



Vegan weekly meal plan

week of 2020-12-13

Overview

Breakfast

Curried Chickpea Burrito (6 servings)

Lunch

Vegan Tom Yum (6 servings)

Alfalfa And Avocado Sandwich (6 servings)

Dinner

Baked Tofu Buddha Bowl (6 servings)

Snack

The Mealvana Bar (6 servings)

Nutrition

Note: this meal plan is a one-person plan and is based on a 2000-Calorie diet. We purposefully target the plan under 2000 Cal so that you can still enjoy a (small) free muffin in the office, or grab a latte with your friends. We also suggest 6 servings for each meal, so you can enjoy your local eateries occasionally, or finish leftovers. We will be soon offering flexible personalized plan – so stay tuned. We are run by a very small team. If you like what we do, follow us @mealvana on [Instagram](#) or [Facebook](#). If you would like to give us feedback, we'd love to hear from you. Click here to [Contact](#) us directly.

Shinometer ([what is shinometer](#))



Nutrition Label

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		Serving size	Calories per serving	2050	
		Total Fat 98g	126%	Total Carbohydrate 234g	85%
		Saturated Fat 26.94g	135%	Dietary Fiber 55g	196%
		<i>Trans</i> Fat 0.04g		Total Sugars 65g	
		Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
		Sodium 3290mg	143%	Protein 89g	178%
		Vitamin D 2.5mcg	10%	Calcium 1580mg	120%
		Potassium 4133mg	90%	Iron 24.36mg	140%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Shopping List

Vegetables and Vegetable Products

4 large red peppers, about 3-3/4" long, 3" in diameter (100% usage)
4 stalks broccoli (100% usage)
1 medium cauliflower, 5-6" in diameter (100% usage)
2 cucumbers, about 8-1/4" long (75% usage)
13 ounces shiitake mushrooms (93% usage)
10 ounces sweet potatoes (92% usage)
8 ounces cherry tomatoes (99% usage)
1 pound carrots (49% usage)
1 head romaine lettuce leaves (27% usage)
6 ounces iceberg lettuce (95% usage)
4 ounces bok choy (93% usage)
1 bunch celery (17% usage)
3 ounces Thai chili pepper (79% usage)
2 ounces alfalfa sprouts (87% usage)
1 shallot (75% usage)
1 ounce ginger (32% usage)
1 ounce fresh ginger (21% usage)
1 ounce fresh cilantro (21% usage)
fresh tarragon

Fruits and Fruit Juices

3 avocados (100% usage)
2 large apples, 3-1/4" in diameter (61% usage)
4 ounces dried cranberries (79% usage)
3 ounces pitted medjool dates (85% usage)
3 ounces dried plums (77% usage)
1 lemon wedge (74% usage)
1 ounce deglet noor dates (97% usage)
1 fresh lime (52% usage)
1 fresh lemon (21% usage)
1 ounce goji berries (30% usage)

Legumes and Legume Products

2 (1 lb) blocks extra-firm tofu (100% usage)
2 blocks firm tofu (75% usage)
2 (15.5 oz) cans canned chickpeas (75% usage)
7 ounces French lentils (97% usage)

Cereal Grains and Pasta

7 ounces brown rice (93% usage)

Nut and Seed Products

5 ounces cashews (90% usage)
1 ounce sunflower seeds (93% usage)
1 ounce chia seeds (75% usage)
1 ounce unsweetened shredded coconut (66% usage)
1 ounce sesame seeds (63% usage)
1 ounce flaxseeds (54% usage)
1 ounce walnuts (39% usage)
1 ounce almonds (39% usage)

Baked Products

6 (10-inch) whole-wheat tortillas (100% usage)
1 loaf multigrain bread (46% usage)

Beverages

1 ounce medium roast coffee beans (24% usage)

Pantry

2 (32 oz) cartons mushroom broth (99% usage)
1 (14 oz) can canned coconut milk (85% usage)
canola oil
nutritional yeast
sesame oil
salt
corn starch

Spices and Herbs

lemongrass
ground cumin
curry powder
ground cinnamon
cayenne pepper
vanilla extract

