

One-week vegan meal plan

WITH SMART PLANNING AND A FEW WELL-CHOSEN FORTIFIED FOODS, YOUR VEGAN MENU WILL BE NUTRITIOUS AND DELICIOUS.

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DAY 1

BREAKFAST

Fruity Cereal: 1½ cups vegan protein cereal, ½ sliced banana, ¼ cup enriched vegan nondairy milk and 1 tbsp wheat germ
8 oz calcium- and vitamin D-fortified orange juice

MORNING SNACK

½ cup sprouted watermelon seeds

LUNCH

Vegan Sandwich: 2 slices vegan whole-wheat bread, ¼ cup mashed avocado, 1 fortified vegan burger (cooked) and 2 tomato slices
1 cup carrot sticks

AFTERNOON SNACK

11 oz fortified vegan nutritional shake

DINNER

Pasta: 1 cup cooked whole-wheat fettucine, 1 serving Basil Avocado Sauce (see recipe 1, page 2), 2 tbsp pine nuts, and 1 tbsp wheat germ
5 tomato slices
1 cup grapes

Daily Total: 1,827 cal, 63g fat (18g mono, 20g poly, 11g sat), 0mg chol, 1,318mg sodium, 246g carb (39g fiber, 73g sugars), 83g protein

DAY 2

BREAKFAST

Oat Almond Pancakes (see recipe 2, page 2) topped with 1 tbsp maple syrup
11 oz fortified vegan nutritional shake

MORNING SNACK

½ grapefruit
¼ cup walnuts

LUNCH

Salad: 3 cups Romaine lettuce, 1 serving Baked Tofu Cubes (see recipe 3, page 2), 1 cup broccoli florets, ½ cup chopped sweet red pepper, ¼ cup grated carrot, ¼ cup sprouted watermelon seeds and 1 tbsp bottled vegan salad dressing

½ snack pack roasted seaweed snack

AFTERNOON SNACK

1 banana
2 tbsp tahini (sesame butter)

DINNER

Tacos: 2 corn taco shells (warmed) filled with 1 cooked and crumbled fortified vegan burger, 1 cup shredded romaine lettuce, 1 cup chopped tomatoes, ¼ cup chopped avocado and 1 tbsp nutritional yeast seasoning
½ cup cubed mango with ½ tsp lime juice

Daily Total: 1,813 cal, 85g fat (17g mono, 29g poly, 12g sat), 0mg chol, 1,126mg sodium, 195g carb (37g fiber, 73g sugars), 88g protein

DAY 3

BREAKFAST

1 vegan fig nutrition bar
¼ cup roasted pumpkin seeds
6 oz fortified vegan nutritional shake

MORNING SNACK

¼ cup dry roasted almonds
2 tbsp dried cranberries

LUNCH

Zoodles: 1 zucchini with skin, cut with spiralizer (or cut into long, thin strips with a knife) then boiled 1 minute; top with 1 serving Basil Avocado Sauce (leftover from Day 1 Dinner), ¼ cup pine nuts, 2 tsp nutritional yeast and 2 tsp wheat germ
1 cup steamed green beans topped with 1 tsp nutritional yeast and 1 tsp wheat germ
1 cup grapes

AFTERNOON SNACK

Avocado Toast: 1 slice vegan whole wheat bread, ½ cup mashed avocado and 1 tsp wheat germ

DINNER

1 serving Black Bean and Brown Rice Soup (see recipe, page 4) with 1 tbsp nutritional yeast
½ snack pack roasted seaweed snack
Walnutty Baked Apple (see recipe 4, page 2)

Daily Total: 1,834 cal, 91g fat (31g mono, 23g poly, 10g sat), 0mg chol, 892mg sodium, 208g carb (50g fiber, 79g sugars), 68g protein

DAY 4

BREAKFAST

Tahini Toast: 2 slices vegan whole wheat bread and 1½ tbsp tahini
8 oz calcium- and vitamin D-fortified orange juice

