

7-DAY VEGAN MEAL PLAN: Lunch

Day	Meal	Calories & Carbs
SUNDAY	Veggie and hummus wrap: ¼ cup hummus and sautéed vegetables (eggplant, red bell pepper, zucchini). Spread hummus on a 10-inch whole wheat wrap. Fill with veggies and roll into a wrap.	Calories: 463 Carbs: 58 grams
MONDAY	Easy pumpkin soup (1½ cups) Kale and chickpea Caesar salad: Kale, shredded, ½ cup roasted chickpeas 2 tablespoons vegan Caesar dressing (such as Daiya). Drizzle dressing over salad. To find the recipe for 'Easy pumpkin soup', visit diabetescarecommunity.ca	Calories: 540 Carbs: 61 grams
TUESDAY	Vegan taco: 2 6-inch whole wheat taco shells Toppings: ½ cup canned black beans (rinsed and drained), ½ cup corn kernels, tomato and onion (chopped), ¼ avocado (chopped), lettuce (shredded), hot sauce (optional)	Calories: 422 Carbs: 62 grams
WEDNESDAY	Black bean veggie burger (store bought) on a bun Sweet potato fries (85 grams, approximately 20 fries) Raw veggies (cucumber, carrot, cherry tomato)	Calories: 430 Carbs: 58 grams
THURSDAY	Lentil salad: 1 cup canned or pre-cooked lentils, diced cucumber, diced red onion, diced red, bell pepper, 1 celery stalk diced, 1 ounce sliced almonds, arugula leaves Dressing: 1 tablespoon, apple cider vinegar, 1 teaspoon mustard, 1 teaspoon minced garlic, 1 teaspoon maple syrup, salt and pepper to taste. Combine all salad ingredients in a bowl and toss with dressing.	Calories: 437 Carbs: 52 grams
FRIDAY	Tex-Mex quinoa and veggie salad: 1 cup cooked quinoa, chopped tomatoes, chopped bell peppers ½ cup black beans, drained and rinsed, ¼ avocado diced, ¼ cup salsa. Combine all salad ingredients in a bowl and toss with salsa.	Calories: 412 Carbs: 64 grams
SATURDAY	Chickpea salad sandwich: ½ cup chickpeas, drained and rinsed, ¼ cup red onion, diced red bell pepper diced, 1 tablespoon vegan mayonnaise, ¼ teaspoon dijon mustard, dash garlic powder, dash onion powder, salt and pepper to taste. Combine all ingredients and spread on 2 slices whole-grain bread. 1 cup soy/nut milk 1 medium sized fruit	Calories: 404 Carbs: 57 grams