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Vegan Meal Plan #2

<i>Meal</i>	<i>Prep time portions</i>
<u><i>Chewy Tofu in Apricot Chipotle Sauce; Roasted Red Onions and Red Potatoes Steamed broccoli</i></u>	<i>1 hour serves 4</i>
<u><i>Mushroom and Tempeh Stroganoff w/noodles and peas; Pineapple-cucumber Gazpacho</i></u>	<i>45 minutes serves 4</i>
<u><i>Cajun Spiced Tempeh 'n Grits ; Mixed Greens and Roasted Red Pepper Salad;</i></u>	<i>minutes serves</i>
<u><i>Veggie Baked Ziti; Crusty Bread</i></u>	<i>1 hour, 20 minutes serves 4</i>
<u><i>Sweet 'n Sour Seitan w/ Veggies; Creamy Raw Carrot/ginger soup</i></u>	<i>45 minutes serves 4</i>