MY PANTRY DIET

# 7-Day Plan From Your Pantry

Vegan edition, built by My Pantry Diet

Seven days of breakfasts, lunches and dinners that fit the Vegan pattern, planned the way the app does it: start from what a typical kitchen already has, repeat nothing all week, and shop only for what is missing. Every meal is a real recipe from our library, with its ingredients and steps on the pages that follow.

No animal products at all. Protein comes from beans, lentils, tofu, tempeh, nuts and seeds, with whole grains, vegetables and fruit filling the rest of the plate.

## Already in your kitchen

This plan assumes these staples are on hand. In the app you scan a receipt or type what you have, and every plan starts from your real shelves.

- Chickpeas, canned, drained, low sodium 800 g
- Tofu, firm 800 g
- Brown rice, dry 1000 g
- Lentils, dry 500 g
- Rolled oats 500 g
- Spinach, fresh 400 g
- Onion, yellow 3 piece
- Garlic 6 piece
- Olive oil, extra virgin 500 ml
- Crushed tomatoes, canned, no salt added 800 g
- Black beans, canned, drained, low sodium 800 g
- Peanut butter, natural 300 g
- Banana 6 piece
- Carrot 6 piece

## Your week

### Day 1

| | | |
|---|---|---|
| **Breakfast** | Peanut butter banana oatmeal | 374 kcal |
| **Lunch** | Sweet potato & black bean bowl | 460 kcal |
| **Dinner** | Lentil bolognese with whole wheat pasta | 509 kcal |

| | | |
|---|---|---|
| **Per serving (estimates)** | | 1888 kcal · 68 g protein · 312 g carbs · 49 g fat |

### Day 2

| | | |
|---|---|---|
| **Breakfast** | Sweet potato & black bean breakfast hash | 360 kcal |
| **Lunch** | Baked tofu quinoa bowl | 465 kcal |
| **Dinner** | Lentil pasta with mushroom ragù | 430 kcal |
| **Per serving (estimates)** | | 1881 kcal · 104 g protein · 241 g carbs · 67 g fat |

### Day 3

| | | |
|---|---|---|
| **Breakfast** | Turmeric tofu & cauliflower rice bowl | 401 kcal |
| **Lunch** | Lentil salad with roasted carrots & pistachios | 438 kcal |
| **Dinner** | Mushroom-lentil bolognese with brown rice pasta | 528 kcal |
| **Per serving (estimates)** | | 1918 kcal · 101 g protein · 238 g carbs · 76 g fat |

### Day 4

| | | |
|---|---|---|
| **Breakfast** | Green pea-protein smoothie | 366 kcal |
| **Lunch** | Thai peanut tofu with zucchini noodles | 409 kcal |
| **Dinner** | Lentil sloppy joes on gluten-free buns | 480 kcal |
| **Per serving (estimates)** | | 1882 kcal · 125 g protein · 221 g carbs · 66 g fat |

### Day 5

| | | |
|---|---|---|
| **Breakfast** | Peanut butter chia oats | 413 kcal |
| **Lunch** | Tofu & black bean breakfast burrito | 456 kcal |
| **Dinner** | Chickpea & apricot tagine | 475 kcal |

| | | |
|---|---|---|
| **Per serving (estimates)** | | 2016 kcal · 85 g protein · 264 g carbs · 77 g fat |

## Day 6

| | | |
|---|---|---|
| **Breakfast** | Tofu scramble tacos | 363 kcal |
| **Lunch** | Edamame & brown rice bowl with tahini | 442 kcal |
| **Dinner** | Kidney bean & pepper jambalaya | 456 kcal |
| **Per serving (estimates)** | | 1891 kcal · 97 g protein · 257 g carbs · 61 g fat |

## Day 7

| | | |
|---|---|---|
| **Breakfast** | Tempeh & sweet potato hash | 435 kcal |
| **Lunch** | Chickpea shawarma bowl | 457 kcal |
| **Dinner** | Spiced lentil tacos | 426 kcal |
| **Per serving (estimates)** | | 1867 kcal · 82 g protein · 266 g carbs · 61 g fat |

## Shopping list: only what's missing

What the week needs beyond the staples above, grouped by aisle. Quantities are for the servings planned.

