# The 4-Week Vegan Meal Plan That Leaves Nothing Out

*28 days of breakfast, lunch, dinner and a snack. Every day covers the eight things a vegan week has to get right.*

This sample is built for: 2 people · 30 minutes on a weeknight · regular portions. Yours is built for your own answers.

By Barbara, Barbara of North

This plan is general information about food. It is not medical advice and it is not made for one person's health. If you are pregnant or breastfeeding, under 18, have a diagnosed condition or take medication, talk to your doctor or a registered dietitian before you change how you eat.

START HERE

# How this plan works

You went vegan and you are still tired. The usual reason is not the diet. It is that a few things a vegan week needs do not show up by accident. This plan puts them on your plate on purpose, every day, so you do not have to think about it.

## You cook once a day, at most

A plan that asks you to cook three new things every day does not survive a normal week. So this one is built the way people really cook. A week has about 13 recipes, not twenty-eight:

- Monday to Thursday you cook dinner double. The second half is the next day's lunch, already made.
- Saturday's lunch also covers Sunday.
- Two breakfasts take turns through the week, so you buy for two and never have to think in the morning.
- Two snacks take turns as well. Where a snack keeps, you make it once in the prep hour.

## Each week has five parts

- The week at a glance: what you eat each day, and what is already made.
- The shopping list, sorted by where things are in the store, with boxes to tick.
- The prep hour: what to cook once, so weeknights are quick.
- The days: each one with its eight boxes already ticked.
- The week's recipes, in the order you cook them, with the amounts for your household already worked out. Where you cook double, the amounts are already doubled.

Start on any Monday. If you miss a day, do not go back: pick the plan up at the next meal and freeze or eat what you skipped.

## The eight boxes

A plant-based week has eight things to get right, and every day in this plan shows them. Five of them come from the food in this plan: enough food, protein, iron, calcium and omega-3. Three need one small habit from you, because no meal plan can do them for you:

- B12: a supplement, or foods with B12 added, every day. Plants do not contain it.
- Iodine: cook with iodized salt. Sea salt and pink salt have almost none.
- Vitamin D: your skin makes it from summer sun. In the dark months, many health bodies advise a supplement.

The page "What the guidelines say" near the end has the details and the sources.

## About the portions

A day in your plan comes to about 1,930 calories and 103 g of protein per person, on average. The US Dietary Guidelines put most adult women between 1,600 and 2,400 calories a day, depending on age, size and how active you are. If you are hungry, eat more: add a second snack or a bigger portion. Being hungry is not part of this plan.

This plan is rich in beans, lentils, whole grains and vegetables, so it carries a lot of fiber: about 54 g a day. If you eat this way already, you will not notice. If you do not, give your gut two weeks to catch up: drink a glass of water with each meal, and in the first week swap one bean meal a day for the tofu version from the Swaps page.

The numbers come from the USDA FoodData Central database, worked out from the grams in each recipe. They are a good guide, not a lab result: brands and produce vary.

# Week 1 at a glance

THIS WEEK'S HABIT · SET UP THE THREE HABITS

Three things no meal plan can do for you: B12 every day, iodized salt in the pot, and vitamin D in the dark months. This week you set them up once, so they run on their own.

Your step: Put your B12 next to the kettle and take it when the kettle goes on. Swap the salt in the pot for iodized salt today.

Kettle on, B12 down.

13 recipes this week and about 40 minutes in the kitchen a day, breakfast included. "Ready" means it is already made.

| | Breakfast | Lunch | Dinner | Snack |
|---|---|---|---|---|
| Monday | Peanut butter banana toast with hemp seeds and a glass of soy milk | Chickpea salad sandwich (the vegan tuna-style one) | Chickpea and spinach coconut curry (cook double) | Edamame with lime and sesame |
| Tuesday | Chocolate peanut butter protein smoothie | Ready: Chickpea and spinach coconut curry | TVP sloppy joes (cook double) | Hummus and veggie snack plate |
| Wednesday | Peanut butter banana toast with hemp seeds and a glass of soy milk | Ready: TVP sloppy joes | Peanut tofu rice bowl with edamame (cook double) | Edamame with lime and sesame |
| Thursday | Chocolate peanut butter protein smoothie | Ready: Peanut tofu rice bowl with edamame | Vegan chicken-style fajitas (cook double) | Hummus and veggie snack plate |
| Friday | Peanut butter banana toast with hemp seeds and a glass of soy milk | Ready: Vegan chicken-style fajitas | Tofu, broccoli and cashew stir fry | Edamame with lime and sesame |
| Saturday | Chocolate peanut butter protein smoothie | Sweet potato and black bean tacos (cook double) | Creamy tofu alfredo pasta with peas and mushrooms | Hummus and veggie snack plate |
| Sunday | Peanut butter banana toast with hemp seeds and a glass of soy milk | Ready: Sweet potato and black bean tacos | Red lentil and spinach dal | Edamame with lime and sesame |

