

7 Day Cheap Vegan Meal Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast: Pear Cornbread	Breakfast: Pear Cornbread	Breakfast: Pear Cornbread	Breakfast: Pear Cornbread	Breakfast: Pear Cornbread	Breakfast: Pear Cornbread	Breakfast: Pear Cornbread
Lunch: Lentil French Onion Soup	Lunch: Lentil French Onion Soup	Lunch: Lentil French Onion Soup	Lunch: Chickpea Fritter Wraps	Lunch: Chickpea Fritter Wraps	Lunch: Chickpea Fritter Wraps	Lunch: Chickpea Fritter Wraps
Dinner: Stuffed Peppers	Dinner: Stuffed Peppers	Dinner: Stuffed Peppers	Dinner: Lentil French Onion Soup	Dinner: Burrito Bowl	Dinner: Burrito Bowl	Dinner: Burrito Bowl
Snack: Tofu Onion Dip	Snack: Tofu Onion Dip	Snack: Tofu Onion Dip	Snack: Tofu Onion Dip	Snack: Tofu Onion Dip	Snack: Tofu Onion Dip	Snack: Tofu Onion Dip

created by www.bravelittlevegan.com