

# Weekly Vegan Meal Plan Menu



Weekday	Breakfast	Snack 1	Lunch	Dinner	Snack 2
<b>Sunday</b>	<b>Banana &amp; Almond pancake</b>	<b>Edamame Pods</b>	<b>Pad Tha with Tofu</b>	<b>Mediterranean Bowl</b>	<b>Fruit salad</b>
<b>Monday</b>	<b>Vegan Scrambled</b>	<b>Avocado Smoothies</b>	<b>Coconut Veggies with Sweet Mash</b>	<b>Cous Cous Salad</b>	<b>Dragon balls</b>
<b>Tuesday</b>	<b>Chia mango</b>	<b>Mix Berries</b>	<b>White Beans Aglio e olio</b>	<b>Tufu Salad</b>	<b>Corn Fitter</b>
<b>Wednesday</b>	<b>Scrambled Egg with Avocado toast</b>	<b>Peanut Butter Cookies</b>	<b>Budha Bowl</b>	<b>Roasted Broccoli &amp; Carrot salad</b>	<b>Avocado Smoothi</b>
<b>Thursday</b>	<b>Overnight Oats</b>	<b>Mix Nuts</b>	<b>Penne Arabiata</b>	<b>Chicken buffalo with peri peri sauce &amp; Roasted Potato</b>	<b>Corn Archivi</b>
<b>Friday</b>	<b>Choco Crepes with Dark chocolate sauce</b>	<b>Energy Balls</b>	<b>Chickpea Curry with with white rice</b>	<b>Tofu Wap/ Chunky potato</b>	<b>Naughty Quinoa</b>