



Vegan Meal Plan





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BREAKFAST

LUNCH

DINNER

SNACKS

MONDAY

Superfood Energy Bars

Sicilian Cous Cous Salad

Asparagus and Pea Spaghetti

Sweet Potato Hummus with Vegetables

TUESDAY

Cranberry and Pear Porridge

Roasted Cauliflower and Chickpea Bowls

Broccoli Pesto with Penne

Green Olive Oil Super Smoothie

WEDNESDAY

EpiVegan's Chocnut Granola

Stuffed Butternut Squash

Spring Vegetable Pistou

Garlic Flat Breads and Dips

THURSDAY

Simple Avocado on Toast

Peach and Tenderstem Broccoli Salad

Spelt Risotto with Butternut Squash

Courgette and Mint Fritters with Aioli

FRIDAY

Orange Olive Oil Smoothie

Cauliflower, Fig & Hazelnut Farro Salad

Aranchini (using left over risotto) and vegetables of choice

Fruit Kebabs with Chocolate Sauce

SATURDAY

EpiVegan's Fiery Potato Cakes

Tuscan Bean Stew

Sweet Potato Gnocchi with Walnut Pesto

Cappuccino Olive Oil Cake

SUNDAY

Banana and Oat Muffins

Caramelized Onion and Mushroom Pissaladiere

Spicy Sausages with Cavolo Nero

Stracciatella Olive Oil Ice Cream

Full recipes are available on our website or if viewing digitally simply click the recipe you want to see.



Tips For Going Vegan

1. Where to start

There are many helpful resources about going vegan online that are free and available for anyone to use. We've listed a few below to get you started:

- Viva Charity (<https://www.viva.org.uk/>)
- The Vegan Society (<https://www.vegansociety.com/>)
- Veganuary Charity (<https://www.veganuary.com/>)

2. Nutrition and Health

There are many notable benefits to going vegan but make sure you don't miss out on any of the key vitamins and nutrients your body needs. All the charities listed above have useful nutrition resources you can use on their websites.

3. Vegan Substitutes

There are vegan substitutes for almost all foods you can think of with many mainstream supermarkets bringing out their own vegan ranges! Experiment with vegan versions of your favourite foods and see what your local supermarket has to offer in their free from section.

4. Eating Out

It can be daunting going out for dinner and worrying about what you'll order but countless restaurants offer vegan options or even have their own vegan menu! We recommend looking up the menu or simply give the restaurant a call before you visit to see what they offer.

5. Don't give up!

If you're trying to transition to a vegan diet it is a lifestyle change and may be easier for some than others. Why not start with cutting out dairy, trying Meatfree Mondays or signing up to Veganuary?