

VEGAN MEAL PLAN

MONDAY



Vegan Fried Rice

An easy plant based vegan fried rice that has the flavors of an iconic take out vegetable fried rice.

Cook time from start to finish: 15 minutes

Flavor profile: Nutty, savory, vegetal, chewy.

Ingredients: Garlic, onion, carrot, bell pepper, brown rice, spinach, cashews, soy sauce, sesame oil, salt and pepper.

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TUESDAY



Vegan Mapo Tofu

A vegan version of the classic mapo tofu with ground pork. Mushrooms are used in this one to give this Szechuan dish a meaty texture.

Cook time from start to finish: 1 hour

Flavor profile: Earthy, pungent, nutty, savory, umami, salty, slightly spicy.

Ingredients: Dried shiitake mushrooms, button mushrooms, garlic, ginger, leek, silken tofu, gochujang, soy sauce, spicy chili crisp, gochugaru, cornstarch

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WEDNESDAY



Thai Yellow Potato Curry

Potatoes and onions cooked in a creamy coconut milk and yellow curry paste sauce.

Cook time from start to finish: 25 minutes

Flavor profile: Meaty, nutty, savory, earthy.

Ingredients: Garlic, ginger, coriander powder, coconut milk, potatoes, soy sauce, sugar, salt, curry powder, vegetable broth, onions.

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THURSDAY



Vegan Jajangmyeon

This is a popular Korean noodle dish packed with veggies and served with a rich black bean sauce.

Cook time from start to finish: 30 minutes

Flavor profile: Savory, salty, earthy, slightly sweet.

Ingredients: Dry udon noodles, onion, button mushrooms, zucchini, celery, cabbage, cucumber, Korean black bean paste, rice vinegar, brown sugar, potato starch.

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FRIDAY



Baby Bok Choy Noodle Soup

This is a hot and savory baby bok choy soup with garlic and ginger, served with rice noodles, shiitake mushrooms, and baby bok choy.

Cook time from start to finish: 35 minutes

Flavor profile: Savory, light, umami, slightly spicy.

Ingredients: Garlic, shallots, vegetable broth, soy sauce, ginger, shiitake mushrooms, baby bok choy, rice noodles, chili paste.

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LUNCH IDEAS



- Asian Slaw
- Avocado Toast With Miso Paste and Gochugaru
- Vegan Barbecue “Pulled Pork” Sandwich

SIDE IDEAS



- Korean Cucumber Salad
- Asian Broccoli Salad
- Broccoli Tots

SNACK IDEAS



- Vegan Peanut Butter Cookies
- Strawberry, Pineapple, Coconut Smoothie
- Hotteok (Korean Sweet Pancakes)

VEGAN FRIED RICE, VEGAN MAPO TOFU, THAI YELLOW POTATO CURRY, VEGAN JAJANGMYEON, BABY BOK CHOY SOUP

FRUITS & VEGETABLES

- 8 garlic cloves
- 3 tablespoons minced ginger
- 1 leek
- 3 medium onions
- 2 shallots
- 1 carrot
- 1/2 bell pepper
- 1 cup baby spinach
- 8 ounces potatoes
- 15 ounces button mushrooms
- 1 zucchini
- 2 celery stalks
- 7 ounces cabbage
- 1/2 cup cucumber
- 2 baby bok choy

PANTRY

- 8 tablespoons soy sauce
- 1 teaspoon sugar
- 2 tablespoons brown sugar
- 2 1/2 tablespoons rice vinegar
- 2 tablespoons gochujang
- 1 teaspoon gochugaru
- 3 tablespoons spicy chili crisp
- 1 tablespoon curry powder
- 1/2 teaspoon coriander powder
- 4 1/2 tablespoons cornstarch
- Salt and pepper

PROTEIN

- 1 pound silken tofu

GRAINS/NOODLES

- 8 1/2 ounces dry udon noodles
- 4 ounces dry rice noodles

OILS

- 7 tablespoons vegetable oil
- 1 teaspoon sesame oil

OTHER

- 1/4 cup cashews
- 1 ounce dried shiitake mushrooms
- 1 cup organic coconut milk
- 4 1/2 vegetable broth
- 6 tablespoons Korean black bean paste
- Sambal oelek or other chili paste