BREAKFAST / LUNCH / DINNER

Easy Healthy Vegan Food 7 Day Meal Plan

A week of vegan meals with simple breakfasts, vegetable-forward lunches and dinners, and recipes for the Instant Pot, oven, and stovetop.



Fresh vegetables, berries and salad · Illustrative photo

The week at a glance

Day	Breakfast	Lunch	Dinner
Day 1	Pineapple	Lemon-herb salad	Black beans and rice
Day 2	Cinnamon applesauce	Spaghetti and red sauce	Quick-cooking vegetables
Day 3	Steel-cut oatmeal	Sweet potatoes	Air-fryer fries
Day 4	Buckwheat pancakes	Mushroom stroganoff	Medium-cooking vegetables
Day 5	Whole wheat waffles	Barbecue quinoa	Slow-cooking vegetables
Day 6	Melon blend	Potato soup and salad	Roasted fall vegetables
Day 7	Mixed berries	Veggie pizza	Instant Pot vegan chili

Day 1

Breakfast / Fresh Pineapple

Lunch / Salad with Lemon Herb Vinaigrette

Salad with romaine lettuce, arugula, bell peppers, cucumber, tomatoes, ½ T Chia seed, ½ T flaxseed, a few Goji berries, ½ T freeze-dried Natto beans, 2 sliced dried figs

Lemon-Herb Vinaigrette Dressing (Very Light & Zesty)

Ingredients

- 3 tablespoons fresh lemon juice
- 1 tablespoon apple cider vinegar
- 1 small garlic clove, grated or minced
- 1 teaspoon salt free mustard (optional — only if you're okay with it)
- 1 teaspoon dried Italian herbs or 1 tablespoon fresh herbs
- 2–3 tablespoons water or substitute maple syrup if you like it sweet

Instructions

1. Whisk or blend until well combined.

2. Let sit 5–10 minutes to mellow the garlic.

Snack / Coffee or Tea with Oat Milk

Coffee or tea made with homemade sugar-free, oil-free oat milk.

Dinner / Black Beans and White Rice

Dessert / Dates

(optional) 2 or 3 organic dates

Day 2

Breakfast / Cinnamon Applesauce

large jar of Whole Foods 365 organic no sugar added cinnamon applesauce

Lunch / Mike's Spaghetti and Red Sauce





Spaghetti and red sauce • Tomatoes and tomato paste

Ingredients

- 1 package of organic whole wheat spaghetti noodles
- 1 18.3 oz jar of Jovial crushed organic tomatoes
- 1 18.3 oz jar of Jovial organic diced tomatoes
- 1 7 oz jar of Bionaturae no salt added tomato paste
- 1 T organic oregano
- pinch of organic ground red pepper (if you like spicy food)

Directions

1. Cook pasta according to package
2. While pasta is cooking, simmer the sauce ingredients
3. Drain pasta and combine with sauce

Dinner / Quick-cooking Vegetables

Ingredients

- 1 zucchini
- 1 yellow squash
- 1 bell pepper
- 1 bag of spinach, kale or chard
- 1 package of fresh mushrooms
- 1 handful of fresh green beans
- 1 bunch of broccoli or asparagus
- 1 c water

Optional spices: Italian seasoning (salt free), chili powder, cumin or onion powder

Directions

1. Chop zucchini, squash, pepper, broccoli or asparagus into bite-size chunks
2. Place all veggies into Instant Pot steamer basket with 1 c water. Tip: if you can't fit them all in your steamer basket, save some for next time. Add spices.
3. Steam for 1 minute on high
4. Quick-release the steam
5. Enjoy!

Day 3

Breakfast / Steel Cut Oatmeal

organic steel cut oatmeal with fresh fruit, cinnamon and maple syrup



Steel-cut oatmeal with berries · Illustrative photo

Lunch / Sweet Potatoes

sweet potatoes cooked any way you like them. Optional side salad.

Dinner / Air Fryer French Fries

1 whole 16-ounce bag of 365 ORGANICS no added salt French fries cooked in a 100% stainless steel (no forever chemicals) air fryer on 245 degrees for 45 minutes. Add vinegar for dressing or salt free ketchup from Well Your World or Mushroom Gravy from Well Your World.





