

30-Day Vegan Meal Plan

PlantBasedwithVicky.com

For Beginners: Simple, Delicious, and Nutritious

Welcome to Your Plant-Based Journey!

Hi, I'm Vicky! Welcome to your 30-day vegan meal plan. This comprehensive guide is designed specifically for beginners, featuring simple recipes with easy-to-find ingredients. Each day includes breakfast, lunch, dinner, and a snack, along with complete recipes and weekly shopping lists to make your transition to plant-based eating smooth and enjoyable.

What You'll Find Inside:

- Complete 30-day meal plan with daily menus
- Over 40 easy vegan recipes with step-by-step instructions
- Weekly shopping lists organized by category
- Beginner-friendly tips for transitioning to a vegan diet
- Budget-conscious ingredient choices
- Meal prep guidance to save time

Each recipe is designed to be completed in 30 minutes or less, making this plan perfect for busy lifestyles. All ingredients are readily available at most grocery stores. Let's get started on this delicious and compassionate journey together!

Visit PlantBasedwithVicky.com for more recipes, tips, and inspiration!

Tips for Vegan Beginners

1. Start Gradually

Don't feel pressured to change everything overnight. This 30-day plan helps you transition smoothly by introducing a variety of plant-based foods in an approachable way. Be patient and kind to yourself!

2. Read Labels

Animal products can hide in unexpected places. Look for 'vegan' labels or check for dairy (whey, casein, lactose), eggs (albumin), and honey in ingredient lists.

3. Stock Your Pantry

Having essentials on hand makes vegan cooking easier:

- Grains: rice, quinoa, oats, pasta
- Canned goods: beans, lentils, chickpeas, tomatoes
- Seasonings: nutritional yeast, soy sauce, vegetable broth
- Nuts and seeds: almonds, walnuts, chia, flax, hemp

4. Get Enough Protein

This meal plan ensures adequate protein through beans, lentils, tofu, tempeh, nuts, seeds, and whole grains. Most days provide 60-80g of protein - plenty for most adults!

5. Consider Supplements

Vitamin B12 is essential for vegans and should be supplemented. Consider vitamin D if you have limited sun exposure, and omega-3 from algae oil.

For more beginner tips, visit PlantBasedwithVicky.com/getting-started

Week 1: Days 1-7

Day	Breakfast	Lunch	Dinner	Snack
Day 1	Overnight Oats with Berries	Hummus & Veggie Wrap	Black Bean Tacos	Apple with Almond Butter
Day 2	Smoothie Bowl	Chickpea Salad Sandwich	Pasta Primavera	Trail Mix
Day 3	Avocado Toast	Lentil Soup	Stir-Fry Tofu & Veggies	Banana & Peanut Butter
Day 4	Peanut Butter Oatmeal	Buddha Bowl	Sweet Potato Curry	Hummus & Crackers
Day 5	Tofu Scramble	Quinoa Salad	Vegan Chili	Fruit Salad
Day 6	Pancakes with Berries	Veggie Sushi Bowl	Mushroom Pasta	Roasted Chickpeas
Day 7	Breakfast Burrito	Falafel Pita	Pizza Night	Popcorn

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Week 1 Shopping List

Produce:

- Bananas (7)
- Apples (4)
- Mixed berries (2 cups)
- Avocados (5)
- Sweet potatoes (3)
- Spinach (2 bunches)
- Kale (1 bunch)
- Mixed greens (2 containers)
- Tomatoes (6)
- Cherry tomatoes (1 pint)
- Cucumber (2)
- Bell peppers (4)
- Broccoli (2 heads)
- Mushrooms (16 oz)
- Carrots (2 lbs)
- Onions (3)
- Garlic (1 bulb)
- Fresh ginger (1 piece)
- Cilantro (1 bunch)
- Lemon (3)

Proteins:

- Firm tofu (2 blocks)
- Chickpeas (3 cans, 15 oz)
- Black beans (2 cans, 15 oz)
- Lentils (1 bag, dry)
- Kidney beans (1 can, 15 oz)