### produce

- Arugula 45 g
- Avocado 300 g
- Bell pepper 347.5 g
- Broccoli florets 150 g
- Carrot 216.7 g
- Celery 30 g
- Cilantro, fresh 7.5 g
- Cucumber 210 g
- Ginger root 4.5 g
- Lemon 33.8 g
- Lime 30 g
- Mushrooms, cremini 308.3 g
- Romaine lettuce 105 g
- Scallions 15 g
- Strawberries 90 g
- Sweet potato 637.5 g
- Tempeh 125 g
- Tofu, firm 205 g
- Tomato 150 g
- Zucchini 300 g

### dairy

- Almond milk, unsweetened 360 g
- Oat milk, unsweetened 690 g

### bakery

- Corn tortilla 156 g
- Gluten-free sandwich bread 96 g
- Whole wheat tortilla 67.5 g

### grains

- Brown rice pasta, dry 91.7 g
- Millet, dry 60 g
- Quinoa, dry 60 g
- Red lentil pasta, dry 112.5 g
- Whole wheat pasta, dry 75 g

### canned

- Diced tomatoes, canned, no salt added 300 g
- Kidney beans, canned, drained, low sodium 200 g
- Tomato paste 15 g
- Vegetable broth, low sodium 175 g

### pantry

- Avocado oil 6.8 g
- Chia seeds 15 g
- Flaxseed, ground 12 g
- Pea protein powder 45 g

### spices

- Black pepper 0.4 g
- Cinnamon, ground 2 g
- Cumin, ground 9.8 g
- Italian seasoning 4.8 g
- Smoked paprika 7.8 g
- Taco seasoning, low sodium 4.5 g
- Thyme, dried 0.5 g
- Turmeric, ground 3.8 g

### condiments

- Apple cider vinegar 7.5 g
- Coconut aminos 46.2 g
- Rice vinegar 18 g
- Salsa verde 45 g
- Salsa, jarred 45 g
- Tahini 22.5 g

### frozen

- Cauliflower rice 187.5 g
- Edamame, shelled 180 g

### snacks

- Dried apricots 24 g
- Pistachios, shelled 18.8 g

# The recipes

## Peanut butter banana oatmeal

Serves 1 · 2 min prep · 6 min cook

### Ingredients

- 45 g Rolled oats
- 240 ml Almond milk, unsweetened
- 80 g Banana
- 16 g Peanut butter, natural
- 1 g Cinnamon, ground

### Steps

1. Simmer oats in almond milk 5 minutes.
2. Stir in sliced banana, peanut butter and cinnamon.

Per serving (estimates): 374 kcal · 12 g protein · 54 g carbs · 9 g fibre · 14 g fat · 179 mg sodium

## Sweet potato & black bean bowl

Serves 2 · 8 min prep · 30 min cook

### Ingredients

- 300 g Sweet potato
- 240 g Black beans, canned, drained, low sodium
- 60 g Brown rice, dry
- 80 g Avocado
- 20 g Lime
- 2 g Cumin, ground
- 10 ml Olive oil, extra virgin
- 4 g Cilantro, fresh

### Steps

1. Cook rice; roast sweet potato cubes with oil and cumin.
2. Warm beans.
3. Assemble with avocado, lime and cilantro.

Per serving (estimates): 460 kcal · 13 g protein · 77 g carbs · 16 g fibre · 12 g fat · 257 mg sodium

## Lentil bolognese with whole wheat pasta

Serves 3 · 8 min prep · 30 min cook

### Ingredients

- 150 g Lentils, dry
- 180 g Whole wheat pasta, dry
- 400 g Crushed tomatoes, canned, no salt added
- 80 g Onion, yellow
- 80 g Carrot
- 8 g Garlic
- 20 ml Olive oil, extra virgin
- 3 g Italian seasoning

### Steps

1. Soften onion, carrot and garlic in oil.
2. Add lentils, tomatoes, seasoning and 400 ml water; simmer 25 minutes.
3. Cook pasta; toss with sauce.

