



4-DAY VEGAN MEAL PLAN

DAY 1

- BREAKFAST** Toast with nut butter, sliced banana, sunflower and pumpkin seeds, and a drizzle of maple syrup
- SNACK** Hummus w/ Carrots, Celery and Crackers
- LUNCH** Pumpkin Cauliflower Soup
- SNACK** Fruit
- SUPPER** Black Bean Sweet Potato Burritos w/ vegan sour cream, guacamole and salsa

DAY 2

- BREAKFAST** Plant Based Yogurt w/ Sliced Fruit, 2 Tbs Granola & 1 Tbs ground flax seed
- SNACK** Peanut Butter Coco-nutty Power bites
- LUNCH** Salad w/ Chickpea of the sea
- SNACK** Fruit
- SUPPER** Mac & Cheeze

DAY 3

- BREAKFAST** Apple Cinnamon Raisin Oatmeal
- SNACK** Celery stalks with Almond Butter
- LUNCH** Poke Bowl
- SNACK** Air-popped popcorn topped with vegan butter and nutritional yeast
- SUPPER** ReBaked Potatoes w/ Green Salad
- DESSERT** Baked Apple

DAY 4

- BREAKFAST** Tofu Scramble
- SNACK** Oat and Seed Bar
- LUNCH** Sushi Burrito
- SNACK** Fruit
- SUPPER** Crispy Steamed Dumplings w/ hot & sour or (if you don't like spicy) miso soup
- DESSERT** Chocolate Chip Nice Cream



Many of the dishes on the mealplan can be ordered or bought pre-made, but they are linked to recipes on our website and this is a list of the groceries you would need, if you were to make it all at home.

PANTRY

Olive oil	Shredded coconut
Coconut oil	2 cups cooked (or canned) chickpeas
Sesame oil	Dulce flakes
Agave	Dried raisins
Maple Syrup	Corn starch
Dried Cumin	Sushi rice
Chili powder	Brown Sugar
Dried sage	Tamari
Savoury spice blend of your choice	Unbleached Flour
Cinnamon	Spirulina or natural food coloring
Garlic powder	1/2 cup coconut cream (or raw cashews for a richer taste)
9 cups vegetable broth	Chocolate chips
8 ounces macaroni noodles	5 cups rolled oats
1/2 cup nutritional yeast	Dried breadcrumbs
Nut butter	Crackers
Smoked Paprika	Granola
Dried ground turmeric	Gound flax seeds
Dried cranberries	Baking powder
Walnuts	Baking soda
Almonds	
Cashews	
Nori (Seaweed) sheets	
Large round rice paper sheets	
Black Pepper	
Rice vinegar	
Peppermint extract	
Sunflower seeds	
Pumpkin seeds	
Sesame seeds	

FRESH FOOD

Vegan queso
 4 12" flour tortillas
 1 1/2 cups cooked black bean
 white miso paste
 Stone ground mustard
 3 cups cooked pumpkin
 slices of your favourite vegan cheese
 Non-dairy cream
 Bread
 Plant Based Yogurt
 10-12 medium pitted dates
 Vegan mayonaise
 Braggs or soy sauce
 Lemon juice
 1 cup plant based milk
 Hummus
 1 pkg wonton/dumpling wrappers (or 15-20 handmade)
 2x 454 g firm tofu
 Vegan carrot poké cubes
 Sriracha (or other chilli or chipotle sauce)
 Vegan mozzarella
 1 cup pickled cabbage or turnip

FRESH FRUITS, VEGGIES & HERBS

1 small lime	fresh or dried dill	1 cup micro-greens
Cilantro	Mushrooms of your choice (Brown, White, Italian etc...)	Lettuce
Thyme	2 large Cucumbers	2 Large Russet Potatoes
Dill	1 Bell Pepper	1 large Tomato
1 Large sweet potato	4 Large leaves of lettuce	Cherry Tomatoes
2 Jalapeño peppers	Purple cabbage	2 cups mixed mushrooms. (enoki, shiitake, oyster mushrooms etc.)
2 Bulbs Garlic	1 Med-large cauliflower	4 baking Apples
2 Medium Onions	4 very ripe bananas	Ginger
1 Medium Red onion	Assorted fruits and berries (apples, peaches, melon, etc.) of your choice for snacks and breakfasts.	1Mung bean sprouts
Green onions		
fresh Spinach		
Kale		
1 Lemon		
Avocado		
1 cup shelled edamame		
Carrots		
Celery		
Bananas		
Carrots		