



Vegan weekly meal plan

week of 2021-02-21

Overview

Breakfast

Beans And Grains Morning Bowl (6 servings)

Lunch

Alfalfa And Avocado Sandwich (6 servings)

Vegan Sweet Potato Gratin (6 servings)

Dinner

Baked Tofu Buddha Bowl (6 servings)

Snack

Assorted Veggies With Hummus (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*	
		Total Fat 85g	109%	Total Carbohydrate 257g	93%	
Serving size	Saturated Fat 12.93g	65%	Dietary Fiber 57g	204%		
Calories per serving	2010	Trans Fat 0.03g		Total Sugars 63g		
		Cholesterol 0mg	0%	Includes 12g Added Sugars	24%	
	Sodium 2350mg	102%	Protein 75g	150%		
	Vitamin D 30mcg	150%	Calcium 1524mg	120%	Iron 23.8mg	130%
	Potassium 4930mg	100%				

*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)
18 ounces Japanese sweet potatoes (100% usage)
2 cucumbers, about 8-1/4" long (75% usage)
14 ounces sweet potatoes (98% usage)
13 ounces carrots (99% usage)
1 bunch celery stalks (53% usage)
2 large red bell peppers, about 3-3/4" long, 3" in diameter (63% usage)
1 head romaine lettuce leaves (27% usage)
4 ounces radishes (95% usage)
2 ounces alfalfa sprouts (87% usage)
1 ounce sun-dried tomatoes (73% usage)
1 head garlic (38% usage)
1 ounce fresh ginger (35% usage)

Fruits and Fruit Juices

3 avocados (100% usage)
2 (1 lb) packages fresh strawberries (56% usage)
3 medium bananas, 7" to 7-7/8" long (100% usage)
1 lemon (74% usage)
1 lime (74% usage)

Dairy Alternative

7 cups almond milk (96% usage)
6 ounces Herb-garlic creamy treenut cheese (100% usage)
2 ounces vegan feta cheese (75% usage)

Legumes and Legume Products

2 (1 lb) blocks extra-firm tofu (100% usage)
2 (15.5 oz) cans canned chickpeas (63% usage)
7 ounces French lentils (97% usage)
7 ounces dried large lima beans (90% usage)

Cereal Grains and Pasta

7 ounces brown rice (93% usage)
7 ounces farro (91% usage)

Nut and Seed Products

3 ounces tahini (88% usage)
2 ounces almond butter (83% usage)
2 ounces ground flaxseeds (74% usage)
1 ounce chia seeds (85% usage)
1 ounce sesame seeds (63% usage)

Baked Products

1 loaf multigrain bread (46% usage)
1 ounce bread crumbs (71% usage)

Pantry

canola oil
olive oil
extra virgin olive oil
nutritional yeast
sesame oil
1 (6 oz) can tomato paste (13% usage)
salt
corn starch
cinnamon

Spices and Herbs

ground cumin
ground turmeric
smoked paprika
grated nutmeg

Sweets

maple syrup

Sauce and Condiments

organic teriyaki sauce
white miso paste
miso paste

Mise en place

"Mise en place" is a French culinary phrase which means "everything in its place". We suggest doing the following prepping work ahead of time and we grouped some vegetable preparation steps together so you can work in batch and save time.