MORNING SNACK

11 oz fortified vegan nutritional shake
2 tbsp sprouted watermelon seeds

LUNCH

Super Salad: 3 cups romaine lettuce, 1 cooked and crumbled fortified vegan burger, ½ cup chopped tomato, ¼ cup chopped avocado, 1 tbsp pine nuts and 1 tbsp bottled vegan salad dressing
½ cup cubed mango with ½ tsp lime juice

AFTERNOON SNACK

Trail mix: 2 tbsp cashews, 2 tbsp walnuts and 2 tbsp chopped, dried figs

DINNER

Vegan Roasted Broccoli (see recipe 5, page 2) over 1 cup cooked brown rice
1 vegan fig nutrition bar

Daily Total: 1,830 cal, 77g fat (26g mono, 23g poly, 10g sat), 0mg chol, 1,311mg sodium, 223g carb (31g fiber, 72g sugars), 75g protein

DAY 5

BREAKFAST

Brown Rice Breakfast Bowl (see recipe 6, right)
6 oz calcium- and vitamin D-fortified orange juice

MORNING SNACK

11 oz fortified vegan nutritional shake

LUNCH

1 serving **Black Bean and Brown Rice Soup** (leftover from Day 3 Dinner) topped with 1 tbsp wheat germ and 2 tsp nutritional yeast
Toast: 1 slice vegan whole-wheat bread, 2 tsp mashed avocado, ½ tsp wheat germ and 1 tsp nutritional yeast

AFTERNOON SNACK

Cereal: 1 cup vegan protein cereal, ⅔ cup enriched vegan nondairy milk and 1 tbsp wheat germ

DINNER

Pasta: 1 cup cooked whole-wheat fettucine, ½ cup tomato pasta sauce, ½ cup cooked zucchini slices (heat with pasta sauce), 1 tbsp pine nuts and 1 tbsp nutritional yeast
1 cup cubed mango with 1 tsp lime juice

Daily Total: 1,813 cal, 42g fat (14g mono, 9g poly, 6g sat), 0mg chol, 1,212mg sodium, 293g carb (43g fiber, 79g sugars), 75g protein

DAY 6

BREAKFAST

Cereal: 1 cup vegan protein cereal, ½ cup enriched vegan nondairy milk, 1 tbsp chopped walnuts and 1 tbsp wheat germ
Maple Broiled Grapefruit (see recipe 7, right)

MORNING SNACK

6 oz fortified vegan nutritional shake
¼ cup dry roasted almonds

LUNCH

Sandwich: 2 slices vegan whole wheat bread, 1 tbsp tahini, ½ sliced medium banana, 2 tsp grape jelly and 2 tsp wheat germ

AFTERNOON SNACK

Trail Mix: 2 tbsp sprouted watermelon seeds, 2 tbsp dried cranberries and 2 tbsp dry roasted pumpkin seeds

DINNER

Rice and Bean Bowl: ⅔ cup cooked brown rice, 1 serving Baked Tofu Cubes (leftover from Day 2 Lunch), ½ cup cooked black beans, ¼ cup chopped avocado, 2 tsp nutritional yeast and 2 tsp reduced-sodium tamari soy sauce
¼ cup dried figs

Daily Total: 1,828 cal, 65g fat (20g mono, 18g poly, 11g sat), 0mg chol, 1,403mg sodium, 239g carb (46g fiber, 81g sugars), 85g protein

DAY 7

BREAKFAST

1 serving **Oat Almond Pancakes** (leftover from Day 2 Breakfast) topped with 1½ tbsp tahini
8 oz calcium- and vitamin D-fortified orange juice

MORNING SNACK

1 vegan fig nutrition bar
2 tbsp roasted pumpkin seeds

LUNCH

Taco Salad: 3 cups romaine lettuce, 1 cooked and crumbled fortified vegan burger, 2 corn taco shells (warmed) broken into bite-size pieces, 1 cup chopped tomato, ¼ cup chopped avocado, 2 tbsp sprouted watermelon seeds and 1 tbsp lime juice

AFTERNOON SNACK

6 oz fortified vegan nutritional shake
2 tbsp dry roasted cashews

DINNER

1 cup canned vegan chili soup topped with 1 tbsp nutritional yeast
Avocado Toast: 2 slices vegan whole-wheat bread, ½ cup sliced avocado and 2 tsp wheat germ

