
Seven-Day Menu: Vegan

Numbers in brackets are recipe numbers on the following pages.

Day	Breakfast	Lunch	Dinner	Snack
1	Overnight oats (1)	Tofu and herb noodle salad with peanuts (3)	Lentil dal (4), brown rice	A handful of walnuts
2	Wholemeal toast, peanut butter, banana; fortified soy milk	Leftover dal, bread, tomato salad	Ginger tofu with bok choy (6), rice	Hummus with carrot sticks
3	Calcium-fortified soy yogurt, oats, berries	Hummus, wholemeal flatbread, chopped salad (11)	Black bean chili (10), brown rice	A guava or kiwi
4	Overnight oats (1)	Leftover chili in a tortilla wrap	Mushroom miso soup with tofu (7), rice, edamame	Pumpkin seeds
5	Tofu scramble with tomatoes, wholemeal toast	White bean and kale soup (8)	Peanut, sweet potato and greens stew (12), millet or rice	An orange

Day	Breakfast	Lunch	Dinner	Snack
6	Smoothie with fortified soy milk, banana, ground flaxseed	Leftover stew	Sambar (5), rice, stir-fried vegetables	A handful of nuts
7	Overnight oats (1)	Silken tofu with mushroom sauce (2), rice	Roasted lentils and squash (9), kale salad	Fruit

Every day:

- **B12:** a supplement, or a food whose label says it’s fortified with B12 (Chapter 4). This menu does not cover B12 on its own.
- **Iodine:** cook with iodised salt, or use iodine-fortified plant milk (Chapter 8).
- **Tea and coffee:** between meals.