

# WHAT REAL VEGANS EAT MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACK/DESSERT
MONDAY	<a href="#">Oatmeal (Porridge) with Bananas and Seeds</a>	<a href="#">Green Bean Salad with Caesar Dressing</a>	<a href="#">Healthy Protein Casserole</a>	<a href="#">Easy Dessert: Chocolate Yoghurt and Strawberries</a>
TUESDAY	<a href="#">Weetabix (Weetbix) with Fresh Fruit</a>	<a href="#">Falafel and Hummus Sandwich</a>	<a href="#">Vegan Shepherd's Pie</a> (Serve with broccoli and/or kale)	<a href="#">Dark Chocolate</a>
WEDNESDAY	<a href="#">The Best Simple Smoothie Ever (Berry and Banana)</a>	<a href="#">Cheese Toastie and Crisps</a>	<a href="#">Roast Butternut Squash and Spinach Salad with Toasted Sunflower Seeds</a>	<a href="#">Yoghurt and Fruit Snack</a>
THURSDAY	<a href="#">Avocado, Tomato and Marmite on Toast</a>	<a href="#">Chickpea Salad</a>	<a href="#">Vegan Sausage and Mash</a>	<a href="#">Vegan Cheese and Crackers</a>
FRIDAY	<a href="#">Yogurt with Fruit and Berries</a>	<a href="#">Cheatin' Chicken Sandwich</a>	<a href="#">Friday Night Pizza</a>	<a href="#">Cheese on Toast (with Potato and Carrot Cheese!)</a>
SATURDAY	<a href="#">Easy Peasy Vegan Muesli</a>	<a href="#">A Great Big Lunchtime Salad Bowl</a>	<a href="#">Zoodles with Pesto, Rocket and Roasted Tomatoes and Chickpeas</a> (Serve with crusty bread and <a href="#">tapenade</a> )	<a href="#">Hummus, Pure and Simple</a>
SUNDAY	<a href="#">Full English Fry Up</a>	<a href="#">Vegan Ploughman's Lunch</a>	<a href="#">Vegan Roast Dinner</a>	<a href="#">Easy Peasy Banana Ice Cream</a>

