



VEGAN MENU
WEEK THREE

@LIVINGINCOLORBLOG



MONDAY

VEGGIE BOWL NIGHT

VEGGIE BOWLS W/ ROASTED
CHICKPEAS & QUINOA

TUESDAY

MEXICAN FOOD NIGHT

VEGGIE TACOS (ZUCCHINI & MUSHROOM)
W/ SPANISH RICE

WEDNESDAY

SOUP NIGHT

VEGAN TORTILLA SOUP

THURSDAY

VEGGIE BURGER NIGHT

EASY BLACK BEAN BURGERS
W/ BAKED FRIES & BROCCOLI

FRIDAY

PIZZA/ITALIAN NIGHT

SPAGHETTI W/ MINIMALIST BAKER'S
VEGAN BLACK BEAN MEATBALLS

SATURDAY

DINNER OUT OR TRY A NEW RECIPE

DINNER OUT

SUNDAY

DINNER OUT OR BREAKFAST FOR DINNER

TOFU SCRAMBLE BREAKFAST BURRITOS
W/ POTATO HASH



BREAKFAST:

LUNCH:

EASY OVERNIGHT OATS W/ FRUIT,
BLUEBERRY-BASED SMOOTHIES

CABBAGE SALAD, RAW VEGGIE PLATES + RAW
VEGGIE SANDWICHES.