

Monday



Monday starts the week with filling meals that keep hunger away. The day includes protein-rich options and whole grains.

Recipe	Calories
Almond Blueberry Overnight Oats	320
Clementine with Nuts	150
Veggie Grain Bowl with Lemon Ginger Sauce	420
Gluten-Free Vegan Chocolate Chip Banana Bread	180
Walnut Burger with Mixed Greens	430

Breakfast: Almond Blueberry Overnight Oats

This breakfast combines rolled oats with almond milk and fresh blueberries for a creamy morning meal.

The oats soak overnight, making breakfast ready when you wake up.

Snack 1: Clementine with Nuts

A fresh clementine paired with a small handful of mixed nuts provides vitamin C and healthy fats. This snack takes just seconds to prepare and enjoy.

Lunch: Veggie Grain Bowl with Lemon Ginger Sauce

This bowl features quinoa topped with roasted vegetables and a tangy lemon ginger dressing.

The combination of grains and veggies creates a satisfying and colorful midday meal.

Snack 2: Gluten-Free Vegan Chocolate Chip Banana Bread

A slice of moist banana bread with chocolate chips satisfies afternoon sweet cravings.

This treat uses ripe bananas as a natural sweetener and binder for the batter.

Dinner: Walnut Burger with Mixed Greens

Ground walnuts form the base of this hearty veggie burger served with a fresh salad. The burger provides protein and omega-3 fatty acids for a complete evening meal.

Tuesday



Tuesday brings variety with international flavors and different textures. The meals balance protein from legumes with whole grains.

Recipe	Calories
Protein-Packed Beans on Toast	310
Almond Butter Flax Seed Granola Bar	165
Black Beans and Rice	440
Fruit with Nuts	135
Veggie Paella with Side Salad	450

Breakfast: Protein-Packed Beans on Toast

Seasoned white beans piled high on toasted bread with melted vegan cheese create a savory breakfast that keeps morning hunger away for hours.

Snack 1: Almond Butter Flax Seed Granola Bar

A homemade granola bar combines almond butter with ground flax seeds and oats. This portable snack delivers fiber and healthy fats in every bite.

Lunch: Black Beans and Rice

Classic black beans served over fluffy rice create a protein-rich and filling lunch option.

This simple combination provides complete amino acids and satisfies hunger for hours.

Snack 2: Fruit with Nuts

Fresh seasonal fruit paired with raw almonds or cashews makes a quick afternoon pick-me-up.

The natural sugars and protein work together to maintain steady energy levels.

Dinner: Veggie Paella with Side Salad

Spanish-inspired paella features saffron rice loaded with bell peppers, peas, and artichokes. A side of mixed greens dressed lightly completes this flavorful and colorful dinner.

Wednesday



Wednesday focuses on protein-packed meals that build and repair muscles. The day includes tofu in two different preparations.

Recipe	Calories
Protein-Packed Tofu Scramble with Toast	330
Fresh Fruit Salad	140
BBQ Tofu Wrap with Vegan Ranch	425
Vegan Energy Balls	155
Vegan Pasta Caprese	450

Breakfast: Protein-Packed Tofu Scramble with Toast

Crumbled tofu seasoned with turmeric and nutritional yeast mimics scrambled eggs perfectly.

Served alongside whole-grain toast, this breakfast provides sustained energy and plenty of protein.

Snack 1: Fresh Fruit Salad

A colorful mix of seasonal fruits like melon, berries, and citrus creates a refreshing snack.

This naturally sweet option hydrates while providing vitamins and fiber throughout the morning.

Lunch: BBQ Tofu Wrap with Vegan Ranch

Baked tofu tossed in tangy barbecue sauce gets wrapped with crisp lettuce and vegetables. A drizzle of creamy vegan ranch dressing adds richness to this handheld lunch.

Snack 2: Vegan Energy Balls

These no-bake balls combine dates, nuts, and cocoa powder for a sweet afternoon treat. They provide quick energy and healthily satisfy chocolate cravings.

Dinner: Vegan Pasta Caprese

Fresh tomatoes and basil top pasta with a drizzle of olive oil and balsamic vinegar.

This light yet satisfying dinner comes together quickly and tastes like summer on a plate.

Thursday



Thursday introduces fermented foods and creative ways to enjoy plant proteins. The meals range from light and fresh to warm and comforting.

Recipe	Calories
Vegan Smoothie Bowl with Mixed Berries and Hemp Hearts	315
Roasted Chickpeas	145
Vegan Caesar Salad with Crispy Tempeh	435
Vegan Chocolate Chip Banana Muffin	170
Vegan Shepherd's Pie	435

Breakfast: Vegan Smoothie Bowl with Mixed Berries and Hemp Hearts

Blended frozen berries create a thick smoothie base topped with hemp hearts and granola.

This colorful breakfast provides antioxidants, omega-3s, and plenty of vitamins to start the day.

Snack 1: Roasted Chickpeas

Crispy chickpeas seasoned with spices make a crunchy, protein-rich snack that satisfies salty cravings. These oven-roasted legumes provide fiber and keep hunger at bay between meals.

