

CROYDON VEGAN OUTREACH



TOGETHER WE ARE THEIR VOICE

	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Green smoothie	1 slice bread with peanut butter and jam	3-bean salad	Edamame with olive oil, lemon juice, garlic and coarse salt	Lentil burger, whole grain bun and fresh veggies/toppings of your choice
Tuesday	Hummus sandwich with fresh veggies	Veggie sticks (peppers, carrots, cucumbers, etc.) Tahini dip	Vietnamese spring rolls	1 slice bread with cashew cheese	Thai curry vegetables and rice Chopped Asian salad
Wednesday	Oatmeal with fruit	A piece of fruit A handful of nuts (Brazil nuts, cashews, almonds etc.)	Vegan "egg" salad sandwiches Fresh veggie slices	Avocado toast	Vegan spaghetti and "meat" balls Green salad
Thursday	Toast with lentil spread Fresh veggies	A bunch of grapes	Chickpea flour omelet Green salad	Cooked beans/chickpeas with olive oil, lemon juice and seasoning of your choice	Seven Vegetable Couscous Fattoush salad
Friday	Granola or muesli with soy or other non-dairy yogurt 1 tbsp. chia seeds 1 serving of fruit	Rice cakes with avocado	Vegan sushi	Fruit salad	Vegan Lasagna Green salad
Saturday	Vegan pancakes Fresh fruit	Roasted chickpeas	Black bean, sweet potato and quinoa soup	Chocolate banana ice cream	Tofu veggie stir-fry Rice or quinoa
Sunday	Tofu scramble Whole grain toast + avocado	Cherry tomatoes with olive oil and balsamic vinegar	Quinoa stuffed peppers Green salad	A handful of nuts (Brazil nuts, cashews, pecans, etc.) 2-3 dried dates	Vegan chili Cooked quinoa or rice Chopped salad with tahini dressing

Get shortcut ideas and shopping tips for these recipes by visiting our website at : <http://croydonveganoutreach.com/vegan-meal-plan>

GOOD LUCK ON YOUR VEGAN JOURNEY ♥ CONTACT US FOR SUPPORT