Grains & Breads:

- Rolled oats (1 container)
- Quinoa (1 bag)
- Brown rice (1 bag)
- Pasta (2 boxes)
- Whole grain bread (1 loaf)
- Whole wheat tortillas (1 package)

- Pita bread (1 package)

Pantry Staples:

- Almond butter
- Peanut butter
- Tahini
- Hummus
- Nutritional yeast
- Maple syrup
- Olive oil
- Coconut oil
- Soy sauce or tamari
- Vegetable broth (2 cartons)
- Marinara sauce
- Coconut milk (1 can)
- Chia seeds
- Hemp seeds
- Almond milk (1/2 gallon)

Find shopping tips and budget advice at PlantBasedwithVicky.com

Week 1 Recipes

Overnight Oats with Berries

Prep: 5 minutes | Chill: overnight | Serves: 1

Ingredients:

- 1/2 cup rolled oats
- 1/2 cup almond milk
- 1 tbsp chia seeds
- 1 tbsp maple syrup
- 1/2 cup mixed berries
- 1 tbsp almond butter

Instructions:

1. In a jar or container, combine oats, almond milk, chia seeds, and maple syrup.
2. Stir well, cover, and refrigerate overnight (or at least 4 hours).
3. In the morning, top with berries and almond butter. Enjoy cold or warm in microwave for 1 minute.

Black Bean Tacos

Prep: 10 minutes | Cook: 15 minutes | Serves: 4

Ingredients:

- 2 cans black beans, drained and rinsed
- 1 tbsp olive oil
- 1 tsp cumin
- 1 tsp chili powder
- 1/4 tsp garlic powder
- 8 small corn or flour tortillas
- 2 avocados, sliced
- 1 cup diced tomatoes
- Fresh cilantro for garnish
- Lime wedges

Instructions:

1. Heat oil in a pan over medium heat. Add black beans, cumin, chili powder, and garlic powder.
2. Cook for 5-7 minutes, mashing some beans with a fork to create a creamy texture.
3. Warm tortillas in a dry pan or microwave.

4. Fill tortillas with bean mixture, top with avocado, tomatoes, and cilantro.
5. Serve with lime wedges.

More taco recipes at PlantBasedwithVicky.com/tacos

Lentil Soup

Prep: 10 minutes | Cook: 25 minutes | Serves: 6

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 3 carrots, diced
- 3 celery stalks, diced
- 3 cloves garlic, minced
- 1 cup dry green or brown lentils
- 6 cups vegetable broth
- 1 can diced tomatoes (14 oz)
- 1 tsp cumin
- Salt and pepper to taste
- 2 cups spinach

Instructions:

1. Heat oil in a large pot. Sauté onion, carrots, and celery for 5 minutes until softened.
2. Add garlic and cook for 1 minute.
3. Add lentils, broth, tomatoes, and cumin. Bring to a boil.
4. Reduce heat and simmer for 20-25 minutes until lentils are tender.
5. Stir in spinach and cook until wilted. Season with salt and pepper.

Buddha Bowl with Tahini Dressing

Prep: 15 minutes | Cook: 25 minutes | Serves: 2

Ingredients:

- 1 cup quinoa, cooked
- 1 can chickpeas, drained and rinsed
- 1 tbsp olive oil
- 1/2 tsp paprika
- 2 cups kale, chopped
- 1 cup shredded carrots
- 1 avocado, sliced
- 1/4 cup tahini
- 2 tbsp lemon juice
- 1 clove garlic, minced
- 2-3 tbsp water

Instructions:

1. Preheat oven to 400°F. Toss chickpeas with olive oil and paprika. Roast for 20 minutes.
2. Massage kale with a bit of olive oil and lemon juice for 2 minutes.
3. Make dressing: whisk together tahini, lemon juice, garlic, and water until smooth.
4. Assemble bowls with quinoa, chickpeas, kale, carrots, and avocado.
5. Drizzle with tahini dressing.