# Week 1 shopping list

For 2 people, the whole week. Tick things off as you go. Buy the fresh things for the second half of the week midweek if you can.

## Fruit and vegetables

- [ ] avocado: 320 g (11 oz)
- [ ] banana: 1.4 kg (3.2 lb)
- [ ] broccoli florets: 240 g (8 oz)
- [ ] carrots: 730 g (26 oz)
- [ ] celery: 48 g
- [ ] cucumber: 370 g (13 oz)
- [ ] fresh ginger, grated: 36 g
- [ ] fresh spinach: 490 g (17 oz)
- [ ] garlic: 9 cloves (1 head)
- [ ] lemons: 1, for the juice
- [ ] limes: 7, for the juice
- [ ] mushrooms, sliced: 110 g (4 oz)
- [ ] onion: 540 g (19 oz)
- [ ] red bell pepper: 1.1 kg (2.3 lb)
- [ ] red cabbage, shredded: 280 g (10 oz)
- [ ] romaine lettuce: 56 g
- [ ] sweet potato: 480 g (17 oz)
- [ ] tomatoes: 150 g (5 oz)

## Fridge

- [ ] firm tofu (calcium-set): 960 g (34 oz)
- [ ] hummus: 430 g (15 oz)
- [ ] soft or silken tofu: 240 g (8 oz)
- [ ] unsweetened soy milk with added calcium, B12 and vitamin D: 5.1 liters (5.4 quarts)
- [ ] vegan chicken-style pieces: 320 g (11 oz)
- [ ] vegan mayonnaise: 34 g

## Freezer

- [ ] corn tortillas: 500 g (18 oz)
- [ ] frozen peas: 160 g (6 oz)
- [ ] shelled edamame: 1.7 kg (3.8 lb)

## Bread and tortillas

- [ ] whole-wheat bread: 1.3 kg (2.9 lb)

### Cans, grains and beans

- [ ] black beans: 3 cans (15 oz / 400 g each), or 290 g (10 oz) dry
- [ ] brown rice, dry: 860 g (30 oz)
- [ ] chickpeas: 4 cans (15 oz / 400 g each), or 360 g (13 oz) dry
- [ ] coconut milk: 1 can (15 oz / 400 g each)
- [ ] crushed tomatoes: 2 cans (15 oz / 400 g each)
- [ ] dry red lentils: 120 g (4 oz)
- [ ] textured vegetable protein (TVP), dry: 100 g (3 oz)
- [ ] tomato paste: 38 g
- [ ] unflavored soy protein powder: 220 g (8 oz)
- [ ] whole-wheat pasta, dry: 150 g (5 oz)

### Nuts, seeds and spreads

- [ ] cashews: 24 g
- [ ] ground flaxseed: 50 g
- [ ] hemp seeds: 100 g (3 oz)
- [ ] peanut butter: 420 g (15 oz)
- [ ] sesame seeds: 43 g

### Pantry (check what you already have)

apple cider vinegar, chili powder, curry powder, ground turmeric, maple syrup, nori sheets, crumbled, nutritional yeast with added B12, olive oil, sesame oil, soy sauce, unsweetened cocoa powder.

# Week 1 prep hour

One hour before the week starts saves you about twenty minutes every evening.

- ☐ Cook 860 g (30 oz) of brown rice. You will use it on Monday, Tuesday, Wednesday, Thursday, Friday and Sunday. It keeps four days in the fridge; freeze what is for later in the week.
- ☐ Cook 150 g (5 oz) of whole-wheat pasta. You will use it on Saturday. It keeps four days in the fridge; freeze what is for later in the week.
- ☐ Wash and dry the leafy greens and herbs, and keep them in a box lined with a paper towel.
- ☐ Check the pantry list, and put the cans, grains and spreads where you can see them.

