



Sample Vegan Meal Plan

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	DAY 03	DAY 02	DAY 03
BREAKFAST	Berry porridge 4 Serves 1 Prep 5 min Cook 4 min Place 40g rolled oats in a bowl with 100-120ml water until oats are covered. Microwave for 1 min, 30 secs. Stir in ½ cup unsweetened almond milk, microwave for 1 min or until desired consistency. Stir through fresh raspberries, blueberries and top with 1 tsp chia seeds.	Peanut butter on toast 5 Serves 1 Prep 2 min Cook 2 min Toast 1 x 35g wholegrain bread, top with 15g peanut butter and sliced banana.	Homemade muesli 5 Serves 12 Prep 5 min In a large bowl, mix 200g rolled oats, 75g sultanas, 50g toasted sliced almonds, 40g wheatgerm, 30g sunflower seeds and 25g linseed together. Store in an airtight container, in the fridge for up to 1 month. Serve 35g with chopped fresh fruit and unsweetened plain soy yoghurt.
	Baked sweet potatoes with chilli 4 Serves 2 Prep 15 min Cook 60 min Preheat the oven to 200°C. Lightly spray 150g sweet potato with oil, pierce all over and bake for 1 hour. Lightly spray a medium frying pan with oil, cook ½ chopped red capsicum and ½ sliced small onion for 6-8 mins over medium heat. Add 1 crushed garlic clove, 1 tsp ground cumin, 1 tsp smoked paprika, ½ tsp each chilli flakes, ground cinnamon and dried oregano, stir. Add 400g chopped tomatoes and 400g can rinsed, drained kidney beans, season and simmer for 20 mins. Split open potatoes, top with chilli, 15g grated vegan cheddar style cheese each, sliced spring onions and coriander.	Mini pumpkin falafels 6 Serves 4 Prep 20 min Cook 40 min Preheat oven to 200°C. Roast 750g cubed pumpkin and 4 unpeeled garlic cloves, lightly sprayed with oil for 25 mins, toss well then roast for another 20 mins. Increase oven temperature to 220°C. Fry 1 diced red onion until soft, set aside. Put 2 x 400g cans, rinsed, drained chickpeas in a food processor and pulse to chunky purée. Mash pumpkin, add onion and chickpeas, 2 crushed garlic cloves, 1½ tsp ground cumin and coriander, 1 diced red chilli and some chopped fresh coriander and parsley. Shape into 12 balls, place on a lined baking tray. Chill for 20 mins then bake for 20-30 mins, until golden. Serve with salad, 2 tbs WW balsamic salad dressing and 4 x 68g wholemeal pitta.	Bean, veg & quinoa soup 4 Serves 4 Prep 10 min Cook 6 hrs Put 400g can, rinsed, drained cannellini beans, 2 chopped carrots, 2 chopped celery sticks, 1 chopped onion, 125g quinoa, 400g can diced tomatoes, 2 tbs tomato paste, 2 crushed garlic cloves, 1.25L vegetable stock (2 stock cubes), 2 bay leaves and 1 tsp dried oregano in a slow cooker. Season and stir to combine. Cover with lid and cook for 6 hours, until the vegetables and quinoa are tender. Remove and discard bay leaves, then stir through 2 tbs lemon juice and sprinkle with fresh chopped parsley. Portion into individual containers and take for lunch the next day or freeze for up to 1 month.
LUNCH	Red lentil & butternut dhal 8 Serves 4 Prep 15 min Cook 40 min Lightly spray a large, heavy-based saucepan with oil. Cook 2 sliced red onions over medium heat for 6-8 mins. Add 2 tbs curry powder, 3cm piece grated fresh ginger, 600g pumpkin, cut into cubes and 2 tbs tomato paste, cook, stirring, for 2 mins. Add 1.2L vegetable stock (1½ stock cubes), 300g red lentils and chopped coriander stalks, cover and gently simmer for 25-30 mins. Season, stir in 1 tbs lime juice, stand uncovered for 5-10 mins. Cook 240g brown rice following packet instructions. Serve dhal with rice and sprinkle with coriander leaves and sliced chilli.	Cauliflower steaks with roasted veg 6 Serves 4 Prep 15 min Cook 40 min Preheat oven to 200°C. Mix 3 tbs dairy-free oil spread, 2 crushed garlic cloves, 2 tbs finely chopped parsley, grated rind of ½ lemon and ½ tsp chilli powder in a bowl until well combined and season. Rub the spread over 4 x 120g thick cauliflower steaks, set aside. Roast 600g cubed potatoes lightly sprayed with oil for 20 mins, then add 300g each of broccolini and halved cherry tomatoes, lightly spray with oil and cook for 20 mins. Cook cauliflower steaks in a large chargrill pan over medium heat for 10-15 mins until tender and slightly charred, turning once or twice. Serve with roasted veggie, sprinkled with chopped parsley and a pinch of chilli powder.	Tofu tagliatelle 8 Serves 1 Prep 10 min Cook 22 min Cook 45g tagliatelle following packet instructions. Boil 6-8 broccoli florets for 6 mins, drain both, reserving pasta water. Lightly spray a medium frying pan with oil, cook 200g chopped firm plain tofu for 3-5 mins on medium-high heat, browning slightly on each side. Add 6 sliced mushrooms, cook for 2 mins then add 30g frozen peas and cook for 2 mins. Stir in 2 tsp vegan pesto and ½ vegetable stock cube with a small amount of pasta water. Add broccoli and tagliatelle to pan, stir to combine and heat for 2 mins. Sprinkle 1 tbs nutritional yeast over and add reserved pasta water, 1 tbs at a time, stirring until desired consistency. Season to serve.
	¼ cup reduced fat hummus with veggie stick 3 Fresh fruit 0	Fresh fruit, chopped, with unsweetened plain soy yoghurt 0 30g cashews 6	1 rice cake with 15g peanut butter 4 1 cup air-popped popcorn 1
SMARTPOINTS	19	23	22
DINNER			
SNACKS			

