

TRADER JOE'S VEGAN MEAL PLAN

VEGINNERCOOKING.COM

Monday

TJ = TRADER JOE'S BRAND

- * Coffee of choice w/TJ coconut creamer
- * SM: spinach, pineapple, banana, chia, ginger, ND milk
- * TJ Muesli, apples, & maple syrup cooked in ND milk
- * Avocado Toast w/TJ Sprouted Whole Grain Bread
top w/slivered carrots, flax seeds, olive oil, cider vinegar
- * Roast raw nuts of choice in oven for a quick snack
- * TJ Quinoa Cowboy Veggie Burger over salad or quinoa
- * TJ Cashew Fiesta Dip w/tortilla chips or veggie slices
- * TJ Organic Air Popped Popcorn
- * TJ Dark Chocolate Sunflower Seed Butter Cups

Wednesday

VC = RECIPE ON VEGINNERCOOKING.COM

- * Black tea w/oat milk, agave, cinnamon
- * SM: banana, blueberries, almond butter, chia, ND milk
- * TJ Everything Bagel w/Miyoko's Vegan Cream Cheese
- * GoMacro Protein Paradise MacroBar (various flavors)
- * TJ Chicken-less Tenders or Mandarin Orange Morsels
serve w/TJ Vegetable Fried Rice or TJ Kabocha Squash
- * TJ Beet Hummus or TJ Mango Salsa w/TJ Pita Chips
- * TJ Cauliflower Pizza Crust, TJ Vegan Kale Pesto, veggies
- * TJ Cocoa Almond Cashew Milk (served hot or cold)
- * VC Black Bean Brownies w/TJ Coconut Palm Sugar

Friday

ISN'T IT EASY BEING VEGAN? 😊

- * Green tea w/a slice of lemon & turmeric
- * SM bowl: TJ Açai Purée Packet banana ND milk, w/fruit
- * TJ Jumbo Cinnamon Rolls
- * TJ Crispbread w/TJ Raw Almond Butter & apple slices
- * TJ 3-Grain Tempeh over TJ Sesame Crunch Salad Kit
- * TJ Chili Lime Rolled Tortilla Chips
- * TJ Hold the Corn! Appetizers or TJ Harvest Chili
- * VC Vegan Mac & Cheese w/TJ Nutritional Yeast
- * TJ Dark Chocolate Crisps or TJ Dark Chocolate Almonds
- * VC Chickpea Cookie Dough w/TJ Semi-Sweet Choc Chips

Tuesday

ND = NON-DAIRY / SM = SMOOTHIE BLEND

- * Hot water w/a slice of lemon & ginger
- * SM: carrot, peach, strawberry, chia, ginger, OJ & water
- * TJ Vegan Banana Bread with Walnuts
- * TJ Instant Oatmeal w/berries, maple syrup, & ND milk
- * TJ Vegan Tikka Masala or TJ Vegetable Pad Thai
add corn on the cobb w/Miyoko's Vegan Butter
- * TJ Cashew Apricot Date Nut Bites
- * TJ Kung Pao Tempura Cauliflower w/TJ 10 minute Farro
- * TJ Speculoos Cookies dipped in hot herbal tea
- * TJ Mango Coconut Pudding or TJ Thai Tea Mini Mochi

Thursday

INVITE A FRIEND TO EAT VEGAN W/U 2DAY

- * Ice water w/a slice of cucumber & fresh mint
- * SM: apple, orange, banana, raw almonds, cold water
- * TJ Neapolitan Puff Cereal in ND milk w/TJ Fresh OJ
- * TJ Hemp Seed Bar w/TJ Green Kombucha
- * TJ Cauliflower Gnocchi or TJ Riced Cauliflower Bowl
- * TJ Seasoned Kale Chips or TJ Inner Peas
- * TJ Miso Ramen Soup or TJ Vegetable Pakoras
- * TJ Thai Sweet Chili Veggie Burger w/TJ Superfood Pilaf
- * TJ Soft Baked Snickerdoodle Cookies w/ND milk
- * TJ Dark Chocolate Almond Butter Cups

Saturday/Sunday

1 WEEK COMPLETE! NOW TRY 30 DAYS 😊

- * Sparkling water w/a strawberry & slice of lime
- * SM: beet, banana, berries, ginger, cinnamon, ND milk
- * TJ Cultured Coconut(or)Cashew Yogurt w/granola
- * VC Breakfast Scramble w/TJ Extra Firm Sprouted Tofu
add optional sides: TJ Soy Chorizo, TJ Hash Browns
- * TJ Rainbow Wrap or TJ Tofu Spring Rolls
- * TJ Fully Cooked Falafel w/TJ Steamed Lentils
- * TJ Masala Burger over salad w/TJ Mini Veg Samosas
- * TJ Teriyaki Baked Tofu over TJ Miso Veg Rice Sauté Kit
- * TJ Joe-Joe's "Oreo" Slims or TJ Coconut Granola Bark