Oatmeal with fruit • No-salt-added fries

Day 4

Breakfast / Buckwheat Pancakes

Organic buckwheat pancakes with maple syrup and fresh fruit



Buckwheat pancakes with fruit and maple syrup · Illustrative photo

Lunch / Mushroom Stroganoff

Mushroom Stroganoff using vegan egg noodles and Well Your World Mushroom Gravy. Click here to order from Well Your World.







Mushroom stroganoff • Pappardelle noodles • Mushroom gravy mix

If you can't find vegan egg noodles, you can try something like this 12 oz package of Pappardelle noodles:

Directions

Cook noodles according to package directions

Sauté 8 oz package of mushrooms in water

Heat 1 ½ cups of water for 3 minutes in the microwave. It should be hot.

Whisk ½ cup of Well Your World mushroom gravy mix into the water. You may blend it in a blender if you'd like it smoother.

Optional: add a cooked chopped yellow onion to your gravy mix

Add mushrooms to the gravy, pour gravy mix over the cooked noodles. Enjoy!

DAY 4 / DINNER

Medium Cooking Vegetables





Cooked vegetables • Vegetables in the steamer basket

Ingredients

- 1 bag of organic sliced carrots
- 1/2 head of cauliflower
- 1 handful of brussels sprouts, trimmed and halved
- 3 wedges of cabbage
- 3 sliced turnips
- 1 c cubed butternut squash
- 1 sliced rutabaga
- 1 cubed sweet potato
- 1 c water

Optional spices: rosemary, thyme, nutmeg, smoked paprika, garlic powder or curry powder

Directions

1. Combine all veggies into Instant Pot steamer basket with 1 c water. Tip: if you can't fit them all in your steamer basket, save some for next time. Add spices. It will look like this before you add the spices

2. Steam for 3 minutes on high (if you like them soft, you may steam up to 6 minutes)

3. Quick-release the steam

4. Enjoy!

Day 5

Breakfast / Whole Wheat Waffles

whole wheat waffles with maple syrup and fresh fruit



Whole wheat waffles with berries and maple syrup · Illustrative photo

Lunch / Barbecue Quinoa

quinoa and sugar free salt free barbecue sauce from Well Your World. To order from Well Your World, click here.

Dinner / Slow Cooking Vegetables

Ingredients

- 3 beets (whole or halved)
- 2 sweet potatoes (large chunks)
- 1 spaghetti squash, chopped
- 1 large onion, halved
- 1 corn on the cob (broken in half to fit in steamer basket)
- 1 c water

Optional spices: cinnamon, allspice, nutmeg

Directions

1. Combine all veggies into Instant Pot steamer basket with 1 c water. Tip: if you can't fit them all in your steamer basket, save some for next time. Add spices.