Per serving (estimates): 509 kcal · 24 g protein · 92 g carbs · 15 g fibre · 8 g fat · 42 mg sodium

## Sweet potato & black bean breakfast hash

Serves 1 · 5 min prep · 12 min cook

**Ingredients**

- 150 g Sweet potato
- 80 g Black beans, canned, drained, low sodium
- 50 g Bell pepper
- 25 g Onion, yellow
- 8 ml Olive oil, extra virgin
- 1 g Cumin, ground
- 40 g Avocado

**Steps**

1. Sauté sweet potato and onion in oil 8 minutes.
2. Add beans, pepper and cumin; cook 4 minutes; top with avocado.

Per serving (estimates): 360 kcal · 9 g protein · 52 g carbs · 14 g fibre · 14 g fat · 202 mg sodium

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## Baked tofu quinoa bowl

Serves 2 · 8 min prep · 25 min cook

**Ingredients**

- 300 g Tofu, firm
- 80 g Quinoa, dry
- 200 g Broccoli florets
- 60 g Carrot
- 20 ml Coconut aminos
- 12 ml Olive oil, extra virgin
- 8 ml Rice vinegar

**Steps**

1. Bake tofu cubes with half the oil at 425°F for 25 minutes.
2. Cook quinoa; steam broccoli.
3. Assemble; dress with aminos, vinegar and remaining oil.

Per serving (estimates): 465 kcal · 35 g protein · 41 g carbs · 10 g fibre · 21 g fat · 275 mg sodium

## Lentil pasta with mushroom ragù

Serves 2 · 8 min prep · 22 min cook

### Ingredients

- 150 g Red lentil pasta, dry
- 300 g Mushrooms, cremini
- 60 g Onion, yellow
- 60 g Carrot
- 250 g Crushed tomatoes, canned, no salt added
- 15 ml Olive oil, extra virgin
- 3 g Italian seasoning

### Steps

1. Sauté onion, carrot and chopped mushrooms in oil 8 minutes.
2. Add tomatoes and seasoning; simmer 12 minutes.
3. Toss with cooked pasta.

Per serving (estimates): 430 kcal · 25 g protein · 68 g carbs · 12 g fibre · 9 g fat · 59 mg sodium

## Turmeric tofu & cauliflower rice bowl

Serves 2 · 6 min prep · 10 min cook

### Ingredients

- 300 g Tofu, firm
- 250 g Cauliflower rice
- 2 g Turmeric, ground
- 80 g Spinach, fresh
- 100 g Avocado
- 15 ml Olive oil, extra virgin
- 0.5 g Black pepper

### Steps

1. Crumble tofu into hot oil with turmeric and pepper; cook 5 minutes.
2. Add cauliflower rice and spinach; cook 4 minutes.
3. Serve topped with sliced avocado.

Per serving (estimates): 401 kcal · 31 g protein · 17 g carbs · 11 g fibre · 28 g fat · 94 mg sodium

## Lentil salad with roasted carrots & pistachios

Serves 2 · 8 min prep · 25 min cook

### Ingredients

- 120 g Lentils, dry
- 300 g Carrot
- 25 g Pistachios, shelled
- 60 g Arugula
- 20 ml Olive oil, extra virgin
- 25 g Lemon
- 2 g Cumin, ground

### Steps

1. Roast carrots with cumin and half the oil at 425°F 25 minutes.
2. Cook lentils; toss with carrots, arugula, lemon and remaining oil.
3. Top with pistachios.

Per serving (estimates): 438 kcal · 20 g protein · 58 g carbs · 13 g fibre · 16 g fat · 118 mg sodium

## Mushroom-lentil bolognese with brown rice pasta

Serves 3 · 8 min prep · 35 min cook

### Ingredients

- 220 g Brown rice pasta, dry
- 120 g Lentils, dry
- 200 g Mushrooms, cremini
- 80 g Carrot
- 80 g Onion, yellow
- 400 g Crushed tomatoes, canned, no salt added
- 15 ml Olive oil, extra virgin
- 3 g Italian seasoning

### Steps

1. Sauté onion, carrot and mushrooms in oil.
2. Add lentils, tomatoes, seasoning and 300 ml water; simmer 30 minutes.
3. Serve over cooked pasta.

