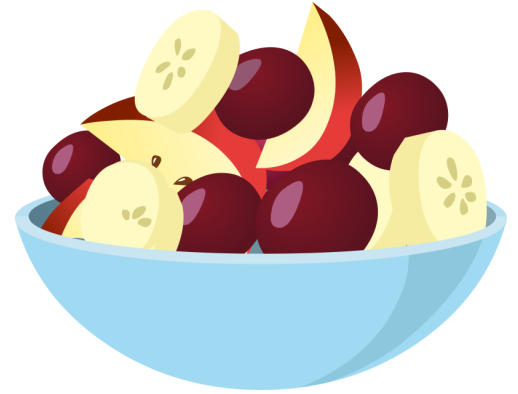


VEGAN PREGNANCY MEAL PLAN

Day 1:

Breakfast: [Mixed Berry and Protein Smoothie](#)
AM Snack: [Salt and Vinegar Roasted Edamame](#)
Lunch: [Lentil Loaf](#)
PM Snack: [Vegan Protein Balls](#)
Supper: [Better than Chipotle Vegan Burrito Bowl](#)
HS Snack: [Vegan Cashew Cheese](#) + Crackers



Day 2:

Breakfast: [Protein Oats with Stewed Blueberries](#)
AM Snack: [Vegan Crispy Tofu Bites](#)
Lunch: [Chilli Con Veggie](#)
PM Snack: [No Bake Protein Bars](#)
Supper: [Very Best Vegan Bolognese](#)
HS Snack: [Roasted Chickpeas](#)

Day 3:

Breakfast: [Tofu Breakfast Burrito](#)
AM Snack: [Vegan Overnight Chia Pudding](#)
Lunch: [Hearty Seitan Salad](#)
PM Snack: [Vegan Creole Crab Cakes](#)
Supper: [Creamy Coconut Rice With 5 Spice Tofu](#)
HS Snack: [Butterfinger Bars](#)

