

# Plant-Based Society at FIU >>>1-week vegan challenge<<<

Healthy Vegan Food on a College Budget ~ \$44/ week (grocery list on p.3)

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast</i>	2 waffles + 1 banana w/ 1 tbsp pb + soymilk ----- --- Calories: 495 Protein: 22 g	Soy yogurt with granola + orange ----- ---- Calories: 430 Protein: 17 g	Granola & soymilk + banana w/ 1 tbsp pb ----- ---- Calories: 495 Protein: 22 g	2 waffles + orange banana soymilk smoothie (w/ protein powder if you have it) ----- --- Calories: 505 Protein: 24 g	Soy yogurt with granola + banana w/ 1 tbsp pb ----- ---- Calories: 495 Protein: 20 g
<i>Lunch</i>	Vegan burrito: rice, beans, spinach, ¼ tomato, ½ avocado, and mushrooms ----- - Calories: 460 Protein: 18 g	Breakfast potatoes(ii)* + waffle + banana w/ pb ----- ---- Calories: 455 Protein: 14 g	Zucchini/ mushroom/ spinach tofu stir-fry w/ rice or quinoa(iii)* ----- ---- Calories: 470 Protein: 29 g	Tofu scramble(v)* breakfast burrito w/ spinach, ¼ tomato and mushrooms ----- --- Calories: 375 Protein: 29 g	Wrap with hummus, spinach, ½ tomato, mushrooms and leftover chickpeas ----- ---- Calories: 420 Protein: 24 g
<i>Dinner</i>	Baked (or microwaved) potato w/ broccoli & sauteed spinach ----- - Calories: 450 Protein: 9 g	Rice & black beans w/ zucchini + spinach salad w/ mushrooms ----- ---- Calories: 485 Protein: 24 g	Chickpea curry w/ potato & zucchini ----- ---- Calories: 375 Protein: 17 g	Leftover stir-fry from Wednesday ----- --- Calories: 470 Protein: 29 g	Veggie pizza! Put leftover veggies on a tortilla with any pasta sauce
<i>Snacks</i>	Cliff bar Roasted chickpeas(i)* Carrots & hummus ----- - Calories: 450 Protein 17 g	Apple w/ pb Carrots & hummus Granola & soymilk ----- ---- Calories: 520 Protein: 22 g	Cliff bar Tortilla chips w/ ½ avocado(iv)* Carrots & hummus ----- ---- Calories: 550 Protein: 17 g	Apple w/ pb Granola & banana Waffles ----- --- Calories: 520 Protein: 17 g	Cliff bar Apple w/ pb Roasted chickpeas ----- ---- Calories: 540 Protein: 21 g

NOTES:

- I used the **MyFitnessPal app** to calculate the nutrition info. It's a great resource when you're first starting out, as it helps you make sure you're getting enough calories & all the nutrients you need.
- This meal plan only goes Monday-Friday, but I guarantee you'll still have **food leftover for the weekend**. Plus then you probably won't be cooking every meal at home. Finish off your waffles/ granola & almond milk, and use whatever else is left for stir-frys, salads & wraps.
- I tried to pack as many nutrients into your day as possible on this budget, but it's still a good idea to take a "One-a-Day" **multivitamin** every morning to make sure you're getting everything you need.
  
- It's always good to have **pasta & sauce** on-hand for when you don't feel like cooking.
- Using a **quinoa/ brown rice blend** instead of just rice adds protein & iron to your meals. Make this ahead of time **Sunday night** so you don't have to cook during the week. Also go ahead and soak/ boil your **chickpeas** at the same time.
- **Instead of soy yogurt**, you could do a **smoothie** with a banana, some frozen fruit, almond milk, and some vegan protein powder (trader joe's has an awesome hemp protein powder, and there are a bunch on Amazon).
- You could do **bagels** instead of waffles if you're more into that. Just smear 'em with pb, jelly, or vegan cream cheese.
- If you normally eat **bigger portions**, your grocery bill will probably be a little higher. Just make sure to invest in foods **high in fiber** that will keep you feeling full, like fruits, veggies, and whole grains.
  - Any kind of **fruit or smoothie** makes a good snack.
  - Tortillas can be **toasted into chips** and eaten with hummus or avocado for another healthy snack option.
  - **Other easy/ healthy snacks** include instant oatmeal, baked potato fries, celery w/ pb, edamame, and almonds.
- If you're a chocoholic like me, spend an extra \$3 on a good quality **dark chocolate bar with 70% cacao** (the healthiest, according to medical professionals) for a "healthy" dessert. Ration it so it lasts all week!
- You can also spend an extra \$4 to buy a **vegan meat substitute** to add to your dinners, like veggie burgers, chik'n or tofurkey. They sell these at all major grocery stores - I would recommend the brand Gardein.
  