Sweet Potato Curry

Prep: 10 minutes | Cook: 20 minutes | Serves: 4

Ingredients:

- 1 tbsp coconut oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 2 tbsp curry powder
- 2 large sweet potatoes, cubed
- 1 can coconut milk (13.5 oz)
- 1 cup vegetable broth
- 1 can chickpeas, drained
- 2 cups spinach
- Cooked rice for serving

Instructions:

1. Heat coconut oil in a large pot. Sauté onion for 5 minutes.
2. Add garlic, ginger, and curry powder. Cook for 1 minute.
3. Add sweet potatoes, coconut milk, and broth. Bring to a boil.
4. Reduce heat and simmer for 15 minutes until sweet potatoes are tender.
5. Add chickpeas and spinach. Cook until spinach wilts.
6. Serve over rice.

Find more curry recipes at PlantBasedwithVicky.com/curries

Week 2: Days 8-14

Day	Breakfast	Lunch	Dinner	Snack
Day 8	Chia Pudding	Veggie Wrap	Spaghetti with Lentil Bolognese	Mixed Nuts
Day 9	Breakfast Smoothie	Mexican Rice Bowl	Thai Peanut Noodles	Veggies & Hummus
Day 10	Granola & Yogurt	Tomato Soup & Grilled Cheese	Stuffed Bell Peppers	Energy Balls
Day 11	Banana Oat Pancakes	Mediterranean Salad	Teriyaki Tofu Stir-Fry	Apple Slices
Day 12	Peanut Butter Toast	Quinoa Veggie Bowl	Vegan Pad Thai	Fruit Smoothie
Day 13	Breakfast Hash	Hummus Power Bowl	Mushroom Risotto	Trail Mix
Day 14	French Toast	Black Bean Burrito	Veggie Pizza	Popcorn

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Week 2 Shopping List

Produce:

- Bananas (5)
- Apples (3)
- Berries (1 cup)
- Bell peppers (6)
- Tomatoes (8)
- Spinach (2 bunches)
- Kale (1 bunch)
- Lettuce (1 head)
- Cucumber (2)
- Carrots (2 lbs)
- Broccoli (1 head)
- Zucchini (2)
- Mushrooms (16 oz)
- Onions (3)
- Garlic (1 bulb)
- Fresh basil (1 bunch)
- Cilantro (1 bunch)
- Lime (4)
- Lemon (2)

Proteins:

- Extra firm tofu (2 blocks)
- Tempeh (1 package)
- Lentils (2 bags, dry)
- Black beans (3 cans)
- Chickpeas (2 cans)
- Kidney beans (1 can)

Grains & Breads:

- Arborio rice (1 bag)
- Brown rice (1 bag)
- Rice noodles (1 package)
- Spaghetti (2 boxes)
- Whole wheat bread (1 loaf)
- Tortillas (1 package)

- Pizza dough or crusts (2)
- Granola

Pantry & Dairy Alternatives:

- Coconut yogurt (1 container)
- Vegan cheese (8 oz)
- Peanut butter
- Tahini
- Tomato sauce (2 cans)
- Coconut milk (2 cans)
- Vegetable broth (2 cartons)
- Soy milk or almond milk
- Nutritional yeast
- Chia seeds
- Rice vinegar
- Sesame oil

Week 2 Recipes

Spaghetti with Lentil Bolognese

Prep: 10 minutes | Cook: 30 minutes | Serves: 4

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 3 cloves garlic, minced
- 1 cup dry green or brown lentils
- 1 can crushed tomatoes (28 oz)
- 2 cups vegetable broth
- 2 tbsp tomato paste
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 lb spaghetti
- Fresh basil for garnish

Instructions:

1. Heat oil in large pot. Sauté onion and carrots for 5 minutes.
2. Add garlic and cook 1 minute.
3. Add lentils, tomatoes, broth, tomato paste, oregano, and basil.
4. Bring to boil, then simmer 25 minutes until lentils are tender.
5. Cook spaghetti according to package directions.
6. Serve lentil bolognese over spaghetti, garnish with fresh basil.

