



BUSY LIFE VEGAN PLAN

Simple vegan meals in 15 minutes or less.



Introduction

This plan is for working people who don't have a lot of time to cook but still want to eat better.

After a long day, the last thing you want to do is spend hours in the kitchen. This plan keeps things simple, fast, and realistic.

Every meal in here can be made in 15 minutes or less, so you can stay consistent without feeling overwhelmed.

This isn't about being perfect.

It's about making better choices, even on your busiest days.



Grocery List

Produce

- Bananas
 - Frozen berries
 - Frozen mango or mixed fruit
 - Fresh spinach / salad greens
 - Avocados
 - Tomatoes (regular + cherry)
 - Cucumber
 - Bell peppers
 - Red onion
 - Garlic
 - Lemon
 - Fresh herbs (basil, green onion, parsley)
 - Asparagus or stir-fry vegetables
 - Broccoli or mixed vegetables
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Canned & Quick Items

- White beans
- Chickpeas
- Black beans

- Diced tomatoes or marinara sauce
 - Roasted red peppers
 - Coconut milk
 - Tomato or pizza sauce
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Grains & Bread (Quick Options)

- Tortillas / wraps
 - Flatbread / pita
 - Bread (for toast)
 - Pasta (quick-cook)
 - Soba noodles
 - Microwaveable rice or quick rice
 - Microwaveable quinoa
 - Oats
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Plant Proteins & Refrigerated

- Tofu
 - Tempeh (optional)
 - Vegan cheese
 - Hummus
 - Plant-based milk
 - Vegan mayo or tahini
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Pantry & Condiments

- Peanut butter or almond butter
 - Olive oil
 - Soy sauce / tamari
 - BBQ sauce
 - Maple syrup or agave
 - Rice vinegar (optional)
 - Sesame oil (optional)
 - Protein powder (optional)
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Spices

- Salt
- Black pepper
- Red pepper flakes
- Cumin

- Turmeric
 - Curry powder
 - Italian seasoning
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Frozen & Extras

- Frozen mixed vegetables
 - Edamame (optional)
 - Nuts & seeds (almonds, chia, flax)
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7-Day Plan

Day 1 – Monday

Breakfast: Fruit smoothie with plant milk

Lunch: Seasoned chickpea wrap

Dinner: Quick spinach stir fry

Day 2 – Tuesday

Breakfast: Peanut butter banana

Lunch: Quick salad wrap

Dinner: Garlic tomato spaghetti

Day 3 – Wednesday

Breakfast: Quick avocado toast

Lunch: Microwave quinoa with hummus

Dinner: Black bean quesadilla

Day 4 – Thursday

Breakfast: Berry microwave oats

Lunch: BBQ tempeh sandwich

Dinner: Quick chickpea curry

Day 5 – Friday

Breakfast: Tofu scramble on toast

Lunch: Greek chickpea pita

Dinner: Peanut soba noodles

Day 6 – Saturday

Breakfast: Fruit smoothie with plant milk

Lunch: White bean tomato bruschetta

Dinner: Quick veggie fried rice

Day 7 – Sunday

Breakfast: Green protein shake

Lunch: White bean & roasted red pepper wrap

Dinner: Quick flatbread pizza (tomato sauce, veggies, vegan cheese)

Busy Life Tips

- Meal prep when you can to avoid eating random foods
- Use leftovers to save time
- Keep meals simple
- Don't overeat—stay balanced