

## Vegan Action's 7-Day Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<b>Oatmeal</b> with brown sugar, berries and chia seeds	<b>Tofu scramble</b> with your choice of veggies	<b>Overnight oats</b> with plant-based milk, peanut butter, chia seeds and maple syrup. Top with fruit.	<b>Granola and coconut or soy-based yogurt.</b> Top with berries and chia seeds.	<b>Tex Mex Tofu scramble</b> with salsa, black beans, onions and garlic	<b>Avocado toast</b> with dashes of salt, pepper, crushed red pepper, and diced tomatoes	<b>Oatmeal</b> with brown sugar, berries and chia seeds
Snack	1 cup of <b>almonds</b> and <b>apple slices</b>	<b>Leftover chickpea salad and crackers</b>	<b>Celery sticks</b> with 2 tbsps of peanut butter/almond butter	<b>Fresh fruit medley</b> - choose some of your faves!	<b>Hummus and pita chips</b>	<b>Blue corn chips and guacamole</b>	1 cup of <b>trail mix</b> of your choice
Lunch	<b>Chickpea salad sandwich</b> with <b>veggie chips</b>	<b>Chickpea Salad</b> leftovers on a bed of greens with tomatoes	<b>Pasta salad</b> with kidney beans, peppers, olives, onions, cherry tomatoes, veganaise, balsamic vinegar	<b>Chickpea Veggie Stir-fry</b>	<b>Spaghetti</b> leftovers	<b>Burrito bowl</b> with rice, greens, beans, corn, salsa, avocado and diced onions	<b>Burrito bowl</b>
Dinner	<b>Three bean chili</b> with canned tomatoes, corn, onions	<b>Three bean chili</b> leftovers	<b>Chickpea Veggie Stir-fry</b> with soy sauce and your choice of veggies	<b>Spaghetti</b> with cannellini beans, spinach, vegan ground beef, nutritional yeast	<b>Chickpea Veggie Stir-fry</b>	<b>TREAT YOURSELF!</b> Eat out. Try local spots!	<b>EAT OUT.</b>  You've earned it!  (Chipotle, Mellow Mushroom, Cava)