Thai Peanut Noodles

Prep: 10 minutes | Cook: 15 minutes | Serves: 4

Ingredients:

- 8 oz rice noodles
- 1 block firm tofu, cubed
- 2 cups broccoli florets
- 1 bell pepper, sliced
- 2 carrots, julienned
- 1/3 cup peanut butter

- 3 tbsp soy sauce
- 2 tbsp lime juice
- 1 tbsp maple syrup
- 1 tsp sriracha (optional)
- 2 tbsp water
- Crushed peanuts and cilantro for garnish

Instructions:

1. Cook rice noodles according to package. Drain and set aside.
2. Press tofu to remove excess water, then cube and pan-fry until golden.
3. In same pan, stir-fry broccoli, pepper, and carrots for 5 minutes.
4. Whisk together peanut butter, soy sauce, lime juice, maple syrup, sriracha, and water.
5. Add noodles, tofu, and sauce to vegetables. Toss to combine.
6. Garnish with crushed peanuts and cilantro.

More Asian-inspired recipes at PlantBasedwithVicky.com

Week 3: Days 15-21

Day	Breakfast	Lunch	Dinner	Snack
Day 15	Berry Smoothie	Chickpea Curry Wrap	Vegetable Lasagna	Almonds & Dates
Day 16	Oatmeal with Banana	Greek Salad	Black Bean Enchiladas	Carrots & Hummus
Day 17	Tofu Scramble Toast	Minestrone Soup	Orange Tofu Stir-Fry	Apple & Cashew Butter
Day 18	Acai Bowl	Falafel Bowl	Vegan Shepherd's Pie	Trail Mix
Day 19	Breakfast Quesadilla	Pasta Salad	Coconut Curry Chickpeas	Fruit Salad
Day 20	Mango Smoothie Bowl	Veggie Burger	Mushroom Stroganoff	Roasted Chickpeas
Day 21	Waffles with Fruit	Spring Rolls	BBQ Tempeh & Roasted Veggies	Energy Balls

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Week 3 Shopping List

Produce:

- Bananas (5)
- Apples (3)
- Mixed berries (2 cups)
- Mango (2)
- Oranges (3)
- Bell peppers (5)
- Tomatoes (6)
- Cherry tomatoes (1 pint)
- Spinach (2 bunches)
- Mixed greens (1 container)
- Cucumber (2)
- Carrots (2 lbs)
- Mushrooms (24 oz)
- Cauliflower (1 head)
- Green beans (1 lb)
- Onions (4)
- Garlic (2 bulbs)
- Fresh herbs

Proteins:

- Extra firm tofu (2 blocks)
- Tempeh (2 packages)
- Chickpeas (4 cans)
- Black beans (2 cans)
- Lentils (1 bag)
- Vegan ground meat alternative (1 package, optional)

Grains & Breads:

- Lasagna noodles
- Pasta (2 boxes)
- Rice (brown or white)
- Whole wheat bread
- Tortillas
- Rice paper wrappers
- Veggie burger buns

- Waffle mix or ingredients

Pantry & Dairy Alternatives:

- Coconut milk (3 cans)
- Cashew butter
- BBQ sauce
- Coconut yogurt
- Vegan cheese
- Nutritional yeast
- Marinara sauce (2 jars)
- Vegetable broth (2 cartons)
- Olives
- Dates
- Almonds
- Cashews
- Plant milk

Week 3 Recipes

Black Bean Enchiladas

Prep: 15 minutes | Cook: 25 minutes | Serves: 4

Ingredients:

- 2 cans black beans, drained
- 1 cup corn kernels
- 1 bell pepper, diced
- 1 tsp cumin
- 1 tsp chili powder
- 8 flour tortillas
- 2 cups enchilada sauce
- 1 cup vegan cheese, shredded
- Fresh cilantro for garnish

Instructions:

1. Preheat oven to 375°F. Mix beans, corn, pepper, cumin, and chili powder.
2. Spread 1/2 cup enchilada sauce in baking dish.
3. Fill each tortilla with bean mixture, roll up, and place seam-side down.
4. Pour remaining sauce over tortillas and sprinkle with cheese.
5. Bake 25 minutes. Garnish with cilantro.

