
Day Vegetarian Menu: Seven Plant Days to Rotate

If you eat vegetarian on full-moon days, the first of the lunar month, Mondays or during a fasting season, you don't need a whole week in a row. Each line below is one complete plant day. Pick whichever line suits the day, and rotate so that no plant day is just white rice and boiled vegetables (Chapter 3).

Plant day	Breakfast	Lunch	Dinner	Snack
A	Tofu scramble, wholemeal toast	Tofu and herb noodle salad with peanuts (3)	Ginger tofu with bok choy (6), rice, vegetable soup	Fruit
B	Overnight oats (1)	Hummus, wholemeal flatbread, chopped salad (11)	Lentil dal (4), rice	A handful of nuts
C	Brown rice and mung bean porridge, toasted sesame	Silken tofu with mushroom sauce (2), rice	Mushroom miso soup with tofu (7), edamame, rice	An orange
D	Yogurt or soy yogurt, oats, berries	White bean and kale soup (8)	Black bean chili (10), brown rice	A guava

Plant day	Breakfast	Lunch	Dinner	Snack
E	Sticky rice with black beans and sesame	Vegetable fried rice with tofu, plus egg if you eat it	Peanut, sweet potato and greens stew (12)	Fruit
F	Smoothie with soy milk, banana, ground flaxseed	Sambar (5), rice	Roasted lentils and squash (9), salad	A handful of nuts
G	Wholemeal toast, hummus, tomatoes	Noodles in mushroom broth with tofu and bok choy	Tofu in tomato sauce, rice, steamed broccoli	Fruit

Remember: if you eat meat, fish, eggs or dairy on other days, a plant day doesn't need its own B12 source. What matters is quality: each plant day should have beans or tofu at both main meals.