

10 WEEK VEGETARIAN/VEGAN MEAL PLAN IDEAS

MONDAY
PLANT BASED

TUESDAY
LEGUME

WEDNESDAY
PLANT BASED

THURSDAY
TOFU/TEMPEH

FRIDAY
PLANT BASED

SATURDAY
EASY AND FUN

SUNDAY
SIMPLE AND
NOURISHING

1 Spinach and lentil curry served with either fried haloumi, roast potatoes or tamari sauteed tofu on brown rice and sauerkraut

Homemade bean Nachos with vegan sour cream and guacamole

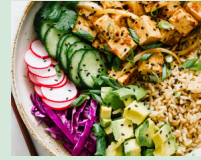
Vegetable stir fry garnished with sesame seeds and cashews served with noodles of choice

Tempeh and cauliflower steak salad (roasted beetroot, spinach, cos lettuce, sprouts, grated carrot)

Falafels, hummus and tabouli salad wraps or salad bowls (with wild rice)

Lazy sushi served with cucumbers, snow peas, sliced spinach, tofu or tempeh or and seaweed chopped on top

Pumpkin soup with home made sourdough bread rolls



2 Broccoli and pumpkin quiche with garden salad

Slow cooked Mediterranean root vegetable and chickpea stew

Jacket potato with vegan sour cream, guacamole, greens and beans

Teriyaki tofu with steamed buttery cabbage, steamed broccolini and quinoa

Mushroom risotto served with steamed broccolini and asparagus and peas

Home made Cornish pasties with onions, peas, broccoli, mushrooms and potato (cheese optional)

Home made vegetable laksa (tofu optional)



3 Vegetable pie (with broccoli, cauliflower, peas and potatoes)

Bean and vegetable hotpot

Thai green vegetable curry with tofu served with seaweed noodles

Steamed vegetables, and tempeh or tamari fried tofu served with peanut satay sauce

Black bean dhal served with steamed beans, brown rice and fermented vegetables

Potato pancakes served with coleslaw and green salad

Vegetable curry Mild curry spice, tomatoes, beans, cauliflower, onion, carrots, peas and spianch



4 Moroccan roast vegetables quinoa salad and warmed chickpeas

Lentil dhal with steamed vegetables, rice and fermented foods

Roast vegetables served with a vegetarian burger

Ginger tempeh Asian stir fry served with cashews

Vegetables fried rice with poached eggs

Indian spiced potato and broccoli warm salad served with sausages of choice

Vegetarian noodle soup



5 Spinach and fetta pie with salad

Slow cooked butter chickpeas served with shredded spinach and yoghurt of choice

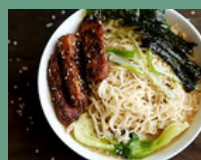
Creamy Vegetable penne pasta

Sesame ramen noodles with roasted tempeh and seaweed

Bean burritos bowls/wraps (served with sour cream or raw cashew cream, salad, tomato salsa)

Home made pizza bases with mixed vegetables and pesto sauce

Very green vegetable curry served with rice or as a soup



10 WEEK VEGETARIAN/VEGAN MEAL PLAN IDEAS

PLANT BASED

LEGUME

PLANT BASED

TOFU/TEMPEH

RICE AND PLANT BASED

EASY AND FUN

SIMPLE AND NOURISHING

6

Brown rice, lentil and grated vegetable burgers served with steamed vegetables or salad

Spiced bean vegetable mix served in lettuce cups or on a bed of shredded iceberg lettuce

Mixed Vegetable curry (cauliflower, onion, beans, carrots, potato) served with rice

Tempeh stuffed sweet potatoes with salad and vegan aioli

Vegetarian kofta balls with tomato sauce, salad and basmati rice

Bean or chickpea burgers with homemade buns and lots of salad and beetroot with a home made relish

Tomato soup with home made breadrolls



7

Jacket potato with vegan sour cream, guacamole, greens and beans

Chilli bean con carne with vegan sour cream served on bed of lettuce

Cauliflower and broccoli pasta bake (pasta of choice) with fresh garden salad

Tempeh and black beanburgers served with pickled vegetables, lettuce tomato and avocado

Warm Raw zucchini noodles with basil, and wild greens rocket pesto

Gluten free pasta bake or lasagna with bell peppers, spinach and lentils in white sauce

Sweet potato and carrot soup



8

Korma curry pies (cauliflower, sweet potato, peas and potato)

Chickpea and sweet potato curry

Moroccan spiced warm vegetable salad (roasted cauliflower, sweet potato) steamed broccoli and peas

Bimbap Korean noodles with tofu, seaweed and vegetables

Crunchy veg and tofu salad with sesame dressing

spinach and brown rice pie served with garden greens salad

Roast capsicum, tomato and carrot soup served with homemade bread rolls



9

Hunza (potato and spinach) pie served with salad

vegan Shepard's pie with sweet potato topping served with peas and beans

Vegetable pasties with salad

Rice paper rolls with vermicelli noodles, tamari tofu strips, lettuce, grated carrot, coriander, mint

Zucchini, carrot and corn quiche with green salad

Vegetarian/vegan sausage BBQ with potato salad, coleslaw and green salad

Vegetable soup (onions, garlic, celery, broth, carrot, broccolini)



10

Spanish tortilla with potato and onion served with green salad

Red lentil, pumpkin and kale dhal served with steamed beans, brown rice and fermented veg.

Sweet potato and potato bake served with salad and sauerkraut

Tofu and onion french quiche served with salad

Vegetarian samosas served with rice and salad

Vegetarian bean nachos with guacamole and vegan sour cream

Slow cooked vegetable and bean stew

