

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.