Coconut Curry Chickpeas

Prep: 10 minutes | Cook: 20 minutes | Serves: 4

Ingredients:

- 1 tbsp coconut oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 2 tbsp curry powder
- 2 cans chickpeas, drained
- 1 can coconut milk (13.5 oz)
- 1 can diced tomatoes (14 oz)
- 2 cups spinach
- Rice for serving

Instructions:

1. Heat oil in large pot. Sauté onion for 5 minutes.
2. Add garlic, ginger, and curry powder. Cook 1 minute.
3. Add chickpeas, coconut milk, and tomatoes. Simmer 15 minutes.
4. Stir in spinach until wilted. Serve over rice.

Find more recipes at PlantBasedwithVicky.com/recipes

Week 4: Days 22-30

Day	Breakfast	Lunch	Dinner	Snack
Day 22	Protein Smoothie	Veggie Sushi Bowl	Lentil Tacos	Mixed Berries
Day 23	Banana Bread	Tomato Basil Soup	Tofu Tikka Masala	Crackers & Hummus
Day 24	Breakfast Cookies	Quinoa Power Bowl	Eggplant Parmesan	Fruit & Nuts
Day 25	Green Smoothie	Bean & Rice Burrito	Veggie Stir-Fry	Granola Bar
Day 26	Peanut Butter Oats	Caesar Salad	Chickpea Pasta	Apple Chips
Day 27	French Toast	Veggie Panini	Mushroom Risotto	Trail Mix
Day 28	Breakfast Bowl	Mediterranean Wrap	Thai Green Curry	Dates & Almonds
Day 29	Acai Smoothie	Veggie Pizza	Sweet & Sour Tofu	Popcorn
Day 30	Celebration Brunch!	Mixed Salad	Your Favorite Meal!	Dessert

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Week 4 Shopping List

Produce:

- Bananas (6)
- Apples (4)
- Mixed berries (2 cups)
- Lemons (3)
- Bell peppers (4)
- Tomatoes (8)
- Eggplant (1 large)
- Spinach (2 bunches)
- Kale (1 bunch)
- Romaine lettuce (1 head)
- Cucumber (2)
- Carrots (2 lbs)
- Mushrooms (16 oz)
- Broccoli (2 heads)
- Green beans (1 lb)
- Onions (4)
- Garlic (2 bulbs)
- Fresh basil
- Fresh cilantro

Proteins:

- Extra firm tofu (3 blocks)
- Lentils (2 bags, dry)
- Chickpeas (4 cans)
- Black beans (2 cans)
- Kidney beans (1 can)

Grains & Breads:

- Arborio rice
- Jasmine rice
- Brown rice
- Quinoa
- Chickpea pasta
- Whole grain bread (2 loaves)
- Tortillas

- Pizza dough
- Breadcrumbs

Pantry & Dairy Alternatives:

- Coconut milk (3 cans)
- Vegan cheese
- Vegan butter
- Marinara sauce (2 jars)
- Thai green curry paste
- Vegetable broth (3 cartons)
- Plant milk
- Nutritional yeast
- Tahini
- Maple syrup
- Various nuts and seeds
- Granola

Week 4 Recipes

Tofu Tikka Masala

Prep: 15 minutes | Cook: 25 minutes | Serves: 4

Ingredients:

- 1 block extra firm tofu, cubed and pressed
- 1 tbsp coconut oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 2 tbsp curry powder
- 1 tsp garam masala
- 1 can diced tomatoes (14 oz)
- 1 can coconut milk (13.5 oz)
- Rice and naan for serving
- Fresh cilantro for garnish

Instructions:

1. Pan-fry tofu cubes in a bit of oil until golden. Set aside.
2. In same pan, heat coconut oil. Sauté onion for 5 minutes.
3. Add garlic, ginger, curry powder, and garam masala. Cook 1 minute.
4. Add tomatoes and coconut milk. Simmer 15 minutes.
5. Add tofu and cook 5 minutes. Serve over rice with cilantro.

