Vegetarian Meal Planner Printable

Preview: file inventory and watermarked sample pages. Not the full product.

Files in the download

Vegetarian-Meal-Planner-US-Letter.pdf
Print-ready US Letter PDF, 5 pages.

Vegetarian-Meal-Planner-A4.pdf
Print-ready A4 PDF, 5 pages, same layout re-flowed for A4.

Vegetarian-Meal-Planner-Sample-Preview.png
Sample page rendered at 300 dpi (2550 x 3300 px).

PRINTING.txt
Print settings, tips and license summary.

Vegetarian weekly meal plan

Week of _____

	BREAKFAST	LUNCH	DINNER	PROTEIN SOURCE
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

SAMPLE

SHOPPING LIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PREP AHEAD (SOAK BEANS, COOK GRAINS)

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Example vegetarian week

DAY	BREAKFAST	LUNCH	DINNER	PROTEIN SOURCES
Mon	Overnight oats, berries	Hummus & veg wrap	Black bean burrito bowls	Beans, hummus
Tue	Scrambled eggs on toast	Leftover burrito bowl	Red lentil dal with rice	Eggs, lentils
Wed	Greek yogurt & granola	Leftover dal	Tofu & broccoli stir-fry	Yogurt, tofu
Thu	Peanut butter toast, banana	Caprese sandwich	Chickpea & spinach curry	Peanut butter, chickpeas
Fri	Smoothie with oats	Quinoa salad, feta	Veggie pizza	Quinoa, cheese
Sat	Veggie omelette	Tomato soup, grilled cheese	Mushroom & lentil bolognese	Eggs, lentils
Sun	Pancakes, yogurt	Falafel pitas	Bean & sweet potato chili	Falafel, beans

SAMPLE

This example is lacto-ovo vegetarian (includes eggs and dairy). For a vegan week, swap eggs for tofu scramble and dairy for plant-based yogurt and cheese.