

7-DAY VEGAN MEAL PLAN: Dinner

Day	Meal	Calories & Carbs
SUNDAY	<p>Pasta and “meatballs”: 1-½ cups cooked whole-grain pasta, 4 (about 120 grams) store-bought plant-based meatballs, 1 cup of your favourite tomato sauce.</p> <p>Green salad (lettuce, tomato, cucumber), 2 tablespoons vegan salad dressing</p>	<p>Calories: 481 Carbs: 51 grams</p>
MONDAY	<p>Thai green mango salad with apple (1 cup)</p> <p>Black pepper tofu bites (12 pieces)</p> <p>To find the recipe for ‘Thai green mango salad with apple’ and ‘Black pepper tofu bites’, visit diabetescarecommunity.ca</p>	<p>Calories: 505 Carbs: 52 grams</p>
TUESDAY	<p>Pasta primavera with chickpeas and sautéed vegetables: 1-½ cups cooked penne pasta tossed with ½ cup canned/boiled chickpeas, red bell pepper, broccoli, onions, which have been sautéed in oil</p> <p>Green salad (lettuce, tomato, cucumber), 2 tablespoons vegan salad dressing</p>	<p>Calories: 456 Carbs: 62 grams</p>
WEDNESDAY	<p>Quinoa salad with black beans and tomatoes: 1 cup cooked quinoa, ½ cup canned black beans, rinsed and drained, tomatoes diced, onion diced, cilantro chopped finely, green and red bell pepper diced, ¼ cup corn kernels, frozen or fresh, salt and pepper (to taste), garlic powder (to taste)</p> <p>Mix 1 teaspoon grated lemon zest, 2 tablespoons fresh lime juice and 1 tablespoon vegetable oil. Toss with other ingredients.</p>	<p>Calories: 472 Carbs: 69 grams</p>
THURSDAY	<p>Spaghetti squash with balsamic roasted tomatoes (1 serving)</p> <p>4 slices (4 ounces) baguette drizzled with olive oil and toasted. Top each slice with crushed garlic, chopped basil and chopped tomato.</p> <p>To find the recipe for ‘Spaghetti squash with balsamic roasted tomatoes’, visit diabetescarecommunity.ca</p>	<p>Calories: 408 Carbs: 57 grams</p>
FRIDAY	<p>Avocado and falafel on a pita: 1 2-ounce pita, 4 (approximately 80 grams) store-bought falafel, ¼ avocado, 4 tablespoons hummus, 2 teaspoons lemon juice, 2 teaspoons olive oil</p> <p>Mix avocado, hummus, lemon juice and olive oil in a food processor. Spread over warmed pita, top with cooked falafel.</p>	<p>Calories: 540 Carbs: 72 grams</p>
SATURDAY	<p>Chickpea tofu stir fry with spinach, zucchini and lemon (1 serving)</p> <p>1 cup cooked brown rice</p> <p>To find the recipe for ‘Chickpea tofu stir fry with spinach, zucchini and lemon’, visit diabetescarecommunity.ca</p>	<p>Calories: 524 Carbs: 67 grams</p>