

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 Cucumber

Rice cakes Celery sticks

Oat cakes with nut butter

Fruits

Falafel

