



3-DAY VEGAN MEAL PLAN

DAY #1

Breakfast: Tofu Scramble,
Whole wheat toast, Fresh
Fruit

Lunch: Vegan Quesadilla
(Black Beans, Daiya Cheese,
Onions, Salsa) Salad (Spring
Mix)

Dinner: Vegan Salisbury
Steak, Brown Rice, Beans

DAY #2

Breakfast: Oatmeal, Almond
Milk, Strawberries, Grade A
(Dark) Maple Syrup

Lunch: Chickpea Tuna
Sandwich on whole wheat
bread.

Dinner: Spaghetti with
vegan crumbles, Salad

DAY #3

Breakfast: Vegan Plant Based
Sausage Patties, Yellow Grits,
Whole wheat toast w/ vegan
butter

Lunch: Vegan Whole Wheat
Grilled Cheese Sandwich with
Tomato Soup

Dinner: Quinoa, Sweet Potatoes,
Sautéed Kale

NOTES

Please read all labels to ensure that there are no eggs, meat, fish, or dairy products. Alterations can be made to recipes. Please feel free to email me at hygherpowerlifestyle@gmail.com with any questions.

SHOPPING LIST

Extra Firm Tofu
Whole Wheat Bread
Fruit
Organic Tortillas
Can of Organic Black Beans
Salsa
Daiya Cheese
Pre-packaged Salad
Meatless Sausage Patties
Green Bell Peppers x2
Yellow Onion x2
Brown Rice
Curry Powder
Nutritional Yeast
Vegan Broth Cubes
Rolled Oats
Almond Milk
Fresh Strawberries
Grade B (Dark) Maple Syrup
Earth Balance Butter
Chickpeas
Vegan Mayo
Sweet Relish
Mustard
Red Onion
Lettuce
Vegan Sausage
Organic Yellow Grits
Vegan Meatless Crumbles
1 Can of Crushed Tomatoes
Sweet Potatoes
Organic Quinoa
Organic Kale