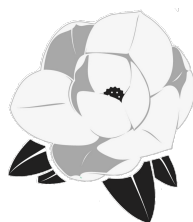


Budget Vegan Meal Plan

	Breakfast	Lunch	Dinner
Monday	Mango coconut chia pudding	Cilantro lime black beans and rice (double recipe)	No-bake vegan stuffed peppers
Tuesday	Banana nut granola (served w/almond milk)	Mushroom broccoli stir fry noodles	Creamed coconut curry lentils with spinach and rice
Wednesday	Sweet potato scramble (double recipe)	Spanish chickpeas and rice	Spinach artichoke wonderpot
Thursday	Mango coconut chia pudding	Mushroom broccoli stir fry noodles	Black bean and avocado enchiladas
Friday	Banana nut granola (served w/almond milk)	Green bean potato curry	Hummus grilled vegetable pizza
Saturday	Sweet potato scramble (double recipe)	Spanish chickpeas and rice	West African peanut stew
Sunday	Banana nut granola (served w/almond milk)	Mushroom broccoli stir fry noodles	Leftovers



www.SouthernSavers.com