



SIMPLE VEGAN WEEK

Simple meals. Real life. Vegan made easy.

Introduction

This plan is for anyone who wants to change their life through food.

I'm learning vegan myself, and I didn't want anything complicated—just simple meals that make sense and are easy to follow.

This isn't about being perfect.

It's about making better choices, one meal at a time.

If you're just starting, this is for you.

If you've tried before and stopped, this is for you too.

We're keeping it simple. We're keeping it real.

Just plants, consistency, and a fresh start.



Grocery List

Produce

- Greens (collard greens, spinach)
- Cabbage
- Potatoes (white & sweet)
- Mushrooms
- Asparagus
- Bananas
- Apples
- Tomatoes
- Mixed fruit

Grains & Carbs

- Grits
- Oatmeal
- Bread
- Rice
- Pita bread
- Flour

Protein

- Beans

- Chickpeas
- Lentils
- Tofu
- Hearts of palm

Extras

- Plant milk
 - Peanut butter
 - Olive oil
 - Seasonings
 - Orange juice
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7-Day Plan

Day 1 – Monday

Breakfast: Oatmeal with fruit

Lunch: Hearts of palm salad

Dinner: Seasoned beans & rice

Day 2 – Tuesday

Breakfast: Toast with peanut butter

Lunch: Chickpea salad

Dinner: Baked potato with seasoning & fruit

Day 3 – Wednesday

Breakfast: Fruit smoothie with plant milk

Lunch: Chickpea wrap

Dinner: Pita bread, rice & salad

Day 4 – Thursday

Breakfast: Grits with plant butter + orange juice

Lunch: Hearty vegetable soup

Dinner: Fried mushrooms with fries

Day 5 – Friday

Breakfast: Banana toast with plant butter

Lunch: Fruit smoothie with plant milk

Dinner: Seasoned greens with sautéed tofu

Day 6 – Saturday

Breakfast: Apple with peanut butter

Lunch: Seasoned salad with asparagus

Dinner: Seasoned cabbage with baked sweet potato

Day 7 – Sunday

Breakfast: Plant-based sausage with hash browns

Lunch: Vegan spinach quesadilla with tomato soup

Dinner: String beans with cornbread

Simple Tips

- Drink more water. Replace sugary drinks when you can.
- Try to stop eating by 7 PM.
- Move your body 1–2 times a week (even light exercise at home).