

7-Day Vegan Meal Plan

This healthy 7-day vegan meal plan delivers 1200-1300 calories per day and features diabetes-friendly foods, including low-glycemic-index carbohydrates such as oats and pulses, and healthy fats like canola oil.

The carbohydrates are balanced throughout each day with each meal containing 40-50 grams of net carbohydrates; optional snacks contain around 15 grams of carbohydrates. Depending on your goals and lifestyle, your calories and carbohydrates may need to be higher, adjust the number of snacks or portion sizes accordingly.



Recipes available on the Diabetes Canada website are hyperlinked throughout the meal plan and listed at the end of the meal plan.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Peanut butter and banana toast 2 slices whole-grain bread topped with: 1 tbsp (15 mL) peanut butter 1 small banana, sliced 1 cup (250 mL) plant-based beverage (e.g. unsweetened oat milk)	Steel-cut rolled oats (½ cup/75 mL dry) 1 tbsp (15 mL) nut butter added to cooked oats 1 medium-sized fruit, sliced and added to oatmeal	2 Oat Berry Pancakes 1 tbsp (15 mL) nut butter 1 cup (250 mL) blueberries 1 cup (250 mL) plant-based beverage (e.g. unsweetened oat milk)	Peanut butter and banana toast 2 slices whole-grain bread topped with: 1 tbsp (15 mL) peanut butter 1 small banana, sliced 1 cup (250 mL) plant-based beverage (e.g. unsweetened oat milk)	Steel-cut rolled oats (⅓ cup/75 mL dry) 1 tbsp (15 mL) nut butter added to cooked oats 1 medium-sized fruit, sliced and added to oatmeal	2 Oat Berry Pancakes 1 tbsp (15 mL) nut butter 1 cup (250 mL) blueberries 1 cup (250 mL) plant-based beverage (e.g. unsweetened oat milk)	Steel-cut rolled oats (⅓ cup/75 mL dry) 1 tbsp (15 mL) nut butter added to cooked oats 1 medium-sized fruit, sliced and added to oatmeal
Calories	358	367	397	358	367	397	367
Carbs (g)	48	53	47	48	53	47	53

Fibre (g)	8	8	7	8	8	7	8
<p style="text-align: center;">Lunch</p>	<p>Pita pockets with roasted vegetables and hummus: 3 tbsp (45 mL) hummus</p> <p>Roasted pepper, mushrooms, zucchini, red onion*</p> <p>1 medium-sized (6½ inch/16 cm) whole-wheat pita cut in half</p> <p>Spread 1½ tbsp (22 mL) hummus on each half, fill each half with roasted vegetables</p> <p>1 medium-sized fruit</p> <p>*To roast vegetables: place sliced vegetables in a bowl, drizzle with oil, and season with oregano, garlic powder and salt to taste. Place on a baking pan and bake in 400°F (200°C) oven until soft and tender (about 40 minutes).</p>	<p>1 serving Mediterranean Roasted Vegetables and Chickpeas (omit cheese garnish)</p> <p>½ cup (125 mL) berries</p>	<p>1 serving Garden Veggie Buddha Bowl with Lentils and Tahini Sauce</p> <p>1 medium-sized fruit (apple or small banana)</p>	<p>Veggie and hummus sandwich: 2 slices whole-grain bread</p> <p>3 tbsp (45 mL) hummus</p> <p>Quarter avocado (spread one slice of bread with hummus and the other with mashed avocado)</p> <p>Fill sandwich with lettuce, red pepper and cucumber slices</p> <p>1 medium-sized fruit</p>	<p>Quarter serving (1½ cup/275 mL) Wheat Berry and Apple Salad</p> <p>Veggie sticks and 3 tbsp (45 mL) hummus</p>	<p>One-third (2 cups/500 mL) serving Soba Noodles with Mushroom, Spinach & Tofu</p>	<p>1 serving Quinoa, Black Bean & Mango Salad</p> <p>1 medium-sized (6½ inch/16 cm) whole-wheat pita</p> <p>3 tbsp (45 mL) hummus</p>

Calories	400	402	408	456	470	400	390
Carbs (g)	56	54	53	52	56	54	59
Fibre (g)	11	10	11	12	10	8	11
Dinner	1 serving Chickpea and Cauliflower Curry 1 cup (250 mL) cooked quinoa, prepared according to package instructions	1 Lentil Burritos (use vegan options for cheese and sour cream as optional toppings) Green salad with 1 tbsp (15 mL) light salad dressing	2 servings (1 cup/250 mL) Spinach and Mushroom Barley Pilaf 4 oz. (125 g) firm tofu, sliced and cooked in 2 tsp (10 mL) canola oil; and added to pilaf	1 serving Lentil Burgers (use vegan cheese to top burger if desired) 1 whole-grain burger bun Lettuce, sliced tomato (optional toppings)	1 serving Curried Lentils and Vegetables ¾ cup (150 mL) cooked brown rice	1 serving Garden Veggie Buddha Bowl with Lentils and Tahini Sauce 1 fruit (e.g. medium-sized apple or small banana)	1 serving Moroccan Eggplant with Tomatoes ¾ cup (150 mL) cooked brown rice 1 cup (250 mL) canned chickpeas, drained, rinsed and added to eggplant at same time as tomatoes
	Calories	478	425	475	336	293	440
Carbs (g)	65	59	51	53	55	55	57
Fibre (g)	16	13	9	6	7	12	12

Snack Options: Each of the following options provides approximately 15 g carbohydrate and 100-150 calories. Snacks are optional depending on your goals and needs.

- 1 medium-sized fruit (apple or orange) with 2 tbsp (30 mL)

nuts/seeds

- 1 slice whole-grain bread with peanut butter or another nut butter
- Half pita with 2 tbsp (30 mL) hummus
- 1 cup (250 mL) edamame pods (lightly salted)

Recipes for this week:

- [Chickpea and Cauliflower Curry](#)
- [Mediterranean Roasted Vegetables and Chickpeas](#)
- [Lentil Burritos](#)
- [Oat Berry Pancakes](#)
- [Garden Veggie Buddha Bowl with Lentils and Tahini Sauce](#)
- [Lentil Burgers](#)
- [Wheat Berry and Apple Salad](#)
- [Curried Lentils and Vegetables](#)
- [Soba Noodles with Mushroom, Spinach & Tofu](#)
- [Spinach and Mushroom Barley Pilaf](#)
- [Quinoa, Black Bean and Mango Salad](#)
- [Moroccan Eggplant and Tomato](#)