

Sample Vegan Menu

Menu by Alaa Aljarboua, Yuyao Huang, Anne Dinshah, and Rebecca Aslam R.D.

[Recipe and nutrition books are available from AmericanVegan.org](http://AmericanVegan.org)

These are suggestions only. If personal nutrition guidance is needed, seek a health professional.

The recipes/menus here are for the average person and an average appetite. They are planned for consuming a variety of vegetables, fruits, whole grains, legumes, nuts, and seeds daily. Those requiring more food, more variety, more calories should add the optional items listed below the recipes (not in bold type).

Be sure to look on the Snacks and Desserts pages to add to your menu after planning the meals. Beverages are not included in the menu; water is the best choice, although diluted fruit juices, herbal teas, and other drinks may be added.

Sunday

Breakfast: Whole wheat bagel with Hummus [reference recipe from [Healthy Hearty Helpings](#)] (or cooked mashed beans), tomato, sprouts

Lunch: Aegean Pasta Salad [recipe from [The 4-Ingredient Vegan](#)]

Dinner: Split Pea Soup [recipe from [Dating Vegans](#)], Baked Potato or Paul's Portobella Potato [recipe in [Dating Vegans](#)]



Monday

Breakfast: Cereal with nondairy milk and fresh fruit

Lunch: Split Pea Soup [leftover] Bread [see [The Vegan Kitchen](#) for 8 different bread recipes]

Dinner: Veggie Burgers [either packaged or Sunburgers recipe from [The Vegan Kitchen](#)] and Rosemary Sweet Potatoes [recipe from [The 4-Ingredient Vegan](#)]



Tuesday

Breakfast: Oatmeal [recipe from [The Vegan Kitchen](#)] with nuts and dried fruit

Lunch: Sesame-Crisped Tofu [recipe from American Vegan 16-2] and Deluxe Salad [recipe from [Apples, Bean Dip and Carrot Cake](#)]

Dinner: Favorite Veggie Pizza [from local pizza parlor or recipe from [The Vegan Kitchen](#)]



Wednesday

Breakfast: Whole grain toast with natural peanut or almond butter and jelly, fresh fruit

Lunch: Hummus and veggie wraps

Dinner: Spaghetti with marinara and vegan “Meatballs” [packaged] or canned beans, with Baked Eggplant [recipe from [Dating Vegans](#)], any Bread with Vegan Margarine or Double-Italian Bread [recipe in [Dating Vegans](#)]



Thursday

Breakfast: Banana-Nut Smoothie [recipe from [The 4-Ingredient Vegan](#)], one Fruit-Oatmeal Breakfast Muffin [recipe from [Healthy Hearty Helpings](#)]

Lunch: Sandwich made with Baked Eggplant [leftover], Hummus or vegan mayo and lettuce on whole grain bread

Dinner: Asian Lentil and Mango Salad [recipe from [New Favorites](#)], served with rice and steamed broccoli



Friday

Breakfast: Nondairy yogurt with granola and fresh fruit

Lunch: Lentil and Mango Salad [leftover] served over salad greens with a side of Spanish Rice [recipe in [The Vegan Kitchen](#)]

Dinner: Tacos with vegan refried beans [canned], salsa, avocado, chopped veggies, on hard or soft taco shells



Saturday

Breakfast: Fruit-Oatmeal Breakfast Muffins with nondairy milk and fresh fruit

Lunch: Baked Tofu Sandwich [recipe from [Apples, Bean Dip, and Carrot Cake](#)]; Fresh Veggie Stew [recipe from [Healthy Hearty Helpings](#)]

Dinner: Spinach Strata/Lasagna [recipe from [Dating Vegans](#)] with a side salad



Snacks and Desserts

To utilize during the week:

Apple- 1, medium sized

*Baked French Fries with Ketchup-
1 cup and 1 tbsp, respectively*

Banana-1, medium sized

Blueberry Jell- 1 serving

Crackers with salsa- 8 and ½ cup, respectively

Crackers-8

Fruit Juice with water- ½ cup

Non-dairy yogurt- ½ cup

Nuts mixed with Dried fruits-½ cup

Oatmeal Raisin Cookies-3

Peach Oatmeal Breakfast Muffins -1

Popcorn- 1 cup

Rice Pudding- 1 cup

Sesame Crisped Tofu- 1 serving

*Tortilla chips with Guacamole-
8 and ½ cup, respectively*

Watermelon- 1 cup