2. Steam for 7 minutes on high

3. Quick-release the steam

4. Enjoy!

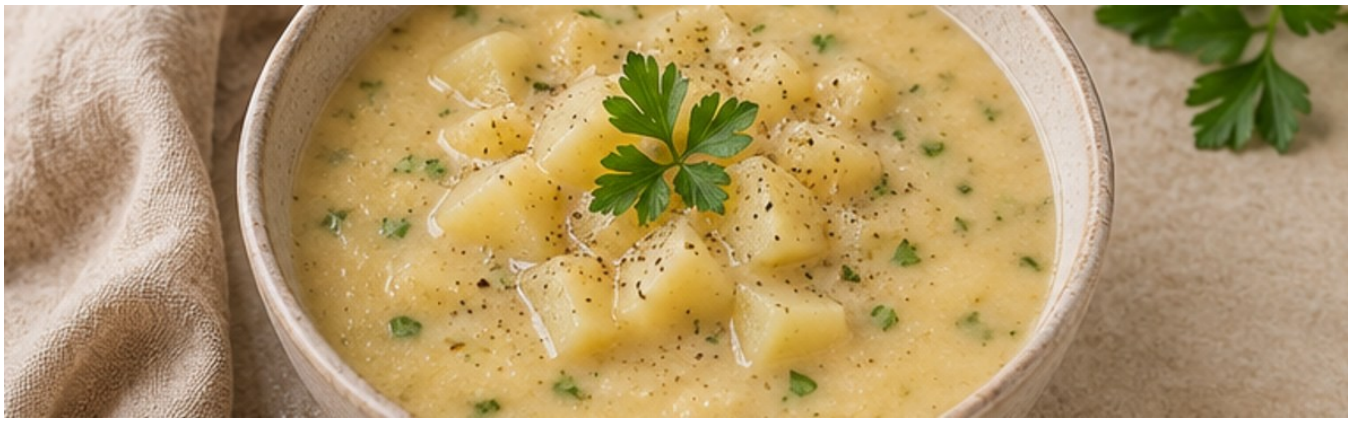
Day 6

Breakfast / Melon Blend

Melon blend – cantaloupe, honeydew, watermelon

Lunch / Potato Soup and Side Salad

salt-free potato soup, and side salad



Creamy vegan potato soup · Illustrative photo

The Soyajoy G4 can be used to make delicious potato soup. Here's a simple recipe to get started:

Ingredients

- 2-3 medium potatoes, peeled and diced
- 1 onion, chopped
- 4 cups vegetable broth or water
- Pepper to taste
- Optional: oatmilk for a richer texture
- Optional: herbs like thyme or parsley for flavor

Instructions

Prepare the Ingredients: Chop the potatoes and onion.

Combine in Soyajoy: Add the diced potatoes, chopped onion, and vegetable broth to the Soyajoy G4.

Cook: Select the soup function on the Soyajoy and let it cook until the potatoes are tender.

Blend: Once cooked, blend the mixture until smooth.

Season: Add pepper, and any optional ingredients like oatmilk or herbs. Blend again if desired.

Serve: Enjoy your creamy potato soup hot!

DAY 6 / DINNER

Oil Free Roasted Fall Vegetables

Ingredients

- 1 large red onion, peeled and cut into 1½-inch chunks
- 4 medium carrots, peeled and cut into 1½-inch chunks
- 1 medium butternut squash, peeled and cut into 1½-inch chunks
- 12 large Brussels sprouts, trimmed and halved
- 3 medium parsnips, peeled and cut into 1½-inch chunks
- ¼ cup vegetable broth (or aquafaba from unsalted chickpeas)
- 2 tablespoons apple cider vinegar
- ¾ teaspoon ground black pepper
- 1½ teaspoons garlic powder
- 1½ teaspoons dried thyme
- 1 teaspoon paprika
- ¾ teaspoon ground cinnamon

Instructions

Preheat oven to 400°F and line 2 baking sheets with parchment paper.

Place all vegetables in a large bowl.

In a small bowl, whisk together the vegetable broth, apple cider vinegar, and seasonings.

Pour over the vegetables and toss until evenly coated.

Spread vegetables in a single layer on the two baking sheets, leaving as much space between pieces as possible.

Roast for 20 minutes.

Remove from oven, turn vegetables, and if they seem dry, lightly mist with water or add 1–2 tablespoons of broth.

Roast another 20–25 minutes until tender and caramelized.

For extra browning, switch to broil for the last 2–3 minutes, watching carefully.

Since oil carries flavor but we are cooking oil-free, add:

1 tablespoon nutritional yeast

½ teaspoon smoked paprika (instead of regular paprika)

Optional: 1 tablespoon balsamic vinegar added during the last 10 minutes of roasting

These additions give a richer, more savory flavor while keeping the dish completely oil-free and aligned with a low-fat whole-food plant-based approach.

Day 7

Breakfast / Mixed Berries

Lunch / Veggie Pizza

Veggie pizza with no cheese, just veggies including tomatoes, onions, mushrooms, but no olives or banana peppers. You can make this yourself with no salt premade crust or order takeout pizza. Optional side salad.

Dinner / Super Easy Instant Pot Vegan Chili

No oil, no added salt, and no frozen ingredients.

