice and cilantro. Salt and pepper to taste.

Nutritional Information per serving

Calories: 167

Protein: 6.24 g

Fat: 2.62 g

Carbs: 30 g

Fiber: 3.18 g

Sugar: 1.14 g

Disclosure: The information included on this site is not a substitute for professional medical advice, examination, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider before changing your diet, exercise regimen, starting any new treatment or making changes to existing treatment.