

# VEGAN MEAL PLAN

Monday

## BREAKFAST

*Vegan Breakfast Potatoes with  
Mushrooms and Tofu*

Prep: 10 mins - 2 servings

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## LUNCH

*Seitan Lettuce Wrap*

Prep: 20 mins - 2 servings

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## DINNER

*Garlicky White Beans and Kale Pasta*

Prep: 15 mins - 4 servings

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## SNACK

*25g of Almonds*

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## Vegan Breakfast Potatoes with Mushroom and Tofu

Prep: 10 min - 2 servings - Per serving: 301 Kcal - 14g Protein - 12g Fat - 37g Carbs

### Ingredients

- Turmeric, 1/2 teaspoons
- Paprika, 1 teaspoon
- Potatoes, 2 potato small (1-3/4" to 2-1/2" dia)
- Olive oil, 1 tablespoon
- Onion, 1/2 small
- Garlic, 2 clove
- Salt and pepper, 1 tsp
- Block tofu, 1/2 portion
- Mushrooms, sliced, 100g



### Instructions

Heat olive oil in a large skillet over medium heat.

Add diced potatoes and cook for about 5 minutes, until they start to soften.

Add diced onion and minced garlic to the skillet and cook for an additional 2 minutes.

Crumble the tofu into the skillet and mix well with the potatoes and onions.

Season with paprika, turmeric, salt, and pepper. Stir to evenly coat the ingredients.

Add sliced mushrooms to the skillet and cook for another 3-4 minutes, until the mushrooms are slightly softened.

Remove from heat.

Serve hot and enjoy!

### Macronutrient summary



19 % Protein 34 % Fat 48 %  
Carbs