- **Thank you so much for participating in the Vegan Challenge!** By eating **vegan for a week**, you're conserving thousands of gallons of **water**, preventing hundreds of pounds of **CO2 and methane** from being emitted, working towards ending **world hunger**, and saving **animals** too! Feel free to call me if you have any questions or need any help! 904-214-5390 (Sarah) :)

Grocery List ~ \$44

Almond Milk (or soymilk)	\$3.00
Granola (can be gluten free)	\$4.00
Van's Power Grains frozen waffles	\$3.00

Soy yogurt (2)	\$3.00
3 Apples	\$2.00
6 Bananas	\$1.50
2 Oranges	\$1.00
Extra-firm vitamin fortified tofu	\$2.50
3 Large russet/ sweet potatoes	\$2.00
2 Tomatoes	\$0.50
1 Avocado	\$1.00
Baby spinach (or arugula/kale/etc)	\$2.50
Baby bella mushrooms	\$2.00
Zucchini	\$2.00
Baby carrots	\$1.50
Hummus	\$3.00
3 Protein bars	\$3.00
Whole wheat or corn tortillas	\$1.50
Large bag of frozen broccoli (or your favorite vegetable)	\$3.00
Can of low sodium black beans	\$1.00
Bag of dry chickpeas	\$1.00
	\$44.00

Staples: (food you probably already have; lasts much longer than a week & not included in the budget)

- peanut butter, rice/ quinoa, olive oil, maple syrup, soy sauce, spices

Recipes (from p.1)

(i) [Roasted chickpeas](#)

(ii) Breakfast potatoes

1. Poke a large potato with a fork several times, and microwave it for 3-4 minutes
2. Cut the potato up into bite-size pieces
3. Add 1 tbsp olive oil (or vegan butter) to a skillet on medium-high heat
4. Place potatoes into the skillet, add spices (salt, pepper, garlic, cumin - whatever you like)
5. Cook until crispy and golden brown on all sides, and serve with ketchup or maple syrup!

(iii) Tofu stir fry

1. Drain approx.  $\frac{1}{2}$  of the block of tofu (try to drain most of the water out before cooking by pressing the tofu firmly inside a paper towel)
2. Cut the tofu into bite-size blocks and add to a skillet with 1 tbsp olive oil on med-high heat. Cook 3-4 minutes.
3. Chop up 1 zucchini and a handful of mushrooms and add to the skillet, cook for another 3 minutes
4. Add 1 tbsp soy sauce and a cup of spinach
5. Saute until the spinach is cooked & serve with rice or quinoa

(iv) Tortilla chips

Spread about 1 tsp olive oil on a tortilla & cut up into triangular chips. Bake in an oven or toaster oven until crispy & eat with avocado.

(v) [Tofu scramble](#)

+ whole wheat wrap, tomato, and sauteed spinach & mushrooms makes it a breakfast burrito

(->this recipe calls for nutritional yeast so definitely add it if you have some, but it tastes just as good without it!)

More websites with great vegan recipes:

[Buzzfeed: 23 vegan meals with tons of protein](#)

[Chocolate Covered Katie - healthy vegan desserts](#)

[Oh She Glows](#)

[Peta2 Recipes](#)

[This Rawsome Vegan Life](#)

[The Plant-Based Society at FIU Blog](#)

Option 2: busy week budget - \$40

(Minimal cooking required, but you're more or less eating the same things every day. Some weeks you have too much on your plate to notice. Pun intended.)

Box of cereal or granola \$3

Almond milk \$3

Bananas \$2

Apples \$3

Oranges \$3

Protein bars \$4

Quinoa \$5 or Bread \$4

Beans \$2 or Tofurky \$3

Pasta \$1.5

Sauce \$2

Frozen veggies \$3

Frozen veggie burgers \$4

Carrots \$1.5

Hummus \$3

Staples: Peanut butter, jelly, vegan mayo, soy sauce

## Eating out vegan around FIU:

My favorites:

- [Vegan and Juice](#) - on 107th & Flagler, across from the engineering center. Everything is vegan, healthy, and muy rico <33
- [Spice N Curry](#) - a couple of doors down from Vegan & Juice; it's an Indian store w/ a little cafe in back serving authentic Indian food!
- [SpecialTEA Lounge](#) - on Coral Way and 107th, across the street from FIU. Tons of vegan and vegetarian options & great vibes.

- Chipotle - Sofritas/ veggie burrito or bowl; Wendy's - baked potato, garden salad, and french fries; Johnny Rocket's - veggie burger; At any latin american restaurant - rice & beans w/ maduros, yucca, salads, fruit, juices, etc.
- Pieology and Mellow Mushroom have vegan cheese pizzas; all Sub-Zero and some Ben & Jerry's locations have vegan ice cream!
- Just about everywhere has vegan options! Just check online or ask you waiter :)

#### On campus:

- Almazar
  - Hummus or falafel wraps
  - Tabbouleh salad
- Einstein Bros
  - All regular (non-gourmet) **bagels & breads** are vegan except the asiago cheese, cinnamon sugar, and french toast! (Although some do use honey, which should be noted is debatably not vegan.)
    - Peanut butter, jelly, honey (again, debatably), and hummus are all tasty vegan bagel spreads
  - They also have a **fruit cup**, and according to their [website](#), the **cinnamon twist** doesn't have milk or eggs!
- Moe's
  - Any taco, burrito, or bowl with **tofu** and all the veggies + guac
- Pollo Tropical
  - Veggie **Tropi-Chop**
  - Most sides (eg. yucca fries, yellow rice w/ veggies)
- Starbucks
  - Any drink with soymilk or coconut milk and no whip
  - **Hearty veggie & brown rice salad** - SO GOOD
  - Bagels (all the non-cheese ones) w/ honey
  - Nuts, granola bars, potato chips, etc (check the ingredients to make sure)
- Sushi Maki
  - They will make you a fresh **veggie sushi roll** or **teriyaki veggie stir-fry** if you ask for it!
  - **Edamame** cups
- Taco Bell
  - Any **taco or burrito** w/ refried **beans** instead of meat and **guac** instead of sour cream and cheese
- See [FIU's Vegan & Vegetarian Dining Guide](#) for a full list of options!