

# 7-Day Vegan Meal Plan

Going vegan is easy. Staying vegan is hard. Everybody finds it difficult at first but if you plan out what to eat and stick to it, going vegan will be the most rewarding thing you've ever done for yourself. Your body will thank you. You will stave off excess weight, reduce your blood sugar and cholesterol levels and will keep you light and energetic throughout the day. So with this detailed meal plan, not only will your taste buds be delighted but you will also benefit the most from this healthy lifestyle choice.



# Vegan Diet Society

## ABOUT US

Vegan Diet Society is a lifestyle blog focusing on delicious, healthy and homemade recipes. We love making delicious vegan food and versions of all the old favorite dishes.

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## CONTENT PLAN

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[Breakfast \(179 KCal\):](#)

[Coconut and Banana Pancakes :](#)

This is a simple recipe that combines the sweet coconut milk flavor with classic pancakes topped with bananas and passion fruit for an almost tropical breakfast. The coconut milk truly brings out the flavor in the flour.

[Lunch \(383 KCal\):](#)

[Vegan Banh Mi :](#)

This easy sandwich makes for a filling lunch thanks to the baguette stuffed with veggies and flavored with hummus with an Asian dressing. You can switch out the veggies for some tofu and it goes just as well.



[Dinner \(994 KCal\):](#)

[Curried Tofu Wraps:](#)

These tofu wraps are great when you are missing some spice in your life. The tandoori-spiced tofu accompanied with cool mint, yogurt, and red cabbage relish will delight any lover of fusion food. The contrasting flavors go great together.





## Breakfast (227 KCal):

### Chive Waffles with Maple and Soy Mushrooms

On day 2 we have pancakes again but this time we are switching them up with a choice of either sweet or savory based on your preference. This is a great low-calorie breakfast.

## Lunch (613 KCal):

### Spring Tabbouleh:

This spring salad made with a healthy combination of vegetables is a delight. It is simple to make, very affordable and makes a great leftover lunch. You can season this how you want - as long as you are watching those calories!



## Dinner (418 KCal):

### Roast aubergine and coconut curry :

Roasted aubergines cooked with tomatoes and coconut cream make for a delectable curry that will go wonderfully with any kind of naan bread or just plain rice. Thai curry at its finest!



## Breakfast (15 KCal):

### BlackCurrant Compote :

This is a great topping for a simple breakfast that will have you relish the taste of berries for breakfast. They are recommended with raisin bran or oatmeal or even pancakes. Don't go overboard even though it is delicious!



## Lunch (416 KCal):

### Hummus:

If you want to make your own delicious hummus, this recipe is easy to follow and can be ready to eat in 12 minutes. It is vegan and gluten-free. It tastes great with raw vegetables and if you don't worry about it being gluten-free, it goes great with bread.



## Dinner (458 KCal):

### Chickpea curry:

This South Indian delicacy that is easy to make, loaded with spice and freezable makes for a great food accompaniment or standalone dinner. You can store the leftovers have little bits of it throughout the week.



## Breakfast (332 KCal):

### Tropical Smoothie Bowl :

This easy to make vegan mango and pineapple smoothie bowl is light on calories and great for a sweet and energetic start to the day. It is so easy to make that all you need is a blender and some toppings.



## Lunch (293 KCal):

### Veggie Tahini Lentils:

Tahini is a condiment made from toasted ground hulled sesame. These veggie lentils have a tahini dressing that adds to it the perfect creamy texture and taste. You can cook them separately and use them at different times.



## Dinner (378 KCal):

### Barley and Broccoli Risotto with Lemon and Basil :

This is an extremely healthy supper that is low-calorie and beneficial to your heart. Try to get these veggies in your diet at least once a week and you will find yourself ready to take on the challenges of life. This risotto is perfect for broccoli lovers.



## Breakfast (609 KCal):

### Vegan tomato and mushroom pancakes:

Boy, we sure do love pancakes here. You cannot beat them for breakfast. If you feel like having something savory someday then these are perfect. They have a creamy tomato and button mushroom topping.



## Lunch (528 KCal):

### Spice-crusted tofu with kumquat radish salad:

This is an easy-to-make salad that will take you no more than 15 minutes to whip up. It uses a shichimi togarashi spice mix that gives it a flavorful spicy taste. The crunchy vegetables and just a little sweet yuzu dressing give it the rest of its awesome textures.



## Dinner (243 KCal):

### Green masala butternut squash curry:

This easy vegan curry is simple yet popping with all kinds of flavors. The tender sweet squash, coconut milk, garam masala, turmeric, fresh mint and coriander, all give it that earthy spicy feel that will take your taste buds miles away to its origin.





## Breakfast (163 KCal):

### Kiwi fruit smoothie:

This simple fruit smoothie requires no cooking and can be prepared in 5 min. This is great when you have no time in the morning and want a quick light meal that gives you a much-needed boost.

## Lunch (332 KCal):

### Avocado Panzanella:

Within 20 minutes and no cooking you can have this scrumptious looking avocado and bread salad in no time. It is great for lunch on a day when you just don't have time for the full prep.



## Dinner (318 KCal):

### Spiced Aubergine bake:

This is an eggplant lover's dream. This will make you forget lasagna even exists!





## Breakfast (107 KCal):

### Grapefruit, agave, and pistachio salad:

Fruit salads are sweet and they may be exactly what you need in the morning. This one has the goodness of grapefruits, agave, and pistachio and they go along perfectly!

## Lunch (178 KCal):

### Curried Squash, Lentil, and Coconut Soup:

When you are looking for a light lunch, try this delicious soup. The Indian spices will make you feel all warm and fuzzy inside.



## Dinner (476 KCal):

### Falafel burgers:

This chickpea patty burger is spiced up with garlic and herbs to make it perfect for a snack before bed.

