



## **School Week Meal Plan: Plant-Based Shopping List**

### **Cranberry, Apricot & Rolled Oat Cookies**

- Wholemeal self-raising flour
- Rolled oats
- Brown sugar
- Desiccated coconut
- Dried cranberries
- Dried apricots
- Dairy-free butter (e.g. [Nuttelex](#))
- Golden syrup or maple syrup
- Vanilla extract

### **No-Bake Granola Bars**

- Golden syrup or maple syrup
- ½ cup tahini
- Rolled oats
- Sunflower seeds
- Pumpkin seeds
- Dried cranberries
- Dairy-free choc chips

### **Caesar Salad & Tofu 'Bacon' Wraps**

- Soy sauce
- Tomato paste
- Maple syrup
- Smoked paprika
- 500g firm tofu
- 2 bunches romaine lettuce
- 2 avocados
- 1 punnet cherry tomatoes
- Whole grain wraps
- Vegan mayonnaise (e.g. [Praise vegan mayo](#))
- Garlic or onion powder
- Nutritional yeast
- Lemon
- Dijon mustard

## **Seasoned Corn Cobs**

- Corn on the cob
- Dairy-free butter (e.g. [Nuttelex](#))
- Fresh coriander
- Smoked paprika

## **Veggie-Packed Mac & Cheese**

- Macaroni pasta
- Olive oil
- Brown onion
- ½ cauliflower
- 1 carrot
- 2 zucchini
- Garlic
- Plain flour
- Almond milk
- Nutritional yeast
- Garlic powder
- Turmeric
- Smoked paprika
- Ground nutmeg
- Dairy-free butter (e.g. [Nuttelex](#); optional)
- Chipotle in adobo sauce (optional)
- Dairy-free cheddar cheese shreds (optional)
- Fresh parsley or basil (optional)

## **Tangy Chickpea Tuna-Less Sandwich**

- Sliced whole grain bread
- Iceberg lettuce or other leafy greens
- Can of chickpeas
- Vegan mayonnaise (e.g. [Praise vegan mayo](#))
- Dijon or wholegrain mustard
- Lemon
- Celery
- Fresh chives
- Fresh dill
- Baby capers
- Cayenne pepper (optional)
- Chia seeds
- Soy sauce

- Nori sushi sheets

## **Fried Edamame Pods**

- Frozen edamame pods
- Sesame oil
- Soy sauce
- Sesame seeds

## **Sticky Pineapple Tofu with Brown Rice**

- 450g firm tofu
- Cornflour (sometimes known as corn starch)
- Brown onion
- Broccoli
- Can of pineapple pieces in juice
- Ginger powder
- Garlic
- Maple syrup
- Soy sauce
- Tomato paste
- Brown rice

## **Baked Zucchini & Carrot Fritters**

- 2 zucchinis
- 2 carrots
- Chickpea flour (or 'besan' flour)
- Nutritional yeast
- Ground flax seeds
- Ground sage
- Onion or garlic powder
- Baking powder
- Coconut yoghurt
- Fresh coriander (optional)

## **Plant-Based Ham, Cheese & Tomato Sandwich**

- Sliced whole grain bread
- Dairy-free butter (e.g. [Nuttelex](#))
- Vegan mayonnaise (e.g. [Praise vegan mayo](#))
- Plant-based ham slices (e.g. [Meliora vegan ham](#))
- Plant-based cheddar-style [cheese slices](#)

- Tomatoes

## **Black Bean Salad with Tortilla Chips**

- 2 cans of black beans
- 1 can of sweet corn
- 1 yellow capsicum
- 2 red capsicums
- Red onion
- Fresh coriander
- Garlic
- Balsamic vinegar
- Tortilla chips (e.g. [Mission yellow corn tortilla strips](#))

## **Guacamole**

- Avocado
- Lime

## **Fruit for the Week**

- Strawberries
- Blueberries
- Kiwifruit
- Orange
- Watermelon
- Blackberries
- Mango
- Grapes

## **Snacks**

- [Vege Chips mini rice crackers](#) (assorted multipack)
- [Messy Monkeys whole grain bites](#) (burger, chicken & lightly salted flavours are vegan)
- [Cocobella strawberry soy yoghurt pot](#) (or other plant-based yoghurt of choice)
- [Carman's apple & mango fruit straps](#) (or other flavour of choice)
- [Snack Right cocoa & oat oaty bites](#)

## **Extras**

- Wooden skewers