

## **7-Day Vegan Dinner Meal Plan**

### **Day 1: Veggie Stir-Fry with Rice**

#### **Ingredients:**

- 2 cups of mixed vegetables (carrots, bell peppers, broccoli, snap peas)
- 1 block of firm tofu, cubed
- 2 cups of cooked brown rice
- 2 tablespoons soy sauce
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon ginger powder

#### **Instructions:**

1. Heat olive oil in a large pan over medium heat.
2. Add cubed tofu and cook until golden brown.
3. Add mixed vegetables and cook for 5-7 minutes until tender.
4. Stir in soy sauce, garlic powder, and ginger powder.
5. Serve over cooked brown rice.

### **Day 2: Chickpea Tacos**

#### **Ingredients:**

- 1 can of chickpeas, drained and rinsed
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon paprika
- Salt and pepper to taste
- 8 small taco shells
- 1 cup shredded lettuce
- 1 cup diced tomatoes
- 1 avocado, sliced

#### **Instructions:**

1. Heat olive oil in a pan over medium heat.
2. Add chickpeas and spices, cook for 5 minutes until chickpeas are slightly crispy.
3. Fill taco shells with chickpeas, lettuce, tomatoes, and avocado slices.

### **Day 3: Pasta with Marinara Sauce**

**Ingredients:**

- 12 oz whole wheat pasta
- 2 cups marinara sauce
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 teaspoon Italian seasoning
- Salt and pepper to taste

**Instructions:**

1. Cook pasta according to package instructions.
2. In a pan, heat olive oil over medium heat and sauté garlic until fragrant.
3. Add marinara sauce and Italian seasoning, simmer for 5 minutes.
4. Toss cooked pasta with the sauce and serve.

**Day 4: Quinoa Salad with Lemon Vinaigrette****Ingredients:**

- 1 cup quinoa
- 2 cups water
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- Salt and pepper to taste

**Instructions:**

1. Cook quinoa in water according to package instructions.
2. In a large bowl, combine cooked quinoa, cherry tomatoes, cucumber, and red onion.
3. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
4. Pour dressing over salad and toss to combine.

**Day 5: Black Bean Burgers****Ingredients:**

- 1 can black beans, drained and rinsed
- 1/2 cup breadcrumbs
- 1/4 cup finely chopped onion
- 1 clove garlic, minced
- 1 teaspoon cumin
- Salt and pepper to taste

- 1 tablespoon olive oil
- 4 burger buns
- Lettuce, tomato slices, and avocado for toppings

**Instructions:**

1. In a bowl, mash black beans with a fork.
2. Mix in breadcrumbs, onion, garlic, cumin, salt, and pepper.
3. Form mixture into 4 patties.
4. Heat olive oil in a pan over medium heat and cook patties for 5 minutes on each side.
5. Serve on burger buns with lettuce, tomato, and avocado.

**Day 6: Vegetable Soup**

**Ingredients:**

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 carrots, sliced
- 2 celery stalks, sliced
- 2 cups vegetable broth
- 1 can diced tomatoes
- 1 cup frozen peas
- Salt and pepper to taste

**Instructions:**

1. Heat olive oil in a large pot over medium heat.
2. Add onion, carrots, and celery, and cook until softened.
3. Add vegetable broth, diced tomatoes, and peas.
4. Bring to a boil, then reduce heat and simmer for 15 minutes.
5. Season with salt and pepper to taste.

**Day 7: Sweet Potato and Black Bean Quesadillas**

**Ingredients:**

- 2 large sweet potatoes, peeled and diced
- 1 can black beans, drained and rinsed
- 1 teaspoon cumin
- 1 teaspoon chili powder
- Salt and pepper to taste
- 4 large whole wheat tortillas
- 1 tablespoon olive oil

**Instructions:**

1. Boil sweet potatoes until tender, about 10 minutes. Mash in a bowl.
2. Mix mashed sweet potatoes with black beans, cumin, chili powder, salt, and pepper.
3. Spread the mixture on half of each tortilla and fold.
4. Heat olive oil in a pan over medium heat. Cook quesadillas until golden brown, about 3 minutes on each side.
5. Cut into wedges and serve.

## **Shopping List**

### **Vegetables:**

- 2 cups mixed vegetables (carrots, bell peppers, broccoli, snap peas)
- 1 onion
- 2 carrots
- 2 celery stalks
- 1 cup cherry tomatoes
- 1 cucumber
- 1/4 cup red onion
- 1 avocado
- 1 cup shredded lettuce
- 1 cup diced tomatoes
- 2 large sweet potatoes

### **Canned Goods:**

- 2 cans black beans
- 1 can chickpeas
- 1 can diced tomatoes

### **Dry Goods:**

- 2 cups brown rice
- 1 cup quinoa
- 12 oz whole wheat pasta
- 4 large whole wheat tortillas
- 8 small taco shells
- 4 burger buns
- 1 block firm tofu

### **Spices and Condiments:**

- Soy sauce
- Garlic powder
- Ginger powder
- Chili powder

- Cumin
- Paprika
- Italian seasoning
- Salt and pepper
- Marinara sauce
- Olive oil
- Lemon juice

### **Optional Toppings:**

- Lettuce
- Tomato slices
- Avocado

### **Preparation Tips**

- Cook extra brown rice and quinoa at the beginning of the week and store in the fridge for quick use.
- Pre-chop vegetables and store them in airtight containers to save time during the week.
- Use pre-made marinara sauce and canned beans to cut down on preparation time.
- Consider using a rice cooker or Instant Pot for quicker and more efficient cooking.