

Vegan Meal Ideas

Below are some simple suggestions to keep vegan meals balanced and healthy at breakfast, lunch and dinner.

Don't forget it's just as important to limit sugar intake from sweets, vegan puddings and fruit juices.

Breakfast

**Avocados,
sweet potato
and
tomatoes.**



**Porridge oats
with chia seeds,
berries and
peanut butter.**



**Mushrooms,
beans, peas
and
sweetcorn.**

**For calcium
sources at
breakfast, try
calcium
fortified plant
based milks.**



**Smoothies or
yogurts made
with
calcium-fortified
plant-based milk
such as soya, oat
or nut.**



**You can add
berries,
strawberries,
banana, nuts
and seeds.**

Lunch

Soups



Salads



Wraps



Peanut butter sandwich



Tofu or Hummus



Jacket potato with beans and vegan cheese or sweet potato and avocado.



Protein:

Vegan mince
Tofu
Pulses
Beans
Chickpeas
Lentils

Dinner

Add in Vegetables of your choice.



Carbs:

Rice
Couscous
Potatoes
Pasta
Bread

Vegan yogurts and snacks

Snacks

Seeds

Carrots

Nuts



Sugar snaps

Rice cakes

Oat cakes with nut butter

Cucumber

Celery sticks

Falafel

Fruits

