

# Vegan MEAL PLAN

## BREAKFAST

## LUNCH

## DINNER

MON



Oatmeal w/ Fruit



Tofurky Sandwich



Pasta w/ Tomato Sauce

TUES



Cereal w/ Fruit



Salad w/ Tofu & Nuts



Veggie Stir-Fry

WED



Toast w/ PB&J



Soup & Salad



Beans & Rice

THUR



Fruit Salad



PB&J w/ Salad



Veggie Pizza

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