8-quart Instant Pot • 6–8 servings • Prep 20–25 min • HIGH pressure 4 min
Natural release 10 min • Total estimated time 35–50 min



Bean-free vegan chili · Illustrative photo

Ingredients

Fresh Vegetables

- 4 medium Idaho potatoes (do not peel)
- 2 medium carrots (do not peel)
- 1 lb baby bella mushrooms
- 1 large yellow onion
- 1 red bell pepper
- 1 medium zucchini
- 4 cloves garlic, minced

Tomatoes and Broth

- 18 oz no-salt-added diced tomatoes
- 18 oz no-salt-added crushed tomatoes
- ¾ cup unsalted vegetable broth

Seasonings

- ¼ teaspoon cayenne pepper
- 2 teaspoons ground cumin
- 2 teaspoons smoked paprika
- 1 teaspoon dried oregano
- ½ teaspoon black pepper

DAY 7 / DINNER CONTINUED

Preparing and Cooking the Chili

Add After Cooking

- 1 tablespoon apple cider vinegar
- 1 tablespoon freshly squeezed lemon juice (approximately ½ lemon)

Vegetable Preparation

Potatoes: Scrub thoroughly under running water. Do not peel. Cut three potatoes into ½-inch cubes and the fourth into ¼-inch cubes to help naturally thicken the chili.

Carrots: Scrub thoroughly. Do not peel. Trim the ends and slice into ¼-inch rounds or half-moons.

Mushrooms: Clean and slice.

Onion: Peel and dice.

Red bell pepper: Remove the stem and seeds, then dice.

Zucchini: Wash and dice, leaving the skin on.

Garlic: Peel and mince.

Instant Pot Instructions

1. Pour ¾ cup unsalted vegetable broth into the Instant Pot.
2. Add potatoes, carrots, mushrooms, onion, red bell pepper, zucchini, and garlic.
3. Sprinkle the cayenne pepper, cumin, smoked paprika, oregano, and black pepper over the vegetables.
4. Pour the diced tomatoes over the vegetables.
5. Add the crushed tomatoes last, spreading evenly over the top. Do not stir the thick tomatoes into the bottom, as they may cause a Burn warning.
6. Make sure the ingredients remain below the PC MAX (2/3) fill line. Remove excess ingredients if necessary.
7. Secure the lid and set the pressure valve to Sealing.
8. Select Pressure Cook → HIGH → 4 minutes.
9. When the cooking cycle finishes, allow 10 minutes of natural pressure release.
10. Carefully release the remaining pressure, keeping hands and face away from the steam.
11. Open the lid and check that the potatoes and carrots are fork-tender. If necessary, use Sauté to finish cooking.
12. Stir in the apple cider vinegar and fresh lemon juice.
13. Taste and adjust seasonings as desired.

Adjusting the Chili's Consistency

For a medium-thick, hearty chili with a little broth:

Too thin: Select Sauté and simmer uncovered for 5–10 minutes, stirring occasionally.

Too thick: Add a small amount of unsalted vegetable broth.

Want it thicker naturally? Mash several cooked potato pieces against the side of the pot and stir them back into the chili.

DAY 7 / DINNER CONTINUED

Storing and Serving the Chili

Storage

Refrigerator: Store in airtight containers for 3–4 days.

Freezer: Freeze in individual portions for up to 2–3 months for best quality.

Reheating: Warm on the stovetop or using the Instant Pot's Sauté function, adding a little water or broth if necessary.

Notes

Leave the skins on the potatoes and carrots for additional fiber.

No beans, oil, added salt, or refined sugar.

Cayenne pepper replaces the heat normally supplied by chili powder; cumin, smoked paprika, and oregano provide the savory flavor.

The 8-quart Instant Pot's capacity does not mean it can be filled completely for pressure cooking.

Always keep the ingredients below the PC MAX fill line.

The 4-minute cooking time assumes potatoes are diced into approximately ½-inch cubes and carrots are sliced ¼-inch thick.

Serve With

- No sodium Ezekiel bread
- Baked potato
- Sweet potato
- Brown rice
- Fresh cilantro
- Lime wedges
- Diced avocado

Meal prep note

This chili is ideal for meal prep.