

Meal Planning Suggestions

Protein/Calcium +
Grain +
Fruit



Breakfast

Protein +
Grain +
Vegetable



Lunch

Protein +
Grain +
Vegetable



Supper

(Choose 1)
Protein
Calcium
Grain +
Fruit



Snacks

Tofu Scramble (tofu, vegetables, spices) + Roasted Potatoes + Fruit
Overnight Oats (oats, soy milk, chia seeds) + Nut Butter + Fruit
Wheat Berry/Quinoa Oatmeal (cooked grain, soy milk, chia seeds) + Fruit + Nut Butter
Whole Grain Toast + Nut/Seed Butter + Fruit + Soy Milk
Cereal + Soy Milk + Hemp Hearts+ Fruit
Soy Yogurt + Fruit + Toast

Homemade Bean Soup + Sliced Vegetables & Hummus + Fruit
Vegan Chili + Garden Salad + Fruit
Grilled Tofu/Tempeh + Rice + Cooked Vegetables
Mashed Chickpea Salad (chickpeas, diced vegetables, Veganaise)+ Grape Tomatoes + Fruit
Bean & Grain Salad + Stir-Fried Broccoli + Fruit
Whole Grain Bread + Bean Spread + Raw Vegetables + Fruit
Pizza (pita, tomato sauce, crumbled, cooked tempeh, veggies, avocado) + Fruit

Seitan + Sautéed Napa Cabbage + Roasted Yucca Root
Cashew Macaroni and Cheese w/ Navy Beans + Roasted Broccoli & Cauliflower
Tofu/Tempeh Stir Fry + Parboiled/Brown Rice
Lentil Shepherd's Pie w/ Sweet Potato Topping + Kale Salad
Lentil Curry + Rice + Sautéed Turnip or Mustard Greens
Tofu/Tempeh Bowl (roasted tofu, onion, sweet potato, kale, garlic, chickpeas, tahini dressing)
Black Bean Burgers + Roasted Asparagus
White/Black Bean Pasta w/ Lentil Spaghetti Sauce + Arugula Salad

Banana "Nice" Cream & Melted Nut Butter
Coconut/Soy Yogurt + Berries
Apple or Banana with Cinnamon and Nut Butter
Nuts/Seeds (1/4 cup) + Fruit
Lentil Granola Bars
Power Balls (nuts, dates, raisins, ground flaxseed, cinnamon)
Raw Vegetables & Hummus
Soy Milk + Slice of Whole Grain Toast w/ Nut Butter
Chocolate Avocado Pudding
Chia Pudding