

CHECKLIST FOR A VEGAN WEEKLY MEAL PLAN (=5 lunchtime meals)

Weekly meal plan (=5 days) lunchtime meals vegan with sample foods and recommended quantities*	fulfilled	not fulfilled
Whole grains, pseudo grains (amaranth, buckwheat), and starchy tubers		
5 servings per week of at least 200 g (cooked) each		
of which, at least 1 serving of whole grain		
of which, max. 1 serving of potato products or processed starchy tubers (gnocchi, dumplings)		
rice: parboiled rice or brown rice		
Vegetables and salad (excluding legumes)		
5 servings of vegetables and salad of at least 135 g each		
of which, at least 2 servings raw		
of which, at least 1 serving of dark green vegetables or dark leafy greens (kale, spinach, leek, celery, lettuce)		
of which, max. 1 serving of vegetable juice (e.g. tomato juice)		
Fruit		
4 servings of fruit		
fresh or frozen, without added sugar		
of which, at least 2 servings raw/uncooked (e.g. fruit salad, fruit pieces, smoothie)		
of which, max. 1 serving dried (e.g. raisins, dried apricots, cranberries)		
of which, max. 1 serving of juice (e.g. orange juice)		
Nuts and seeds		
at least 75 g nuts/seeds (e.g. walnuts, pumpkin seeds)		
High-protein foods		
at least 3 servings of at least 80 g		
of which, at least 1 serving of protein products (e.g. tofu, tempeh, seitan)		
of which, at least 1 serving of legumes (e.g. peas, lentils, beans)		
Fats and oils		
rapeseed oil as standard oil (for frying or deep-frying)		
3-6 Tbsp. (35-65 g)		
Other tips regarding meal planning and preparation		
use of vitamin b12- and vitamin-D fortified foods (soya milk, juice)		
calcium-rich mineral water (at least 150 mg/litre)		
iodized salt, use salt sparingly, max. 2 g per meal		
max. 2 servings of fried and/or breaded products per 20 working days		
menu cycle lasts at least 4 weeks		
a variety of cereals, starchy side dishes, and potatoes should be offered		
low-fat preparation is preferable		
For the preparation of vegetables and starchy tubers, nutrient-preserving cooking methods are used		
food may be kept warm for short periods, max. 3 hrs		
sugar is used sparingly		

* Source: Volkhardt I, Semler E, Keller M, Meier T, Luck-Sikorski C, Christen O (2016) Checklist for a vegan lunch menu in public catering. Ernährungsumschau 63(09): 176-184