Thai Green Curry

Prep: 10 minutes | Cook: 20 minutes | Serves: 4

Ingredients:

- 1 tbsp coconut oil
- 3 tbsp Thai green curry paste
- 2 cans coconut milk (13.5 oz each)
- 1 block tofu, cubed
- 2 bell peppers, sliced
- 1 cup green beans
- 1 cup mushrooms, sliced
- 2 tbsp soy sauce

- 1 tbsp maple syrup
- Fresh basil leaves
- Jasmine rice for serving

Instructions:

1. Heat oil in large pot. Fry curry paste for 2 minutes until fragrant.
2. Add coconut milk and bring to simmer.
3. Add tofu, peppers, green beans, and mushrooms. Cook 15 minutes.
4. Stir in soy sauce and maple syrup. Add basil leaves.
5. Serve over jasmine rice.

Additional Quick Recipes

Energy Balls

Prep: 10 minutes | Makes: 12 balls

Ingredients:

- 1 cup pitted dates
- 1 cup mixed nuts (almonds, cashews)
- 2 tbsp cocoa powder
- 2 tbsp chia seeds
- Pinch of salt

Instructions:

1. Blend all ingredients in food processor until sticky.
2. Roll into 12 balls. Refrigerate for 30 minutes. Store in fridge up to 2 weeks.

Homemade Hummus

Prep: 5 minutes | Makes: 2 cups

Ingredients:

- 1 can chickpeas, drained (save liquid)
- 1/4 cup tahini
- 3 tbsp lemon juice
- 2 cloves garlic
- 1/2 tsp cumin
- Salt to taste
- 2-3 tbsp chickpea liquid (aquafaba)

Instructions:

1. Blend all ingredients in food processor until smooth.
2. Add aquafaba gradually to reach desired consistency.
3. Taste and adjust seasoning. Drizzle with olive oil to serve.

Find more quick snack recipes at PlantBasedwithVicky.com/snacks

Meal Prep Success Guide

Sunday Meal Prep Routine (2 hours):

1. Cook grains in bulk: Make 6 cups cooked rice and quinoa
2. Prep proteins: Cook chickpeas, bake tofu, prepare lentils
3. Chop vegetables: Wash and cut veggies for the week
4. Make sauces: Prepare tahini dressing, peanut sauce, marinara
5. Portion snacks: Divide nuts, fruit, and hummus into containers

Storage Tips:

- Cooked grains last 4-5 days in the fridge
- Cooked beans can be frozen for up to 3 months
- Store cut vegetables in containers with damp paper towels
- Keep sauces in small jars for easy portioning
- Label everything with dates

Time-Saving Hacks:

- Buy pre-cut vegetables when budget allows
- Use canned beans instead of cooking from dry
- Make double batches and freeze half
- Keep frozen vegetables on hand for quick meals
- Invest in a rice cooker or Instant Pot

Get my full meal prep video tutorials at PlantBasedwithVicky.com/meal-prep

Nutritional Guidance

Key Nutrients to Focus On:

Protein (60-80g daily)

Sources in this plan: beans, lentils, tofu, tempeh, nuts, seeds, whole grains

Iron

Sources: lentils, chickpeas, spinach, quinoa, fortified cereals. Tip: Pair with vitamin C (citrus, tomatoes) for better absorption.

Calcium (1000mg daily)

Sources: fortified plant milk, tofu (calcium-set), tahini, leafy greens, fortified orange juice

Vitamin B12 - SUPPLEMENT REQUIRED

B12 is not reliably found in plant foods. Take a daily supplement (25-100 mcg) or weekly (2000 mcg). Nutritional yeast is fortified but shouldn't be your only source.

Omega-3 Fatty Acids

Sources: flax seeds, chia seeds, walnuts, hemp seeds. Consider an algae-based EPA/DHA supplement.

