

The Fall Vegan Meal Plan (Kid-Friendly)

Day 1

Breakfast: Best Vegan Fall Oatmeal

Lunch: Hummus sandwich, apple slices

Dinner: Cozy Vegan Vegetable Soup

Snack: Chocolate Sunflower Seed Butter with crackers

Day 2

Breakfast: Very Vanilla Vegan Chia Seed Pancakes

Lunch: Leftover Cozy Vegan Vegetable Soup

Dinner: Tofurkey Cutlets & Mashed Potatoes

Snack: Banana Walnut Muffins

Day 3

Breakfast: Apple Pie Overnight Oats

Lunch: PB&J (or sunflower seed butter & jam), carrot sticks

Dinner: Lasagna

Snack: Carrot sticks with ranch-style dip

Day 4

Breakfast: Best Vegan Fall Oatmeal

Lunch: Quesadilla slices with guacamole

Dinner: Leftover Lasagna

Snack: Chocolate Sunflower Seed Butter with apple slices

Day 5

Breakfast: Very Vanilla Vegan Chia Seed Pancakes

Lunch: PB&J (or sunflower seed butter & jam), carrot sticks

Dinner: Tofurkey Cutlets & Mashed Potatoes

Snack: Air-popped popcorn

Day 6

Breakfast: Apple Pie Overnight Oats

Lunch: Quesadilla slices with guacamole

Dinner: Leftover Lasagna

Snack: Carrot sticks with ranch-style dip

Day 7

Breakfast: Very Vanilla Vegan Chia Seed Pancakes

Lunch: Hummus sandwich, apple slices

Dinner: Leftover Cozy Vegan Vegetable Soup

Snack: Banana Walnut Muffins

Why This Plan Works

- Predictable repetition: keeps kids happy, reduces parent stress
 - Breakfasts & dinners: your tested, kid-approved recipes
 - Lunches: simple and fast, perfect for school or quick prep
 - Snacks: easy, seasonal, and portable
 - Fall flavors: apples, cinnamon, nutmeg, rosemary, and comfort
-

Grocery List for 7-Day Fall Meal Plan

Produce

- Apples
- Bananas
- Carrots
- Celery
- Leek
- Garlic
- Russet Potatoes
- Spinach (or other leafy greens for lasagna)
- Green beans or peas (for soup)
- Avocados
- Cherry tomatoes (optional for lunches or snacks)
- Lime (optional for guacamole)
- Fresh herbs: parsley, rosemary, basil

Grains / Bread / Pasta

- Rolled oats
- All-purpose flour
- Bread (sandwich loaf)
- Tortillas
- Lasagna noodles
- Pasta (optional for sides and meal emergencies)

Canned / Jarred / Packaged

- Marinara sauce
- Vegetable broth
- Peanut butter or sunflower seed butter
- Jam or jelly
- Hummus
- Crackers
- Popcorn kernels

Plant-Based Dairy / Vegan Alternatives

- Plant-based milk (oat, almond, soy, etc.)
- Vegan butter
- Vegan shredded cheese
- Vegan ranch-style dip

Protein

- Tofu
- Sunflower seeds
- Walnuts

Spices / Baking / Sweeteners

- Maple syrup
- Cinnamon
- Nutmeg
- Salt
- Black pepper
- Baking powder
- Baking soda
- Vanilla extract
- Trader Joe's Everything but the Leftovers Seasoning
- Cocoa powder (for chocolate sunflower seed butter)

Optional / Extras

- Olive oil
- Paprika or chili flakes (for seasoning Tofurkey or mashed potatoes)