

7 DAY VEGAN CHALLENGE MEAL PLAN



This program is built on a base of 2000 calories a day. It can also be adapted to suit your personal needs. If you're in need of more calories, you can add a few more spoonfuls of muesli to your breakfast, and have an extra snack of bananas or nuts. If you want to consume fewer calories, simply eat one snack less.

The NHS recommends eating 0.8 g of protein per kg of body weight per day. Our meal plan covers these needs, so you don't need to worry whether your vegan diet is giving you enough protein.



We've planned five meals a day for you so that you're never too hungry: breakfast, lunch, dinner, and two snacks.



There's nothing more annoying than having to cook for hours after a stressful day. Meal prepping will allow you to save time without skipping on nutrition.



Use our grocery shopping list to stock up on all the products you need for this meal plan. Odds are, you probably already have at least some of them in your pantry!