

## Week Three – Veggie Challenge menu plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	Green Smoothie [week 2]  Whole grain toast with nut butter or tahini 20 minutes later	Scrambled no-eggs (tofu)*  Whole grain toast	Quinoa porridge with berries & maple syrup [week 2]	Green Smoothie  Have toast or cereal if you're hungry – but wait at least 20 minutes after consuming smoothie.	Favourite high-fibre cereal with non-dairy milk  Apple or other fruit	Soy yogurt with fruit and ¼ cup high-fibre bran cereal. (Try fresh or frozen berries, peaches, or other in-season fruit)	Oatmeal with dried apricots, sunflower seeds and maple syrup  Fruit
<b>Optional Snack</b>	Fruit	Fruit	Trail Mix (nuts/seeds/dried fruit)	Berries and/or grapes	Trail Mix	Fresh fruit	Trail Mix
<b>Lunch</b>	Falafel sandwich (leftover from previous night, or buy one)  Salad	Leftover Mac & "Cheese" from last night  Salad	Leftover Cuban Black Bean I soup  Bread	Leftover Moroccan Stew	Leftover Thai Coconut Curry with brown rice	Store-bought veggie burger in a bun or wrap  Mixed greens salad	Leftover Tofu burgers/loaf  Mixed greens salad
<b>Optional Snack</b>	Fresh cut veggies with hummus	Fruit (Grapes, berries, pear, banana, etc.)	Air popped popcorn with seasoning of choice	Fruit	Fresh cut veggies with hummus for dipping	Fruit	Small piece or two of dark (dairy-free) chocolate
<b>Dinner</b>  Make extra for lunch the next day	Vegan Mac & "Cheeze"*  Mixed greens salad with Oil-free Pepper Dressing*	Cuban Black Bean Soup*  Tomato/Avocado Salad*	Moroccan Stew*  Fatoush salad [from week 2]	Spicy Thai Coconut Curry over brown rice*  Cabbage salad [from week 2]	Creamy Carrot Dill Soup*  Brown & Wild Rice Salad With Cranberries & Walnuts*	Tofu Nut Burgers or Loaf With Gravy* (note – this is time consuming)  Mixed greens salad	Vegan Lasagna* (note – this one is time consuming)  Vegan Caesar Salad [from week 2]

### 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 last menu plan.