

ONE MONTH VEGETARIAN MEAL PLAN



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
Walnut Mushroom Enchilada Casserole	Summer Harvest Vegan Pasta	Skillet Chilaquiles with Eggs	Spicy Asian Style Sweet Potato Noodles	Vegan Taco Pasta	Leftovers/Dinner Out	Chipotle Tofu and Sweet Potato Skillet
8	9	10	11	12	13	14
BBQ Tempeh Bowl	Vegan Shakshuka	Mexican Tempeh Skillet Casserole	Teriyaki Tofu Sheet Pan Dinner	Burst Tomato and Spinach Pasta	Leftovers/Dinner Out	Vegetarian Enchilada Slow Cooker Casserole
15	16	17	18	19	20	21
Lasagna Stuffed Spaghetti Squash	Vegan Curry Soba Noodles with Crispy Tofu	Spicy Black Bean Soup	Vegan Sausage and Kale Pasta	Spicy Tempeh Stuffed Peppers	Leftovers/Dinner Out	Vegan Burrito Bowl
22	23	24	25	26	27	28
Easy Tofu Pumpkin Curry	Vegetarian Enchilada Skillet	Vegetarian White Bean Meatballs	Italian Farro Soup	Southwest Sheet Pan Dinner	Leftovers/Dinner Out	Vegetarian Lasagna Soup
29	30	31				
Chickpea Taco Salad	Cauliflower Fried Rice	Simple Gluten Free Eggplant Parmesan				

Created By: Dietitian Debbie Dishes