

2-WEEK PLANT-BASED MEAL PLAN

(VEGAN-FRIENDLY)

the **real food**
DIETITIANS

MEAL PLAN + GROCERY LIST






MON (Day 01)	TUE (Day 02)	WED (Day 03)	THU (Day 04)	FRI (Day 05)	SAT (Day 06)	SUN (Day 07)
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Hearty Slow Cooker Vegan Chili	Sheet Pan Veggie Shawarma with Lemon Tahini Dressing	Leftovers	Slow Cooker Green Chile Stew	Leftovers or Takeout	Vegan Enchiladas	Leftovers <i>Shop & Plan for Week 2</i>
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MON (Day 08)	TUE (Day 09)	WED (Day 10)	THU (Day 11)	FRI (Day 12)	SAT (Day 13)	SUN (Day 14)
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Greek Vegetarian Gyros with Portobello Mushrooms	Thai Peanut Quinoa Salad	Leftovers	Minestrone Soup	Leftovers or Takeout	Vegan Cauliflower Sweet Potato Tacos	Leftovers
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Click on the **bold text** to get to each day's recipe • Be sure to tag @therealfooddietitians on social!   

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WEEK 1

DINNER MENU

MON
(Day 01)

**Hearty Slow
Cooker Vegan
Chili**



TUE
(Day 02)

**Sheet Pan Veggie
Shawarma with
Lemon Tahini
Dressing**



WED
(Day 03)

Leftovers

THU
(Day 04)

**Slow Cooker
Green Chile
Stew**



FRI
(Day 05)

**Vegan
Enchiladas**

SAT
(Day 06)

Leftovers or
Takeout

SUN
(Day 07)

Leftovers

Shop & Plan for Week 2



GROCERY LIST

Produce

- 1 head cauliflower
- 2 medium red bell peppers
- 2 medium yellow onions
- 1 medium red onion
- 2 large carrots
- 8 oz. cremini mushrooms
- 1 lb. baby red potatoes
- 2 heads garlic
- 1 lemon

Dry & Canned Goods

- 1 cup dry green lentils
- 1 (15 oz.) can kidney beans
- 2 (15 oz.) cans Great Northern beans
- 1 (15 oz.) can black beans or pinto beans
- 1 (15 oz.) can chickpeas
- 1 (15 oz.) can crushed tomatoes or tomato sauce
- 1 (15 oz.) can diced tomatoes
- 3 (4-ounce) cans diced green chiles
- 2 quarts vegetable broth
- 1 (8 oz.) jar salsa verde
- 2 ½ cups red enchilada sauce (canned or [Homemade Enchilada Sauce](#))

Pantry Staples

- Avocado oil, coconut oil, or olive oil
- Tahini (or natural creamy peanut butter)
- Pure maple syrup
- 1 cup raw cashews or walnuts

Seasonings

- Chili powder (3 tablespoons)
- Ground cumin (5 teaspoons)
- Smoked paprika (2 ½ teaspoons)
- Dried oregano (2 teaspoons)
- Onion powder (2 teaspoons)
- Ground coriander (1 teaspoon)
- Ground turmeric (¾ teaspoon)
- Salt and black pepper

Other

- 12 small 6-inch flour tortillas (gluten-free, if needed)
- 2 cups vegan queso (purchased or [Homemade Vegan Queso](#))

Optional Garnishes

- Green onions
- Fresh cilantro
- Jalapeño
- Avocado
- Lime and lemon
- Baby spinach leaves
- Cucumber
- Sesame seeds
- Black olives

OTHER PLANT-BASED
meal suggestions (not included in grocery list)

BREAKFASTS



Instant Pot Apple
Cinnamon Oatmeal



Crispy Grain-Free
Waffles

LUNCHES



Greek Quinoa Salad
with Avocado



Stovetop Tomato
Basil Soup

SNACKS



Vegan
Protein Bars



Peanut Butter Oatmeal
Balls with Choc. Chips

Click on the recipe title to get to each day's recipe.
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WEEK 2

DINNER MENU

MON
(Day 08)

Greek Vegetarian Gyros with Portobello Mushrooms



TUE
(Day 09)

Thai Peanut Quinoa Salad



WED
(Day 10)

Leftovers



THU
(Day 11)

Minestrone Soup

FRI
(Day 12)

Leftovers or Takeout



SAT
(Day 13)

Vegan Cauliflower Sweet Potato Tacos

SUN
(Day 14)

Leftovers

Optional Garnishes
Tomato, Avocado, Fresh cilantro, Fresh parsley, Red onion, Cucumber, Crumbled feta cheese (omit for 100% plant-based), and/or Grated Parmesan cheese (omit for 100% plant-based).

GROCERY LIST

Produce

- 8 oz. portobello mushroom caps (2 large or 3 medium caps)
- 4 oz. white, button, or cremini mushrooms
- 4-5 cups shredded cabbage or broccoli slaw
- 1 small (or ½ large) head of cauliflower
- 1 medium zucchini
- 1 medium cucumber
- 2 medium carrots
- 1 red bell pepper
- 2 stalks celery
- 1 large yellow onion
- 1 lemon
- 3 limes
- 1 head garlic
- 1 cup snap peas
- 1 large sweet potato
- 1 bunch green onions
- 1 bunch fresh cilantro
- 1 bunch fresh dill (or can use dried dill)
- 1 knob fresh ginger (or can use ground ginger)

Dry & Canned Goods

- ½ cup uncooked quinoa
- 1 (28 oz.) can crushed tomatoes
- 1 (14 oz.) can red kidney beans
- 1 (15 oz.) can black beans
- 1 (4 oz.) can diced green chiles
- 1 small can full-fat canned coconut milk (need ½ cup)
- ⅓ cup natural peanut butter
- 1 quart vegetable broth

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Pantry Staples

- Avocado oil or olive oil
- Rice vinegar
- Toasted sesame oil
- Coconut aminos (or low-sodium soy sauce or tamari)
- Mayonnaise (use vegan mayonnaise for 100% plant-based)
- ½ cup dry roasted peanuts

Seasonings

- Greek seasoning (1 tablespoon)
- Italian seasoning (1 tablespoon)
- 1 packet taco seasoning (or our Homemade Taco Seasoning)
- Adobo sauce (1 tablespoon from a can of chipotle chiles in adobo sauce; or use ¼-½ teaspoon chipotle powder)
- Red pepper flakes (½ teaspoon)
- Sesame seeds
- Salt and black pepper

Other

- 4 pita bread rounds (use gluten-free, if needed)
- 10 corn tortillas
- 4 ounces dry pasta of choice (use gluten-free, if needed)
- ½ cup ranch dressing (use vegan ranch dressing for 100% plant-based)

OTHER PLANT-BASED

meal suggestions (not included in grocery list)

BREAKFASTS



Healthy Make-Ahead Frozen Smoothie Packs



Maple Cinnamon Granola

LUNCHES



Vegan Cauliflower Mac and Cheese



Tex-Mex Quinoa Salad with Black Beans & Corn

SNACKS



Vegan Queso (serve with veggies, pretzels or tortilla chips)



No-Bake Peanut Butter Crunch Bars