Daily Total: 1,835 cal, 75g fat (24g mono, 14g poly, 10g sat), 0mg chol, 1,315mg sodium, 224g carb (45g fiber, 54g sugars), 78g protein

Quick recipes to complete your menus

(each makes 1 serving unless otherwise noted)

1. Basil Avocado Sauce

Combine 1 pitted avocado, 1 cup fresh basil leaves, 1 clove garlic, minced, 1 tbsp fresh lime juice, 1 tsp nutritional yeast and ¼ tsp salt in a blender or food processor. Process until smooth. Makes 3 servings.

2. Oat Almond Pancakes

Combine 1½ cups oat flour, 1 cup enriched nondairy milk and 1 banana in a blender to make a batter. Heat non-stick pan over medium heat. Pour ¼ cup batter per pancake batter into pan. Cook pancakes until bubbles start to form, then flip and cook other side. Makes 4 servings. Freeze leftovers separated by parchment paper.

3. Baked Tofu Cubes

Drain 12 oz organic firm tofu; top with weighted dish to press out more liquid. Cut into 1-inch cubes. Marinate cubes in 2 tbsp reduced-sodium tamari in refrigerator overnight. Spread cubes on a parchment paper-lined baking sheet. Lightly spray cubes with cooking spray and bake about 20 minutes at 400°F. Flip cubes and bake another 20 minutes or until golden and crisp. Makes 4 servings.

4. Walnutty Baked Apple

Halve and core an apple. Place cut side up in small baking dish. Drizzle 1 tsp maple syrup over each half and sprinkle with ¼ tsp cinnamon. Cover and bake at 350°F 20–30 minutes or until soft.

5. Vegan Roasted Broccoli

Toss 1½ cups broccoli florets with 2 tsp reduced-sodium tamari, ½ tsp maple syrup, 2 tsp olive oil, 2 tsp nutritional yeast and dash of black pepper. Spread broccoli on a parchment paper-lined baking sheet. Bake at 400°F 15–20 minutes or until broccoli is tender and caramelized.

6. Brown Rice Breakfast Bowl

In a pot, combine 1 cup cooked brown rice, ⅔ cup enriched nondairy milk and 1 tbsp maple syrup; bring to a boil, stirring occasionally, about 3 minutes. Top with 1 tbsp chopped roasted almonds and 1 tbsp chopped dried figs.

7. Maple Broiled Grapefruit

Halve a grapefruit and slice along each segment to loosen. Top each grapefruit half with 1 tsp maple syrup and sprinkle with cinnamon. Broil 3 to 5 minutes.

SHOPPING LIST

Here's everything you'll need to make the week's worth of vegan menus for one person.

FRUITS & VEGETABLES

- 1 medium apple
- 4 avocados
- 3 medium bananas
- 2 medium grapefruit
- 2 cups grapes
- 2 limes
- 2 mangos
- 1 cup fresh basil leaves
- 2½ cups broccoli florets
- 1½ cups carrots
- 11 garlic cloves
- 1 cup fresh green beans
- 1 cup fresh parsley
- 10 cups romaine lettuce
- 1 sweet red pepper
- 4 medium tomatoes
- 2 medium zucchini
- 28-oz can whole tomatoes in juice
- ¼ cup dried cranberries (TRY: Eden Foods Organic Dried Cranberries)
- ½ cup dried figs
- 30 oz calcium- and vitamin D-fortified orange juice (TRY: Uncle Matt's Organic Orange Juice with Calcium and Vitamin D)

PROTEINS & NONDAIRY

- 14 oz dry black beans
- 3½ cups enriched vegan nondairy milk (TRY: Pacific Foods Organic Coconut Non-Dairy Beverage, Original)
- 4 fortified vegan burgers (TRY: Yves The Good Burger)
- 6 11-oz fortified vegan nutritional shakes (TRY: Orgain Vegan Nutritional Shake, Smooth Chocolate)
- 12 oz organic firm tofu (TRY: Hodo Soy Organic Firm Tofu)