WEEK 1 · DAY 1

## Monday

Breakfast: Peanut butter banana toast with hemp seeds and a glass of soy milk (5 min)

Lunch: Chickpea salad sandwich (the vegan tuna-style one) (10 min)

Dinner: Chickpea and spinach coconut curry (30 min, cook double: the second half is tomorrow's lunch)

Snack: Edamame with lime and sesame (5 min)

The day per person: about 1,874 kcal, 92 g protein, 52 g fiber, 21 mg iron, 1,074 mg calcium. Not counted: nori sheets, crumbled, vegan mayonnaise.

| | | | |
|---|---|---|---|
| • Enough food<br>three meals and a snack | • Protein<br>at every meal today | • Iron<br>in today's meals, with vitamin C | • Calcium<br>in today's meals |
| • Omega-3<br>in today's meals | • B12<br>in today's meals, plus your usual source | • Iodine<br>iodized salt in your cooking | • Vitamin D<br>sun in summer, your supplement in the dark months |

WEEK 1 · DAY 2

## Tuesday

Breakfast: Chocolate peanut butter protein smoothie (5 min)

Lunch: Chickpea and spinach coconut curry (ready: the second half of what you cooked yesterday)

Dinner: TVP sloppy joes (25 min, cook double: the second half is tomorrow's lunch)

Snack: Hummus and veggie snack plate (5 min)

The day per person: about 1,906 kcal, 111 g protein, 53 g fiber, 27 mg iron, 1,256 mg calcium.

| | | | |
|---|---|---|---|
| • Enough food<br>three meals and a snack | • Protein<br>at every meal today | • Iron<br>in today's meals, with vitamin C | • Calcium<br>in today's meals |
| • Omega-3<br>in today's meals | • B12<br>in today's meals, plus your usual source | • Iodine<br>iodized salt in your cooking | • Vitamin D<br>sun in summer, your supplement in the dark months |

WEEK 1 · DAY 3

## Wednesday

Breakfast: Peanut butter banana toast with hemp seeds and a glass of soy milk (5 min)

Lunch: TVP sloppy joes (ready: the second half of what you cooked yesterday)

Dinner: Peanut tofu rice bowl with edamame (25 min, cook double: the second half is tomorrow's lunch)

Snack: Edamame with lime and sesame (5 min)

The day per person: about 1,919 kcal, 122 g protein, 46 g fiber, 23 mg iron, 2,122 mg calcium.

| | | | |
|---|---|---|---|
| • Enough food<br>three meals and a snack | • Protein<br>at every meal today | • Iron<br>in today's meals, with vitamin C | • Calcium<br>in today's meals |
| • Omega-3<br>in today's meals | • B12<br>in today's meals, plus your usual source | • Iodine<br>iodized salt in your cooking | • Vitamin D<br>sun in summer, your supplement in the dark months |

WEEK 1 · DAY 4

## Thursday

Breakfast: Chocolate peanut butter protein smoothie (5 min)

Lunch: Peanut tofu rice bowl with edamame (ready: the second half of what you cooked yesterday)

Dinner: Vegan chicken-style fajitas (25 min, cook double: the second half is tomorrow's lunch)

Snack: Hummus and veggie snack plate (5 min)

The day per person: about 1,985 kcal, 126 g protein, 53 g fiber, 25 mg iron, 2,114 mg calcium. Not counted: vegan chicken-style pieces.

| | | | |
|---|---|---|---|
| • Enough food<br>three meals and a snack | • Protein<br>at every meal today | • Iron<br>in today's meals, with vitamin C | • Calcium<br>in today's meals |
| • Omega-3<br>in today's meals | • B12<br>in today's meals, plus your usual source | • Iodine<br>iodized salt in your cooking | • Vitamin D<br>sun in summer, your supplement in the dark months |

WEEK 1 · DAY 5

## Friday

Breakfast: Peanut butter banana toast with hemp seeds and a glass of soy milk (5 min)

Lunch: Vegan chicken-style fajitas (ready: the second half of what you cooked yesterday)

Dinner: Tofu, broccoli and cashew stir fry (25 min)

Snack: Edamame with lime and sesame (5 min)

