

VEGAN MENU

MON

Pan Fried Tempeh Steak
with Pesto Sauce
Sautéed Mixed Vegetables
Baked Potato

Baked Falafel with
Fresh Tomato Sauce
Cabbage Salad
Greenbean Soybean Fettuccine

Vegetable Burger Patties
with Tomato Salsa
Steamed Spinach
Paprika Chickpeas

Baked Tofu Cube
with String Beans
Black Bean Spaghetti

TUE

Mixed Beans Salad Bowl
Tomato Salsa

Baked Tofu Cube
with String Beans
Black Bean Spaghetti

Meatless Chick'n Strips
with Hummus Dip
Roasted Pumpkin
Quinoa with Edamame Beans

Pan Fried Tempeh Steak
with Pesto Sauce
Sautéed Mixed Vegetables
Baked Potato

WED

Meatless Chick'n Strips
with Hummus Dip
Roasted Pumpkin
Quinoa with Edamame Beans

Vegetable Burger Patties
with Tomato Salsa
Steamed Spinach
Paprika Chickpeas

Baked Falafel with
Fresh Tomato Sauce
Cabbage Salad
Greenbean Soybean Fettuccine

Mixed Beans Salad Bowl
Tomato Salsa

THURS

Lentil Bolognese
Soy Bean Noodle
String Beans

Hakka stuffed tofu
Sautéed Bell Peppers
Sautéed Mixed Vegetables

Plant Protein Bowl
String Beans
Baked Sweet Potato

Beyond Meat Burger Patties
Roasted Mushrooms
Sautéed Mixed Vegetables

FRI

Plant Protein Bowl
String Beans
Baked Sweet Potato

Beyond Meat Burger Patties
Roasted Mushrooms
Sautéed Mixed Vegetables

Lentil Bolognese
Soy Bean Noodle
String Beans

Hakka stuffed tofu
Sautéed Bell Peppers
Sautéed Mixed Vegetables

1

2

3

4

WEEK ONE - VEGAN

Plan

2 meals/day = 1+2

4 meals/day = 1+2+3+4

VEGAN MENU

MON

Lentil Curry with
Eggplants
Steamed Broccoli

Mixed Nuts with
Cous Cous Salad Bowl

BBQ Flavoring Tempeh
Steamed Spinach
Sweet Corns

Minced OMNIPORK with
Basil and Diced Tomato
Steamed Broccoli
Mixed Rice

TUE

Meatless Sausage
with Bell Peppers
Black Bean Spaghetti

Minced OMNIPORK with
Basil and Diced Tomato
Steamed Broccoli
Mixed Rice

Lentil Curry with
Eggplants
Steamed Broccoli

Black Pepper Diced Beefless Tips
Mixed Vegetables
Mixed Rice

WED

Black Pepper Diced Beefless Tips
Mixed Vegetables
Mixed Rice

BBQ Flavoring Tempeh
Steamed Spinach
Sweet Corns

Mixed Nuts with
Cous Cous Salad Bowl

Meatless Sausage
with Bell Peppers
Black Bean Spaghetti

THURS

Tofu Scramble with
Sautéed Mixed Vegetables
Mixed Rice

Tempeh Cubes with
Baked Mixed Vegetables

Tofu Scramble with
Sautéed Mixed Vegetables
Mixed Rice

Stir-fried Beefless Ground
Steamed Spinach
Red Kidney Beans and Black Bean

FRI

Beefless Tips and
Bell Peppers Skewers
Quinoa with Edamame Beans

Stir-fried Beefless Ground
Steamed Spinach
Red Kidney Beans and Black Bean

Tempeh Cubes with
Baked Mixed Vegetables

Beefless Tips and
Bell Peppers Skewers
Quinoa with Edamame Beans

1

2

3

4

WEEK TWO - VEGAN

Plan

2 meals/day = 1+2

4 meals/day = 1+2+3+4