

FREE 7-DAY VEGETARIAN MEAL PLAN

A flexible, beginner-friendly week of breakfasts, lunches and dinners. Some meals contain dairy or eggs; see simple vegan swaps below.

DAY	BREAKFAST	LUNCH	DINNER
MON	Overnight oats, peanut butter & berries	Hummus and veggie wrap, apple	Lentil tomato spaghetti; side salad
TUE	Spinach scrambled eggs or tofu; toast	Leftover lentil spaghetti	Black bean tacos, cabbage, avocado & salsa
WED	Yogurt or soy yogurt, granola & fruit	Lemon-chickpea salad with pita	Tofu veggie stir-fry & brown rice
THU	Peanut-butter banana toast; fortified soy drink	Leftover stir-fry & rice	Sweet potatoes with kidney bean chili & broccoli
FRI	Apple-cinnamon oats with chia	Leftover chili on rice or baked potato	Spinach-ricotta pasta bake with peas
SAT	Vegetable omelet or chickpea-flour omelet	Leftover pasta bake & salad	Chickpea-spinach coconut curry & rice
SUN	Yogurt or soy yogurt, fruit & walnuts	Leftover curry or vegetable-grain bowl	Roasted vegetables & chickpeas, lemon tahini, pita

Make it work for you

Prep once: Make extra lentil sauce on Monday, cook extra rice on Wednesday, and make more chili on Thursday for easy leftovers.

Vegan swaps: Use tofu instead of eggs, fortified soy yogurt instead of dairy yogurt, and tofu or dairy-free substitutes instead of ricotta and cheese. Check curry paste for fish ingredients.

Food safety: Cool and refrigerate leftovers promptly; reheat thoroughly. Follow local guidance on cooked rice storage and reheating.

This is a sample menu, not a personalized dietary or medical plan. Adjust servings and snacks to your needs. Fully vegan diets need a reliable source of vitamin B12.