The day per person: about 1,875 kcal, 104 g protein, 49 g fiber, 21 mg iron, 1,969 mg calcium. Not counted: vegan chicken-style pieces.

| | | | |
|---|---|---|---|
| • Enough food<br>three meals and a snack | • Protein<br>at every meal today | • Iron<br>in today's meals, with vitamin C | • Calcium<br>in today's meals |
| • Omega-3<br>in today's meals | • B12<br>in today's meals, plus your usual source | • Iodine<br>iodized salt in your cooking | • Vitamin D<br>sun in summer, your supplement in the dark months |

WEEK 1 · DAY 6

## Saturday

Breakfast: Chocolate peanut butter protein smoothie (5 min)

Lunch: Sweet potato and black bean tacos (30 min, cook double: the second half is tomorrow's lunch)

Dinner: Creamy tofu alfredo pasta with peas and mushrooms (25 min)

Snack: Hummus and veggie snack plate (5 min)

The day per person: about 1,900 kcal, 109 g protein, 57 g fiber, 25 mg iron, 1,207 mg calcium. Not counted: nutritional yeast with added B12.

| | | | |
|---|---|---|---|
| • Enough food<br>three meals and a snack | • Protein<br>at every meal today | • Iron<br>in today's meals, with vitamin C | • Calcium<br>in today's meals |
| • Omega-3<br>in today's meals | • B12<br>in today's meals, plus your usual source | • Iodine<br>iodized salt in your cooking | • Vitamin D<br>sun in summer, your supplement in the dark months |

WEEK 1 · DAY 7

# Sunday

Breakfast: Peanut butter banana toast with hemp seeds and a glass of soy milk (5 min)

Lunch: Sweet potato and black bean tacos (ready: the second half of what you cooked yesterday)

Dinner: Red lentil and spinach dal (30 min)

Snack: Edamame with lime and sesame (5 min)

The day per person: about 1,911 kcal, 91 g protein, 53 g fiber, 23 mg iron, 937 mg calcium.

| | | | |
|---|---|---|---|
| • Enough food<br>three meals and a snack | • Protein<br>at every meal today | • Iron<br>in today's meals, with vitamin C | • Calcium<br>in today's meals |
| • Omega-3<br>in today's meals | • B12<br>in today's meals, plus your usual source | • Iodine<br>iodized salt in your cooking | • Vitamin D<br>sun in summer, your supplement in the dark months |

# Week 1 recipes

In the order you cook them, with amounts for 2 people at your portion size. Season with iodized salt and pepper as you like.

## Peanut butter banana toast with hemp seeds and a glass of soy milk

BREAKFAST ON MONDAY, WEDNESDAY, FRIDAY AND SUNDAY · FOR 2 PEOPLE · 5 MINUTES

These amounts are for one day.



- 5 slices whole-wheat bread · 150 g (5 oz)
- 3 1/2 tbsp peanut butter · 58 g
- 1 medium banana · 140 g (5 oz)
- 2 1/2 tbsp hemp seeds · 24 g
- 2 1/2 cups unsweetened soy milk with added calcium, B12 and vitamin D · 590 g (21 oz)

How to make it

1. Toast the bread until golden.
2. Spread the peanut butter on the toast while it is still warm so it softens.
3. Slice the banana and lay it on top, then sprinkle with the hemp seeds.
4. Pour the soy milk and serve a glass with each plate.

Tip: Use a peanut butter with only peanuts, and maybe salt, on the label.

One portion: about 593 kcal, 29 g protein, 10 g fiber, 4.9 mg iron, 514 mg calcium. Best made when you eat it.

# Chickpea and spinach coconut curry

MONDAY DINNER AND TUESDAY LUNCH · FOR 2 PEOPLE · 30 MINUTES

These amounts make two meals: Monday's dinner and Tuesday's lunch. Put the second half in the fridge before you sit down.



