

7-DAY VEGAN MEAL PLAN: Breakfast

Day	Meal	Calories & Carbs
SUNDAY	<p>Oatmeal with apple and walnuts (1 serving)</p> <p>To find the recipe for 'Oatmeal with apple and walnuts', visit diabetescarecommunity.ca</p>	<p>Calories: 360</p> <p>Carbs: 47 grams</p>
MONDAY	<p>2 slices wholegrain toast with ½ avocado and sliced tomato</p> <p>1 cup soy/nut milk</p> <p>½ cup blueberries</p>	<p>Calories: 318</p> <p>Carbs: 44 grams</p>
TUESDAY	<p>1 English muffin topped with 1 tablespoon peanut butter and ½ banana</p>	<p>Calories: 273</p> <p>Carbs: 41 grams</p>
WEDNESDAY	<p>Quick and easy chia pudding (1 serving)</p> <p>1 cup soy/nut milk</p> <p>1 apple</p> <p>To find the recipe for 'Quick and easy chia pudding', visit diabetescarecommunity.ca</p>	<p>Calories: 280</p> <p>Carbs: 40 grams</p>
THURSDAY	<p>Blue green power smoothie</p> <p>To find the recipe for 'Blue green power smoothie', visit diabetescarecommunity.ca</p>	<p>Calories: 425</p> <p>Carbs: 54 grams</p>
FRIDAY	<p>1 English muffin topped with 1 tablespoon peanut butter and ½ banana</p>	<p>Calories: 273</p> <p>Carbs: 41 grams</p>
SATURDAY	<p>Tofu scramble: Crumble ½ block firm tofu into a bowl. Heat 1 teaspoon of oil in a pan, add tofu and seasonings (salt, turmeric, garlic powder). Cook, stirring, for 8 minutes.</p> <p>2 slices whole-grain bread, toasted</p> <p>1 apple</p>	<p>Calories: 409</p> <p>Carbs: 51 grams</p>