Lunch: Vegan Caesar Salad with Crispy Tempeh

Romaine lettuce gets dressed in creamy cashew-based Caesar dressing and topped with baked tempeh.

This classic salad becomes a substantial lunch with fermented soy protein added in.

Snack 2: Vegan Chocolate Chip Banana Muffin

A tender muffin studded with dairy-free chocolate chips makes an afternoon indulgence worth enjoying.

Ripe bananas provide natural sweetness and moisture to this baked treat.

Dinner: Vegan Shepherd's Pie

Lentils and vegetables simmer in savory gravy, then get topped with creamy mashed potatoes. This comfort food classic warms the soul and provides complete nutrition in one dish.

Friday



Friday celebrates the end of the workweek with fun and flavorful meals. The day includes Mexican-inspired dishes packed with bold spices.

Recipe	Calories
Vegan Banana Flour Pancakes with Maple Syrup	325
Mixed Nuts and Dried Fruit	160
Chickpea Salad Sandwich	410
Vegan Protein Bar	155
Vegan Burrito Bowl with Guacamole	450

Breakfast: Vegan Banana Flour Pancakes with Maple Syrup

Fluffy pancakes made with banana flour provide a unique twist on the breakfast classic.

Drizzled with pure maple syrup, these pancakes offer natural sweetness and whole-grain nutrition.

Snack 1: Mixed Nuts and Dried Fruit

A trail mix of raw almonds, walnuts, and dried cranberries provides quick energy on the go.

This simple combination delivers healthy fats, protein, and natural sugars for sustained energy.

Lunch: Chickpea Salad Sandwich

Mashed chickpeas mixed with vegan mayo and celery create a creamy sandwich filling. Served on whole-grain bread with lettuce and tomato, this lunch resembles classic chicken salad.

Snack 2: Vegan Protein Bar

A store-bought or homemade protein bar provides convenient nutrition during busy afternoon hours. These bars typically contain nuts, seeds, and plant protein powder for muscle support.

Dinner: Vegan Burrito Bowl with Guacamole

Seasoned rice and beans form the base for toppings like salsa, corn, and lettuce.

Creamy homemade guacamole adds healthy fats and rich flavor to this customizable dinner bowl.

Saturday



Saturday allows time for more involved cooking with recipes that feel special. The meals include warming soups and stuffed vegetables.

Recipe	Calories
Savory Vegan Breakfast Bowl with Avocado and Greens	330
Cherry Almond Oat Bars	155
Vegan Lentil Soup with Whole Grain Bread	425
Vegan Dark Chocolate Square	140
Stuffed Peppers with Quinoa and Black Beans	450

Breakfast: Savory Vegan Breakfast Bowl with Avocado and Greens

Roasted sweet potatoes and sautéed greens get topped with sliced avocado for a hearty bowl.

This savory breakfast provides complex carbs, healthy fats, and vitamins to fuel weekend activities.

Snack 1: Cherry Almond Oat Bars

Homemade bars combine dried cherries with almonds and oats in a chewy, portable snack. These bars offer natural sweetness from fruit and satisfying texture from nuts and grains.

Lunch: Vegan Lentil Soup with Whole Grain Bread

A warm bowl of lentil soup packed with vegetables and herbs pairs perfectly with crusty bread.

This comforting lunch provides plant protein and fiber to keep you full all afternoon.

Snack 2: Vegan Dark Chocolate Square

A single square of high-quality dark chocolate satisfies sweet cravings with minimal calories. The rich flavor and antioxidants make this small treat feel special and indulgent.

Dinner: Stuffed Peppers with Quinoa and Black Beans

Bell peppers filled with seasoned quinoa and black beans get baked until tender.

This colorful dinner provides complete protein and looks beautiful on the plate for weekend dining.

Sunday



Sunday wraps up the week with comforting favorites and international cuisine. The meals feel indulgent while staying within calorie goals.

Recipe	Calories
Vegan French Toast with Fresh Berries	320
Vegan Chai Muffins	165
Vegan Spaghetti and Meatballs	445
Sliced Apples with Almond Butter	135
Vegan Pad Thai	435

Breakfast: Vegan French Toast with Fresh Berries

Thick slices of bread soaked in spiced non-dairy milk get pan-fried until golden brown. Fresh berries on top add natural sweetness and antioxidants to this weekend breakfast favorite.

Snack 1: Vegan Chai Muffins

Warm spices like cinnamon, cardamom, and ginger flavor these tender breakfast-style muffins.

The chai spice blend creates an aromatic snack that pairs perfectly with morning or afternoon tea.

Lunch: Vegan Spaghetti and Plant-based Meatballs

Plant-based meatballs made from lentils and mushrooms sit atop a bed of spaghetti and marinara.

This classic Italian dish proves that vegan versions can taste just as satisfying as traditional recipes.

Snack 2: Sliced Apples with Almond Butter

Crisp apple slices dipped in creamy almond butter provide a perfect balance of sweet and savory. This simple combination delivers fiber from the fruit and protein from the nut butter.

Dinner: Vegan Pad Thai

Rice noodles stir-fried with tofu, bean sprouts, and peanuts in tangy tamarind sauce complete the week. This Thai restaurant favorite can be made at home with simple ingredients and quick cooking.