

3-Day Vegan Meal Plan

This meal plan was specially designed to incorporate as many ingredients as possible that can be purchased **in bulk at Blue Market AK**. Bring your own jars or containers (or purchase one of ours for \$0.50) and fill up on pantry staples, Alaska grown produce, and sustainable swaps for personal care items, household/kitchen items, and more!

Day 1

Breakfast

Oatmeal Bowl
with all the fix-ins

Lunch

Creamy Polenta
with Zucchini &
Tomatoes

Snack

No-Bake Carrot
Cake Bites

Dinner

Red Lentil Dahl

Day 2

Breakfast

Alaska Flour
Company Barley
Pancakes

Lunch

Leftover Dahl

Snack

Black Bean
Brownies

Dinner

Mediterranean
Quinoa Bowls

Day 3

Breakfast

Chocolate
Quinoa Breakfast
Bowl

Lunch

Roasted Potato &
Spicy Black Bean
Tacos

Snack

Leftover Carrot
Bites or Brownies

Dinner

Split Pea Soup

