

VEGANUARY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	VEGAN PANCAKES	CHICKPEA SALAD SANDWICH	PASTA MARINARA WITH VEGGIE SAUSAGE	PEANUT BUTTER BROWNIE IN A MUG, APPLE
TUE	TOFU SCRAMBLE	CHICKPEA SALAD SANDWICH	PASTA MARINARA WITH VEGGIE SAUSAGE	PEANUT BUTTER BROWNIE IN A MUG, APPLE
WED	TOFU SCRAMBLE	BUFFALO CAULIFLOWER IN A WRAP	VEGAN RIBLETS WITH A VEGGIE	POPCORN, ONE ORANGE
THU	BERRY OR KALE SMOOTHIE + HANDFUL OF NUTS	BUFFALO CAULIFLOWER IN A WRAP	VEGAN RIBLETS WITH A VEGGIE	BABY CARROTS WITH HUMMUS, PROTEIN BAR
FRI	VEGAN PANCAKES	GRAIN BOWL WITH KALE AND AVOCADO	VEGAN PERSONAL PIZZA	POPCORN, ONE ORANGE
SAT	BERRY OR KALE SMOOTHIE + HANDFUL OF NUTS	GRAIN BOWL WITH KALE AND AVOCADO	CHICKPEA CURRY	BABY CARROTS WITH HUMMUS, PROTEIN BAR
SUN	VEGAN BREAKFAST HASH	LEFTOVER CHICKPEA CURRY	VEGAN PERSONAL PIZZA	VEGAN CHIPS OF CHOICE, APPLE