

## Sample Vegan Dinner Menu Ideas

**Classic - No-Meat, Veggies and Potatoes – (with a fruit shortcake for dessert!)** (totals: 640 calories, 120g carbs, 36.2g protein, 14.8g fat)

- 1.5 servings of Gardein beefless tips
- 2 cups fresh steamed mixed vegetables (or frozen if nothing else)
- 1 medium-size baked potato, salt and pepper to taste, and (1 tsp. vegan butter – optional)
- (**Dessert**) : 1 cup fresh fruit (of your choice), and 2-3 tbsp vegan whipping cream – and enjoy! (*inc. in totals*)  
*add-on optional:* (Annie's Organic Flaky Biscuit)...add to total: 170 cal, 3g protein, 26g carbs, 6g fat

**Mexican-style meal night fiesta!!)** (totals: 668 calories, 117g carbs, 14.6g protein, 13g fat)

- 1 serving tortilla chips (~10 or 30g), and (1/2 c) guac with (1/2 c) salsa to start – as an app!
- 1 cup sliced bell peppers (sauteed)
- 1/2 cup sliced onion (sauteed)
- 1/2 cup vegetarian baked or reg. beans (stove-top cooked)
- 1/2 cup brown rice (steamed)
- 1/4 cup chopped tomatoes
- 1/2 cups baby spinach (raw)
- 2 soft flour 8" LaTortilla Factory tortillas (~40 g)  
(split above ingredients into two burrito servings – and enjoy!)....(mole sauce optional – no sig. calories)

**No Chicken, Ultimate Chick'n Sandwich, and steamed veggies!** (totals: 558 calories, 68g carbs, 35g protein, 20.2g fat)

- 1 Gardein Ultimate plant-based Chick'n Filet (air fried)
- 1 Lewis 'Healthy Life' sandwich bun
- 5-6 dill pickle chips (enough to cover one side of bun)
- 7-8 baby spinach leaves (enough to cover one side of bun)
- 1 tbsp Vegenaïse (reduced fat)
- 1 tbsp bbq sauce (optional)
- 2 cups of fresh mixed veggies (steamed)

**American classic – burger and fries!...w/ veggies (and a vegan non-dairy milkshake for dessert!)** (totals: 756 calories, 124g carbs, 42.3g protein, 18.7g fat)

- 1 Healthy Choice burger bun
- 1 turkey burger patty (Dr. Praeger's)
- 1 slice of tomato and onion
- 1/2 cup baby spinach (raw)
- 1/2 tbsp ketchup and mustard
- 1.5 cups fresh steamed mixed vegetables (or frozen if nothing else)
- 1 medium-size potato, cut into fries (tossed w/ ½ tbsp EVOO, and seasoned to taste (baked or air-fried!))
- (**Dessert**) : 3/4 cup fresh fruit (of your choice)...(I use 1 med. banana for this!) 1/2 cup OAT-LY milk (The Original)  
1 cup of ice, and 1/4 tsp ea of cinnamon, ginger, and nutmeg. Blend, then add one small dollop vegan whipped topping – and enjoy!

**More to come, but while I gather more info to update here, try the Menu Ideas above.**

**Come back soon!!**