Vitamin D

Get sun exposure or supplement with vitamin D2 or vegan D3 (2000 IU daily in winter months).

This meal plan provides:

- Adequate protein from varied sources
- 30-40g fiber daily (supports digestion and heart health)
- Healthy fats from nuts, seeds, and avocados
- Wide variety of vitamins and minerals from colorful produce
- Approximately 1800-2200 calories daily (adjust portions to your needs)

Learn more about plant-based nutrition at PlantBasedwithVicky.com/nutrition

Eating Out as a Vegan

Restaurant Types:

Best Options:

- Indian: Many naturally vegan curries, dal, and vegetable dishes
- Thai: Curries, pad thai, spring rolls (specify no fish sauce)
- Mexican: Bean burritos, veggie fajitas, guacamole
- Italian: Pasta with marinara, vegetable pizzas (no cheese)
- Middle Eastern: Falafel, hummus, tabbouleh, baba ganoush

Questions to Ask:

- Does this contain dairy, eggs, or honey?
- Is it cooked in butter or animal fat?
- Can you substitute vegetables for meat/cheese?
- Do you have a vegan menu or options?

Hidden Non-Vegan Ingredients:

- Butter (in bread, pasta, vegetables)
- Cheese (in salad dressings, soups)
- Eggs (in pasta, baked goods)
- Honey (in dressings, glazes)
- Fish sauce (in Asian cuisine)
- Chicken/beef broth (in rice, soups)

Find my restaurant guide with more tips at PlantBasedwithVicky.com/dining-out

Frequently Asked Questions

Q: Will I get enough protein?

A: Yes! This meal plan provides 60-80g of protein daily through beans, lentils, tofu, nuts, seeds, and whole grains. That's sufficient for most adults.

Q: Do I need to take supplements?

A: Vitamin B12 is essential - all vegans should supplement. Consider vitamin D (if limited sun) and omega-3 from algae oil. Iron and calcium needs are met through food in this plan.

Q: What if I'm allergic to nuts?

A: Replace nut butters with sunflower seed butter or tahini. Use seeds (pumpkin, sunflower, hemp) instead of nuts for snacks and protein.

Q: Can I lose weight on this plan?

A: This plan is designed for maintenance (1800-2200 calories). To lose weight, reduce portion sizes and limit oils. To gain weight, increase portions and add more nuts and seeds.

Q: Is this plan gluten-free?

A: No, but it can be easily adapted. Substitute gluten-free bread, pasta, and flour. Use corn tortillas instead of wheat. Most other recipes are naturally gluten-free.

Q: What if I don't like tofu?

A: Try tempeh, which has a firmer texture and nuttier flavor. Or simply use extra beans, lentils, and chickpeas. The key is ensuring adequate protein from plant sources.

Q: Is this plan budget-friendly?

A: Yes! Beans, lentils, rice, and seasonal vegetables are very affordable. Average cost is \$40-60 per person per week, less than most omnivorous diets.

Q: Can I meal prep everything?

A: Most recipes are meal-prep friendly. Cook grains and proteins in advance. Some dishes (like smoothies and salads) are best made fresh, but components can be prepped ahead.

Have more questions? Visit PlantBasedwithVicky.com/faq or email me!

Congratulations!

You've completed your 30-day vegan meal plan! By now, you should have:

- Developed new cooking skills and recipes
- Discovered plant-based foods you love
- Experienced the health benefits of a vegan diet
- Built confidence in maintaining a vegan lifestyle
- Made a positive impact on animals and the environment

What's Next?

- Repeat favorite weeks or mix and match meals
- Experiment with new recipes and cuisines
- Share your favorite dishes with friends and family
- Join my online community for support and inspiration
- Continue learning about plant-based nutrition

Remember: Being vegan doesn't mean being perfect. It's about making conscious choices that align with your values. Every plant-based meal makes a difference!

Stay Connected!

PlantBasedwithVicky.com

Follow me for more recipes, tips, and plant-based inspiration!

Thank you for choosing compassion, health, and sustainability!