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Vegan Meal Plan #1

<i>Meal</i>	<i>Prep time/ portions</i>
<u><i>Chickpea and Veggie fritters;</i></u> <u><i>Vegan tzatziki (click to see/</i></u> <u><i>print recipe)</i></u>	<i>30 minutes</i> <i>serves 4</i>
<u><i>Umami Bomb Mushroom</i></u> <u><i>Veggie Burgers;Oven Baked</i></u> <u><i>sweet potato fries</i></u>	<i>1 hour 30 minutes</i> <i>serves 8</i>
<u><i>Mac 'n Tease; Lemon Zucchini</i></u> <u><i>Salad with Corn and Tomatoes</i></u>	<i>1 hour</i> <i>serves 6</i>
<u><i>Tamale Pie;</i></u> <u><i>Pineapple/Cucumber Gazpacho</i></u>	<i>1 hour and 15 minutes</i> <i>serves 6</i>
<u><i>Terri's Baked Tofu; Vegetable</i></u> <u><i>Fried Rice w/edamame</i></u>	<i>1 hour 30 minutes</i> <i>serves 6 to 8</i>