Beans And Grains Morning Bowl	1 1/8 pounds fresh strawberries, trimmed and sliced, about 510 grams
Alfalfa And Avocado Sandwich	1 1/2 cucumbers, sliced, about 452 grams
Vegan Sweet Potato Gratin	1 1/8 pounds Japanese sweet potatoes, peeled, sliced, about 510 grams
Vegan Sweet Potato Gratin	1 sweet potato, peeled, sliced, about 130 grams
Baked Tofu Buddha Bowl	2 sweet potatoes, peeled, cut into 1-inch cubes, about 260 grams
Vegan Sweet Potato Gratin	3 cloves garlic, minced, about 9 grams
Roasted Red Pepper Hummus	2 cloves garlic, peeled and crushed, about 6 grams
Baked Tofu Buddha Bowl	1 tablespoon grated fresh ginger, about 6 grams
Mashed Grains And Beans	2 teaspoons grated fresh ginger, about 4 grams
Alfalfa And Avocado Sandwich	6 romaine lettuce leaves, washed and dried, about 168 grams
Assorted Veggies With Hummus	12 large radishes, trimmed, quartered, about 108 grams
Vegan Sweet Potato Gratin	3 tablespoons sun-dried tomatoes, drained, chopped, about 21 grams
Baked Tofu Buddha Bowl	1 medium cauliflower, trimmed, cored, cut into florets, about 588 grams
Assorted Veggies With Hummus	6 medium celery stalks, cut into strips, about 240 grams
Roasted Red Pepper Hummus	1 1/4 large red bell peppers, fire-roasted whole, skinned, stemmed and seeded, about 205 grams
Baked Tofu Buddha Bowl	4 large red peppers, stemmed, seeded, quartered lengthwise, and halved crosswise, about 656 grams
Baked Tofu Buddha Bowl	4 stalks broccoli, trimmed, cut into florets, about 604 grams
Assorted Veggies With Hummus	6 medium carrots, trimmed, cut into strips, about 366 grams
Alfalfa And Avocado Sandwich	3 avocados, pitted, scooped out, and sliced, about 603 grams
Beans And Grains Morning Bowl	3 medium bananas, peeled and sliced, about 354 grams
Mashed Grains And Beans	1 cup dried large lima beans, soaked for 1 hour, drained before use, about 178 grams
Baked Tofu Buddha Bowl	2 (1 lb) blocks extra-firm tofu, drained, pressed to get rid of extra water, cubed, about 910 grams
Vegan Sweet Potato Gratin	1 1/2 ounces vegan feta cheese, crumbled, about 43 grams

Prepping Guide

Beans And Grains Morning Bowl (1 serving)*

To heat up together:

3/4 cup almond milk

1 serving Mashed Grains And Beans

To top with:

3 ounces fresh strawberries, trimmed and sliced

1/2 medium banana, peeled and sliced

1 tablespoon maple syrup

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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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Vegan Sweet Potato Gratin (1 serving)*

1/2 tablespoon olive oil

3 ounces Japanese sweet potatoes, peeled, sliced

1/4 sweet potato, peeled, sliced

6 tablespoons almond milk

1/2 tablespoon almond butter

1 clove garlic, minced

1/4 teaspoon miso paste

1/8 teaspoon cinnamon

0 teaspoon salt

0 teaspoon grated nutmeg

1/2 tablespoon sun-dried tomatoes, drained, chopped

7 grams vegan feta cheese, crumbled

1/2 tablespoon bread crumbs

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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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Assorted Veggies With Hummus (6 servings)

3 cups roasted red pepper hummus

6 medium carrots, trimmed, cut into strips

6 medium celery stalks, cut into strips

12 large radishes, trimmed, quartered

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Mashed Grains And Beans (6 servings)

1 3/4 cups water

1 cup farro

3 cups water
1 cup dried large lima beans, soaked for 1 hour, drained
before use

6 tablespoons ground flaxseeds
2 tablespoons chia seeds
2 teaspoons ground turmeric
2 teaspoons grated fresh ginger

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Roasted Red Pepper Hummus (12 servings)

7 teaspoons extra virgin olive oil
2 cloves garlic, peeled and crushed

1 1/4 (15.5 oz) cans canned chickpeas, drained and
rinsed
1 1/4 large red bell peppers, fire-roasted whole, skinned,
stemmed and seeded
5 tablespoons tahini, stir well before measuring
7 teaspoons freshly squeezed lemon juice
4 teaspoons tomato paste
4 teaspoons white miso paste
4 teaspoons water, or as needed
4 teaspoons nutritional yeast, optional, recommended if
you follow strict vegan diet
1 1/4 teaspoons smoked paprika
1 1/4 teaspoons ground cumin

[View directions](#)

* Not suggested for batch prep; make one serving at a time.