

The Flirty Vegan - Day 1 Meal Planner

www.theflirtyvegan.com

603-305-6026

Breakfast - oatmeal

½ c. oats
1 c. dairy-free milk
chunks of mango, pineapple, or potato
½-1 c. berries
½ t. or more cinnamon
1 T. flax seeds, hemp, or chia seeds
optional: maple syrup, 1 T. nut butter,
⅓ c. pumpkin, 1-2 T. nondairy
chocolate chips

Lunch - wrap

wrap or pita
¼ - ⅓ c. hummus of choice
lettuce, tomato, pickles, other veg.
¼ - ⅓ c. chickpeas or edamame
handful of sprouts of choice
optional: everything bagel seasoning,
hot peppers, roasted red peppers, 1
T. hemp seeds, vegan feta

Dinner - veggie pasta

pasta of choice
no sugar added marinara sauce
sauteed vegetables - onion, garlic,
broccoli, peppers, mushrooms,
spinach, tomatoes, capers
cooked white beans
toasted sourdough

Snacks

apple with peanut butter
dried fruit and nuts
veggies and hummus or guacamole
air popped popcorn
roasted chickpeas or edamame

Reminders:

Try to limit salt, oil, refined sugar, processed foods, and alcohol.

Faux meats, cheeses, and desserts are transitional items.

All items can be found at regular supermarkets. Check organic/natural aisles.

When eating plants (fruits, vegetables, whole grains, legumes), you can eat as much as you want. Eat until satisfied. Do not deprive or restrict.

Drink lots of water. Coffee and tea are ok. Limit unsweetened juice.

Give yourself grace during this process.

More tips available on Instagram @theflirtyvegan

The Flirty Vegan - Day 2 Meal Planner

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Breakfast - smoothie bowl

1 c. dairy-free milk
frozen banana and berries
1 T. flax seed
1 T. hemp seed
2 handfuls of spinach or kale
blend until smooth and pour in bowl
top with unsweetened coconut flakes,
nuts, seeds, cacao nibs, berries,
dried fruit, dairy-free chocolate

Lunch -buddha bowl

choice of grain: rice, quinoa, farro...
canned beans
air-fried or stir-fried tofu
chopped cucumber, carrots, scallions,
raddish, peppers. mango
sesame seeds
chopped peanuts, almonds, etc.
drizzle with soy sauce, liquid aminos,
tamari, vinegar, balsamic glaze

Dinner - tacos

browned crumbled tofu or faux meat
black or kidney beans
corn or flour tortillas
shredded lettuce or cabbage,
chopped tomatoes, onions, scallions,
jalapeno
salsa
guacamole
optional: nondairy cheese/sour cream

Snacks

celery with nut butter and nondairy
chocolate chips
rice cakes with nut butter and jam
fruit salad
vegetables and bean dip
air fried potatoes with ketchup
applesauce
frozen grapes

Reminders:

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When eating plants (fruits, vegetables, whole grains, legumes), you can eat
as much as you want. Eat until satisfied. Do not deprive or restrict.
Drink lots of water. Coffee and tea are ok. Limit unsweetened juice.
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The Flirty Vegan - Day 3 Meal Planner

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Breakfast - pancakes

1 c. whole wheat flour
1 c. non-dairy milk
¼ - ½ c. pure pumpkin puree
1 T. baking powder
1-2 T. coconut or date sugar
1-2 t. cinnamon
optional: berries, banana, nondairy chocolate chips
stir well and pour into hot pan

Lunch -tu-no salad

1 c. chickpeas, drained, rinsed, mashed
chopped celery and red onion
1 T. tahini
1-3 T. brown or dijon mustard
1-2 T. chopped capers
⅓ c. chopped pickles
dash of salt, black pepper
optional: agave or maple syrup to taste
mix well, serve with bread of choice

Dinner - tacos

browned crumbled tofu or faux meat
black or kidney beans
corn or flour tortillas
shredded lettuce or cabbage,
chopped tomatoes, onions, scallions,
jalapeno
salsa
guacamole
optional: nondairy cheese/sour cream

Snacks

leftover of any meal
baked potato with hummus or salsa
dates stuffed with nut butter
mango, pineapple, kiwi, and papaya
edamame and cucumber with
everything bagel seasoning
smoothie
sourdough with jam
veggie sushi

Reminders:

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When eating plants (fruits, vegetables, whole grains, legumes), you can eat as much as you want. Eat until satisfied. Do not deprive or restrict.
Drink lots of water. Coffee and tea are ok. Limit unsweetened juice.
Give yourself grace during this process.
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