- 2 cans (15 oz) chickpeas, drained · 580 g (20 oz)
- 6 cups fresh spinach · 180 g (6 oz)
- 1 1/2 cups canned crushed tomatoes · 360 g (13 oz)
- 1 cup canned coconut milk · 180 g (6 oz)
- 1 medium onion · 130 g (5 oz)
- 4 cloves garlic · 11 g
- 2 tbsp fresh ginger, grated · 12 g
- 1 tbsp curry powder · 7 g
- 3 1/2 cups cooked brown rice · 720 g (25 oz)
- 1 tbsp olive oil · 16 g

## How to make it

1. Dice the onion, crush the garlic and grate the ginger.
2. Warm the oil in a wide pan over medium heat. Cook the onion, garlic and ginger for about five minutes, stirring, until the onion is soft and see-through.
3. Add the curry powder and stir for one minute until it smells toasty.
4. Add the drained chickpeas, the crushed tomatoes and the coconut milk. Bring to a gentle bubble, turn the heat down and simmer for 15 minutes, stirring now and then, until the sauce has thickened.
5. Stir in the spinach a handful at a time. It wilts in about two minutes.
6. Season with iodized salt and pepper and serve over the warm rice.

Tip: Like most curries, it tastes even better the next day, which makes it ideal for the lunch it becomes.

One portion: about 611 kcal, 20 g protein, 16 g fiber, 7.0 mg iron, 176 mg calcium. Keeps three days in the fridge. Freezes well for up to three months.

# TVP sloppy joes

TUESDAY DINNER AND WEDNESDAY LUNCH · FOR 2 PEOPLE · 25 MINUTES

These amounts make two meals: Tuesday's dinner and Wednesday's lunch. Put the second half in the fridge before you sit down.



- 1 1/4 cups textured vegetable protein (TVP), dry · 100 g (3 oz)
- 1 1/4 cups canned crushed tomatoes · 290 g (10 oz)
- 1 medium onion · 130 g (5 oz)
- 1 medium red bell pepper · 140 g (5 oz)
- 2 1/2 tbsp tomato paste · 38 g
- 10 slices whole-wheat bread · 310 g (11 oz)
- 1/2 tbsp maple syrup · 12 g
- 1 tsp chili powder · 3 g
- 1 tbsp apple cider vinegar · 18 g
- 1 tbsp olive oil · 16 g

How to make it

1. Pour hot water over the TVP, just enough to cover it, and leave it for five minutes to soften.
2. Dice the onion and pepper. Warm the oil in a pan over medium heat and cook them for about five minutes until soft.
3. Add the soaked TVP, the crushed tomatoes, tomato paste, maple syrup, chili powder and vinegar. Stir well.
4. Simmer for about ten minutes, stirring now and then, until thick enough to sit on bread without running off.
5. Season with iodized salt and pepper and spoon it onto toasted bread.

Tip: TVP keeps for months in the cupboard, so this is a dinner you can always make.

One portion: about 382 kcal, 24 g protein, 12 g fiber, 5.3 mg iron, 249 mg calcium. Keeps three days in the fridge. Freezes well for up to three months.

# Edamame with lime and sesame

SNACK ON MONDAY, WEDNESDAY, FRIDAY AND SUNDAY · FOR 2 PEOPLE · 5 MINUTES

These amounts are for one day.



- 2 1/2 cups shelled edamame · 370 g (13 oz)
- 1 1/2 tbsp lime juice · 24 g
- 1 tbsp sesame seeds · 11 g

How to make it

1. Put the frozen shelled edamame in a pot of boiling water for three minutes, or microwave them with a spoon of water for two.
2. Drain them well.
3. Toss while warm with the lime juice, sesame seeds and a pinch of iodized salt.

Tip: Toast the sesame seeds in a dry pan for two minutes first and they taste nuttier.

One portion: about 259 kcal, 23 g protein, 10 g fiber, 5.0 mg iron, 171 mg calcium. Keeps three days in the fridge.

The full plan has all 13 recipes of this week, and the other three weeks.

THE FULL PLAN

# What you get when you build yours

- All four weeks, built for your answers: how long you want to cook, how many people you feed, how big the portions are and what you do not eat.
- Every recipe of every week, with the amounts already worked out for your household.
- Four shopping lists and four prep hours.
- The pantry list for the month.
- Swaps for when you are out of something, five-minute meals for the nights when it all falls apart, and what to order when you eat out.
- What the health guidelines say about B12, vitamin D, iodine and omega-3, with the sources, and the blood tests worth asking your doctor about.

One payment, no subscription. Build yours at barbaraofnorth.com/meal-plan.

This plan is general information about food. It is not medical advice and it is not made for one person's health. If you are pregnant or breastfeeding, under 18, have a diagnosed condition or take medication, talk to your doctor or a registered dietitian before you change how you eat.