Per serving (estimates): 528 kcal · 20 g protein · 100 g carbs · 12 g fibre · 8 g fat · 46 mg sodium

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## Green pea-protein smoothie

Serves 1 · 3 min prep · 0 min cook

### Ingredients

- 60 g Spinach, fresh
- 100 g Banana
- 240 ml Oat milk, unsweetened
- 30 g Pea protein powder
- 8 g Flaxseed, ground

### Steps

1. Blend everything with ice until smooth.

Per serving (estimates): 366 kcal · 31 g protein · 46 g carbs · 9 g fibre · 9 g fat · 429 mg sodium

## Thai peanut tofu with zucchini noodles

Serves 2 · 10 min prep · 10 min cook

### Ingredients

- 300 g Tofu, firm
- 400 g Zucchini
- 32 g Peanut butter, natural
- 20 ml Coconut aminos
- 20 g Lime
- 6 g Ginger root
- 60 g Carrot
- 10 ml Avocado oil

### Steps

1. Pan-fry tofu in oil.
2. Whisk peanut butter, aminos, lime, ginger and 3 tbsp warm water.
3. Toss zoodles and carrot ribbons with sauce and tofu.

Per serving (estimates): 409 kcal · 33 g protein · 20 g carbs · 8 g fibre · 26 g fat · 259 mg sodium

## Lentil sloppy joes on gluten-free buns

Serves 2 · 8 min prep · 30 min cook

### Ingredients

- 120 g Lentils, dry
- 200 g Crushed tomatoes, canned, no salt added
- 60 g Onion, yellow
- 80 g Bell pepper
- 20 g Tomato paste
- 10 ml Apple cider vinegar
- 2 g Smoked paprika
- 4 piece Gluten-free sandwich bread
- 10 ml Olive oil, extra virgin

### Steps

1. Cook lentils.
2. Sauté onion and pepper in oil; add tomatoes, paste, vinegar, paprika and lentils; simmer 10 minutes.
3. Pile onto toasted bread.

Per serving (estimates): 480 kcal · 20 g protein · 82 g carbs · 12 g fibre · 8 g fat · 292 mg sodium

## Peanut butter chia oats

Serves 1 · 4 min prep · 0 min cook

### Ingredients

- 40 g Rolled oats
- 10 g Chia seeds
- 220 ml Oat milk, unsweetened
- 16 g Peanut butter, natural
- 60 g Strawberries

### Steps

1. Stir oats, chia and oat milk; chill overnight.
2. Swirl in peanut butter; top with strawberries.

Per serving (estimates): 413 kcal · 14 g protein · 54 g carbs · 11 g fibre · 17 g fat · 106 mg sodium

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## Tofu & black bean breakfast burrito

Serves 1 · 5 min prep · 7 min cook

### Ingredients

- 45 g Whole wheat tortilla
- 100 g Tofu, firm
- 60 g Black beans, canned, drained, low sodium
- 30 g Salsa, jarred
- 40 g Avocado
- 6 ml Olive oil, extra virgin
- 1 g Cumin, ground

### Steps

1. Crumble and sauté tofu with cumin in oil; add beans to warm.
2. Fill tortilla with tofu mix, salsa and avocado; roll.

Per serving (estimates): 456 kcal · 27 g protein · 40 g carbs · 12 g fibre · 24 g fat · 484 mg sodium

## Chickpea & apricot tagine

Serves 3 · 8 min prep · 30 min cook

### Ingredients

- 400 g Chickpeas, canned, drained, low sodium
- 6 piece Dried apricots
- 150 g Carrot
- 80 g Onion, yellow
- 300 g Diced tomatoes, canned, no salt added
- 3 g Cumin, ground
- 1 g Cinnamon, ground
- 15 ml Olive oil, extra virgin
- 120 g Millet, dry

### Steps

1. Soften onion in oil with cumin and cinnamon.
2. Add carrot, tomatoes, chickpeas and chopped apricots; simmer 25 minutes.
3. Serve over cooked millet.

