

Week Four – Veggie Challenge menu plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Green Smoothie [week 2] Whole grain toast with nut butter or tahini 20 minutes later	Scrambled Tofu No-eggs [week 3] Whole grain toast	Green Smoothie [week 2] Whole grain toast	Green Smoothie [week 2]	Favourite high-fibre cereal with non-dairy milk Apple or other fruit	Soy yogurt & granola Vegan waffles Coffee substitute (such as Caf-Lib or Orzo) or herbal tea	Fresh whole grain bagels with vegan Tofutti Cream Cheese Fruit salad Coffee substitute or herbal tea
Optional Snack	Berries and/or grapes	Trail Mix (nuts / seeds / dried fruit)	Fruit	Toast or bagel with nut butter (almond, peanut, cashew, etc)	Trail Mix	Fresh fruit	Trail Mix
Lunch	Vegan Lasagna & Caesar salad (leftover from previous night) Or a veggie sandwich	Leftover Chickpea sandwiches & Tomato soup	Leftover ratatouille, bread & salad	Leftover Squash soup, sesame tofu & beet salad. (You can make a sandwich with the sesame tofu)	Leftover Broccoli soup & Quinoa Salad	Leftover African peanut stew & salad	Leftover Corn chowder & enchiladas
Optional Snack	Fresh cut veggies with hummus or other dip	Fruit	Pecan Date Rolls*	1 or 2 pieces of dark (dairy-free) chocolate	Seasoned popcorn	Fat-free Blueberry Muffins*	Fresh cut veggies with hummus or other dip
Dinner Make extra for lunch the next day	Chickpea Sandwiches* Quick Tomato Soup*	Red Lentil Ratatouille* Mixed greens salad Crusty whole grain bread	Butternut Squash Soup* Sesame Tofu* Beet/Apple Salad*	Cream of Broccoli Soup* Quinoa Asparagus Salad*	African Peanut Stew* Mixed green salad (try adding sunflower seeds, dried cranberries and/or pecans)	Creamy Corn Chowder* Spicy Enchiladas* (time consuming)	Kale-bouli* (Like tabouli, but healthier!) UnShepherd's Pie* (time consuming)

Shopping List (organize by food type)

Notes: An asterisk (*) denotes that there is a recipe available. Other menu items are very simple and don't require a recipe. Feel free to reuse days from the previous menu plans.