

What Real Vegans Eat Meal Plan

| | Breakfast | Lunch | Dinner | Snack/Dessert |
|-------|--|---|--|--|
| Mon | Oatmeal (Porridge) with Bananas and Seeds | Green Bean Salad with Caesar Dressing | Healthy Protein Casserole | Easy Dessert: Chocolate Yoghurt and Strawberries |
| Tues | Weetabix (Weetbix) with Fresh Fruit | Falafel and Hummus Sandwich | Vegan Shepherd's Pie <i>(Serve with broccoli and/or kale)</i> | Dark Chocolate |
| Weds | The Best Simple Smoothie Ever (Berry and Banana) | Cheese Toastie and Crisps | Roast Butternut Squash and Spinach Salad with Toasted Sunflower Seeds | Yoghurt and Fruit Snack |
| Thurs | Avocado, Tomato and Marmite on Toast | Chickpea Salad | Vegan Sausage and Mash | Vegan Cheese and Crackers |
| Fri | Yogurt with Fruit and Berries | Cheatin' Chicken Sandwich | Friday Night Pizza | Cheese on Toast (with Potato and Carrot Cheese!) |
| Sat | Easy Peasy Vegan Muesli | A Great Big Lunchtime Salad Bowl! | Zoodles with Pesto, Rocket and Roasted Tomatoes and Chickpeas <i>(Serve with crusty bread and tapenade)</i> | Hummus, Pure and Simple |

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| Sun | Full English Fry Up | Vegan Ploughman's Lunch | Vegan Roast Dinner | Easy Peasy Banana Ice Cream |
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