Sauce and Condiments

organic teriyaki sauce
miso paste

Others

6 ounces Herb-garlic creamy treenut cheese (100% usage)
1 ounce cacao nibs (24% usage)

Prepping Guide

Curried Chickpea Burrito

(6 servings)

To make the filling:

1 1/2 (15.5 oz) cans canned chickpeas, drained and rinsed, reserve 0.5-cup for a later step
3 pitted medjool dates
3 tablespoons water, or more if needed
3 tablespoons chopped fresh tarragon
1 1/2 tablespoons nutritional yeast, optional, recommended if you follow strict vegan diet
2 teaspoons freshly squeezed lemon juice
1 tablespoon curry powder
3/4 teaspoon miso paste

1 1/2 medium apples, cored and diced
3 3/4 ounces cashews, chopped
3/4 cup chopped celery
1/2 cup grated carrots
3 tablespoons chopped shallots
canned chickpeas, reserved from previous step

To assemble:

6 (10-inch) whole-wheat tortillas

2 1/4 cups shredded iceberg lettuce

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Vegan Tom Yum

(6 servings)

To make the base broth:

7 1/2 cups mushroom broth
3 stalks lemongrass, crushed
1 1/2 tablespoons grated ginger

1 1/2 blocks firm tofu
18 shiitake mushrooms
3/8 teaspoon salt

1 1/2 cups canned coconut milk
1 1/2 cups cherry tomatoes, halved
1 1/2 cups grated carrots
1 1/2 cups shredded bok choy
1 1/2 Thai chili peppers, crushed

1 1/2 tablespoons freshly squeezed lime juice
1 1/2 tablespoons chopped shallots

6 tablespoons chopped fresh cilantro

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Baked Tofu Buddha Bowl

(6 servings)

baked tofu:

2 (1 lb) blocks extra-firm tofu, drained, pressed to get rid of extra water, cubed
1 tablespoon canola oil
1 tablespoon corn starch
1 tablespoon ground cumin
3/4 teaspoon salt

baked broccoli:

4 stalks broccoli, trimmed, cut into florets
1 tablespoon canola oil
1 tablespoon ground cumin
1/2 teaspoon salt

baked cauliflower:

1 medium cauliflower, trimmed, cored, cut into florets
1 tablespoon canola oil
1 tablespoon ground cumin
1/2 teaspoon salt

baked red pepper:

4 large red peppers, stemmed, seeded, quartered lengthwise, and halved crosswise
1/4 teaspoon salt

baked sweet potato:

2 sweet potatoes, peeled, cut into 1-inch cubes
1 tablespoon canola oil
1/2 teaspoon salt

cooked lentils:

2 1/2 cups water
1 cup French lentils

cooked rice:

1 1/2 cups water
1 cup brown rice

ginger teriyaki dressing:

6 tablespoons organic teriyaki sauce
2 tablespoons sesame oil
2 tablespoons nutritional yeast, optional, recommended if you follow strict vegan diet
1 tablespoon grated fresh ginger

topping:

2 tablespoons sesame seeds

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Alfalfa And Avocado Sandwich

(1 serving)*

2 slices multigrain bread
1 ounce Herb-garlic creamy treenut cheese

1/2 avocado, pitted, scooped out, and sliced
1/4 cucumber, sliced
1 romaine lettuce leaf, washed and dried
1/4 cup alfalfa sprouts
1 lemon wedge, juiced

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The Mealvana Bar

(6 servings)

3/4 ounce chia seeds
1 1/2 tablespoons flaxseeds

6 tablespoons dried plums
3 tablespoons deglet noor dates
3/4 ounce cashews
11 grams almonds
11 grams walnuts
3/8 teaspoon vanilla extract
3/16 teaspoon salt
3/16 teaspoon ground cinnamon
3/16 teaspoon cayenne pepper

9 tablespoons dried cranberries
3 tablespoons sunflower seeds
1 1/2 tablespoons goji berries
2 teaspoons medium roast coffee beans
2 teaspoons cacao nibs
1 teaspoon water, or as needed

3 tablespoons unsweetened shredded coconut

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