NUTS & SEEDS

- ⅔ cup dry-roasted almonds
- ¼ cup dry-roasted cashews
- ½ cup pine nuts
- ½ cup roasted pumpkin seeds
- 6 tbsp tahini (TRY: Artisana Organics Raw Tahini Sesame Seed Butter)
- 1 cup sprouted watermelon seeds (TRY: Go Raw Organic Sprouted Watermelon Seeds)
- ½ cup walnuts

GRAINS

- 1½ cups uncooked brown rice (TRY: Lundberg Organic California Brown Basmati Rice)
- 4 corn taco shells (TRY: Garden of Eatin' Yellow Corn Taco Shells)
- 3½ cups vegan protein cereal (TRY: Love Grown Foods Power O's, Original)
- 1 loaf vegan whole-wheat bread (TRY: One Degree Veganic Ancient Whole Wheat Bread)
- 1½ cups oat flour (TRY: Bob's Red Mill Whole Grain Oat Flour)
- 4 oz whole-wheat fettucine (TRY: Hodgson Mill Whole Wheat Fettucine)

MISCELLANEOUS

- 1 roasted seaweed snack pack (TRY: SeaSnax Organic Classic)
- 1 cup vegan chili soup (TRY: Dr. McDougall's Chili Bean Vegan Soup)
- 3 vegan fig nutrition bars (TRY: Nature's Bakery Original Fig Bars)

PANTRY STAPLES

- Bay leaves
- Black pepper
- Crushed red pepper flakes
- Fennel seeds
- Iodized sea salt
- Ground cinnamon
- Grape jelly (TRY: Santa Cruz Organic Concord Grape Fruit Spread)
- 100% maple syrup
- Organic nonstick cooking spray (TRY: Spectrum Organic Olive Oil Spray)
- Olive oil
- Reduced-sodium tamari soy sauce (TRY: San-J Tamari Lite 50% Less Sodium Gluten-Free Soy Sauce)
- Tomato pasta sauce (TRY: Dave's Gourmet Organic Red Heirloom Pasta Sauce)
- Vegan salad dressing (TRY: Annie's Naturals Organic Shiitake & Sesame Vinaigrette)
- Nutritional yeast seasoning (TRY: Bragg brand)
- Wheat germ
- Parchment paper

HEALTH NOTE: Without careful planning, vegan diets often fall short on omega-3 fats, vitamin B12, vitamin D, calcium, iodine, iron and zinc. Consider adding these supplements should you choose to eat vegan long term.

Black Bean and Brown Rice Soup

Makes: 8 servings; Vegan, Gluten-free

This unique take on traditional, antioxidant-rich black bean soup adds whole-grain brown rice for hearty texture and even more nutrients. Reduce or omit the crushed red pepper flakes if you prefer less heat.

- 4½ quarts water
 - 12 ounces dried black beans (pick out any debris), rinsed
 - 1 tablespoon olive oil
 - 10 cloves garlic, minced
 - ½ teaspoon crushed red pepper flakes
 - ½ teaspoon fennel seed
 - 1 bay leaf
 - 1 cup chopped fresh parsley
 - ½ cup uncooked brown rice, rinsed
 - 1 teaspoon ground black pepper
 - Pinch of iodized salt
 - 1 (28-ounce) can whole tomatoes in juice
- Chopped avocado and additional fresh parsley, for garnish

1. In a large pot, covered, over medium-high heat, bring water to a boil. Add beans, oil, garlic, red pepper flakes, fennel seed, bay leaf and 1 cup parsley. Reduce heat to medium and cook, uncovered, for 1 hour, stirring occasionally. Add rice, pepper and salt. Reduce heat and simmer 1 hour more, stirring occasionally.
2. Slightly crush tomatoes with hands; stir tomatoes and juices into soup. Cook 30 minutes or until beans are soft. Salt to taste and ladle into bowls. Garnish servings with chopped avocado and additional fresh parsley.

PER SERVING: 222 cal, 3g fat (1g mono, 1g poly, 0g sat), 0mg chol, 371mg sodium, 40g carb (9g fiber), 11g protein

