

7 DAY MEAL PLAN (NO TOFU & NO TEMPEH)

BUY GROCERIES FOR THIS WEEK

REMEMBER THE STAPLES PACK TOO :)

- 1 [Click here for tips before you start :](#)
- 2 A note before we begin... Being vegan is more than just what you eat (there's fashion, cosmetics, cleaning products and more), but since food is such an integral part of every person's life (most of us eat at least three times a day), this single lifestyle change will have a substantial impact on you, your family and the environment. Once you stop eating meat and dairy, your perspectives begin to change and you can progress to other areas of your life. Your first step can start here, today.
- 3 Our meal plans have a simple breakfast for weekdays, with no recipes listed. If you have time to prepare or cook a breakfast on weekday mornings, you'll find some recipes here soon!
- 4 None of the recipes for these meals are our own - there are so many super-talented creators of plant-based/vegan recipes that deserve to have their creations shared. Not all of the creators are vegan, but this shows how easily recipes can be adapted and still be delicious. All the products listed on our site are vegan.
- 5 Click on the name of the meal below to link to a meal information page. It includes information about creator of the recipe, links to their recipe, social media profiles and website, and also allow you to purchase ingredients to make their super-tasty recipes, without needing to hunt for ingredients. This page also let's you know what we don't have available yet, that you would need to purchase elsewhere (mostly fresh veggies and herbs). We recommend signing up to the recipe creators' newsletters to receive more recipe ideas, or follow them on social media.
- 6 You can switch the days around to accommodate your schedule - days 1 to 5 are set up as week days (quick breakfast with lunch and supper), and days 6 and 7 are set up as weekend days (breakfast, lunch and supper).
- 7 These meals will be shared on social media - let us know how you do; what you like, what you don't like or how you made the meal your own.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST IDEAS: Fortified breakfast cereal, cooked oats or other porridge, or a smoothie	BREAKFAST IDEAS: Fortified breakfast cereal, cooked oats or other porridge, or a smoothie	BREAKFAST IDEAS: Fortified breakfast cereal, cooked oats or other porridge, or a smoothie	BREAKFAST IDEAS: Fortified breakfast cereal, cooked oats or other porridge, or a smoothie	BREAKFAST IDEAS: Fortified breakfast cereal, cooked oats or other porridge, or a smoothie	BREAKFAST IDEA: Simple Pancakes (Crumpets) PREP TIME: 5 Minutes COOKING TIME: 2 minutes per crumpet Serves 3	BREAKFAST IDEA: Fluffy Carrot Muffins PREP TIME: 25 Minutes COOKING TIME: 30 minutes Makes 12 Muffins
LUNCH IDEA: Quinoa Salad PREP TIME: 20 Minutes COOKING TIME: 12 minutes Serves 4 to 8	LUNCH IDEA: Autumn Harvest Salad PREP TIME: 10 Minutes COOKING TIME: 45 minutes Serves 4 to 6	LUNCH IDEA: Macaroni Salad PREP TIME: 20 Minutes COOKING TIME: 15 minutes Serves 4	LUNCH IDEA: Strawberry Spinach Salad PREP TIME: 10 Minutes Serves 4	LUNCH IDEA: Israeli Couscous Salad with Feta, Chickpeas, and Herbs PREP TIME: 30 Minutes COOKING TIME: 15 minutes Serves 4 to 6	LUNCH IDEA: Potato Salad PREP TIME: 20 Minutes COOKING TIME: 20 minutes Serves 4	LUNCH IDEA: Lasagne PREP TIME: 35 Minutes COOKING TIME: 30 minutes Serves 9
DINNER IDEA: Shepherd's Pie PREP TIME: 15 Minutes COOKING TIME: 40 minutes Serves 6	DINNER IDEA: Pineapple Fried Rice PREP TIME: 10 Minutes COOKING TIME: 20 minutes Serves 4	DINNER IDEA: Tacos PREP TIME: 10 Minutes COOKING TIME: 20 minutes Serves 4	DINNER IDEA: Garlic Pasta with Roasted Cajun Cauliflower PREP TIME: 10 Minutes COOKING TIME: 35 minutes Serves 4	DINNER IDEA: Black Bean Burgers PREP TIME: 10 Minutes COOKING TIME: 15 minutes Serves 4 to 6	DINNER IDEA: Falafel PREP TIME: 30 Minutes COOKING TIME: 20 minutes Serves 4 to 6	DINNER IDEA: Butternut Soup PREP TIME: 15 Minutes COOKING TIME: 55 minutes Serves 4