Per serving (estimates): 475 kcal · 16 g protein · 82 g carbs · 17 g fibre · 10 g fat · 231 mg sodium

## Tofu scramble tacos

Serves 1 · 5 min prep · 7 min cook

### Ingredients

- 52 g Corn tortilla
- 120 g Tofu, firm
- 50 g Bell pepper
- 30 g Salsa verde
- 1 g Turmeric, ground
- 6 ml Olive oil, extra virgin
- 3 g Cilantro, fresh

### Steps

1. Sauté crumbled tofu and pepper with turmeric in oil.
2. Warm tortillas; fill with tofu, salsa verde and cilantro.

Per serving (estimates): 363 kcal · 25 g protein · 32 g carbs · 8 g fibre · 18 g fat · 164 mg sodium

## Edamame & brown rice bowl with tahini

Serves 1 · 6 min prep · 30 min cook

### Ingredients

- 45 g Brown rice, dry
- 120 g Edamame, shelled
- 80 g Cucumber
- 50 g Carrot
- 15 g Tahini
- 8 ml Rice vinegar
- 8 ml Coconut aminos
- 10 g Scallions

### Steps

1. Cook rice.
2. Whisk tahini, vinegar, aminos and 1 tbsp water.
3. Top rice with edamame and vegetables; drizzle.

Per serving (estimates): 442 kcal · 22 g protein · 58 g carbs · 11 g fibre · 16 g fat · 223 mg sodium

## Kidney bean & pepper jambalaya

Serves 3 · 8 min prep · 40 min cook

### Ingredients

- 400 g Kidney beans, canned, drained, low sodium
- 150 g Brown rice, dry
- 150 g Bell pepper
- 60 g Celery
- 80 g Onion, yellow
- 300 g Diced tomatoes, canned, no salt added
- 3 g Smoked paprika
- 1 g Thyme, dried
- 15 ml Olive oil, extra virgin
- 350 ml Vegetable broth, low sodium

### Steps

1. Sauté onion, celery and pepper in oil with paprika and thyme.
2. Add rice, tomatoes and broth; simmer covered 35 minutes.
3. Fold in beans.

Per serving (estimates): 456 kcal · 18 g protein · 81 g carbs · 14 g fibre · 7 g fat · 283 mg sodium

## Tempeh & sweet potato hash

Serves 1 · 6 min prep · 14 min cook

### Ingredients

- 100 g Tempeh
- 150 g Sweet potato
- 50 g Bell pepper
- 30 g Onion, yellow
- 10 ml Olive oil, extra virgin
- 2 g Smoked paprika

### Steps

1. Sauté diced sweet potato and onion in oil 8 minutes.
2. Add crumbled tempeh, pepper and paprika; cook 5 minutes.

Per serving (estimates): 435 kcal · 24 g protein · 45 g carbs · 7 g fibre · 21 g fat · 96 mg sodium

## Chickpea shawarma bowl

Serves 2 · 8 min prep · 30 min cook

### Ingredients

- 300 g Chickpeas, canned, drained, low sodium
- 3 g Cumin, ground
- 3 g Smoked paprika
- 1 g Turmeric, ground
- 15 ml Olive oil, extra virgin
- 120 g Cucumber
- 120 g Tomato
- 80 g Romaine lettuce
- 20 g Lemon
- 80 g Brown rice, dry

### Steps

1. Cook rice.
2. Roast chickpeas with spices and oil at 425°F 20 minutes.
3. Bowl with rice, cucumber, tomato, romaine and lemon.

Per serving (estimates): 457 kcal · 16 g protein · 73 g carbs · 14 g fibre · 13 g fat · 216 mg sodium

## Spiced lentil tacos

Serves 2 · 6 min prep · 25 min cook

### Ingredients

- 120 g Lentils, dry
- 104 g Corn tortilla
- 6 g Taco seasoning, low sodium
- 60 g Romaine lettuce
- 80 g Tomato
- 60 g Avocado
- 8 ml Olive oil, extra virgin

### Steps

1. Simmer lentils 20 minutes; drain.
2. Sauté with seasoning in oil 3 minutes.
3. Fill tortillas with lentils, lettuce, tomato and avocado.

Per serving (estimates): 426 kcal · 19 g protein · 68 g carbs · 13 g fibre · 11 g fat · 70 mg sodium


## Want next week planned from your own pantry?

My Pantry Diet builds a week like this from what is actually in your fridge, freezer and pantry, with 0 repeats, a shopping list for only what is missing, and barcode, receipt and label scanning that is free forever.

https://mypantrydiet.com



My Pantry Diet does not diagnose, treat, or prevent any disease. Talk to your doctor before changing your diet or exercise, especially if you take medication.

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