

# YEARLY VEGAN MEAL PLANNER

## FOR 2019

Be kind to everything and everyone. Start from yourself!

nuts and walnuts, plant-based food and stories

This printable Vegan Planner will help you plan, cook and eat better.

Be more aware of what, when and how much you eat and which nice produce is in season.

Also, you can keep track of your expenses and always have a nice, well stocked pantry.

Here you will find:

1. 2019 Calendar at a glance
2. List of Fruits and Vegetables by Season
3. Weekly Meal Plan spreadsheet
4. Shopping List spreadsheet
5. Recipe card

You'll notice that Calendar has no holidays marked in.

This is because Nuts and Walnuts has readers all over the world and I wanted to be fair to everyone.

So do mark your own special days and holidays but don't forget to add your personal, special ones.

Days to celebrate your beauty, creativity and love, both "me time" and time with your loved ones!

xx Mari



# YEAR 2019

## January

	M	T	W	T	F	S	S
01		1	2	3	4	5	6
02	7	8	9	10	11	12	13
03	14	15	16	17	18	19	20
04	21	22	23	24	25	26	27
05	28	29	30	31			

## February

	M	T	W	T	F	S	S
05					1	2	3
06	4	5	6	7	8	9	10
07	11	12	13	14	15	16	17
08	18	19	20	21	22	23	24
09	25	26	27	28			

## March

	M	T	W	T	F	S	S
09					1	2	3
10	4	5	6	7	8	9	10
11	11	12	13	14	15	16	17
12	18	19	20	21	22	23	24
13	25	26	27	28	29	30	31

## April

	M	T	W	T	F	S	S
14	1	2	3	4	5	6	7
15	8	9	10	11	12	13	14
16	15	16	17	18	19	20	21
17	22	23	24	25	26	27	28
18	29	30					

## May

	M	T	W	T	F	S	S
18			1	2	3	4	5
19	6	7	8	9	10	11	12
20	13	14	15	16	17	18	19
21	20	21	22	23	24	25	26
22	27	28	29	30	31		

## June

	M	T	W	T	F	S	S
22					1	2	
23	3	4	5	6	7	8	9
24	10	11	12	13	14	15	16
25	17	18	19	20	21	22	23
26	24	25	26	27	28	29	30

## July

	M	T	W	T	F	S	S
27	1	2	3	4	5	6	7
28	8	9	10	11	12	13	14
29	15	16	17	18	19	20	21
30	22	23	24	25	26	27	28
31	29	30	31				

## August

	M	T	W	T	F	S	S
31				1	2	3	4
32	5	6	7	8	9	10	11
33	12	13	14	15	16	17	18
34	19	20	21	22	23	24	25
35	26	27	28	29	30	31	

## September

	M	T	W	T	F	S	S
35							1
36	2	3	4	5	6	7	8
37	9	10	11	12	13	14	15
38	16	17	18	19	20	21	22
39	23	24	25	26	27	28	29
40	30						

## October

	M	T	W	T	F	S	S
40		1	2	3	4	5	6
41	7	8	9	10	11	12	13
42	14	15	16	17	18	19	20
43	21	22	23	24	25	26	27
44	28	29	30	31			

## November

	M	T	W	T	F	S	S
44					1	2	3
45	4	5	6	7	8	9	10
46	11	12	13	14	15	16	17
47	18	19	20	21	22	23	24
48	25	26	27	28	29	30	

## December

	M	T	W	T	F	S	S
48							1
49	2	3	4	5	6	7	8
50	9	10	11	12	13	14	15
51	16	17	18	19	20	21	22
52	23	24	25	26	27	28	29
01	30	31					

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# LIST OF FRUITS AND VEGETABLES

## BY SEASON

Plan your meals ahead. Save time, eat seasonally!

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# ALL YEAR LONG PRODUCE / KITCHEN STAPLES

BEANS & LEGUMES	NUTS	SEEDS	DRIED FRUITS	CANNED	NON DAIRY	CONDIMENTS	OILS
Beans	Hazelnuts	Sesame	Apricots	Beans	Oat milk	Mustard	Sunflower oil
Red lentils	Walnuts	Pumpkin	Banana chips	Peas	Almond milk	Mayo	Canola oil
Green lentils	Pecans	Sunflower	Cranberries	Corn	Rice milk	Dressings	Sesame oil
Yellow beans	Cashews	Flax	Currants	Coconut milk	Plant yoghurt	Hummus	Coconut oil
Green beans	Almonds	Chia	Dates	Tomatoes	Plant cream	Hot sauce	Peanut oil
Fava beans	Peanut	Hemp	Figs	Chickpeas	Vegan cheese	Tahini	
Chickpeas	Pistachios		Prunes	Pickled veggies	Vegan butter	Spreads	
		<b>BAKING</b>	Raisins			Dips	
<b>AS SWEET AS...</b>		Fresh yeast	Apple chips		<b>SOY PRODUCTS</b>	Peanut butter	
Sugar		Instant yeast	Coconut flakes		Soy milk	Ketchup	
Brown sugar		Baking soda	Dried carob		Yoghurt	Nutritional yeast	
Coconut sugar		Baking powder			Soy sauce	Tamari	
Stevia		Vanilla			Tofu	Sriracha	
Maple syrup		Cooking chocolate				Curry paste	
Agave syrup						Miso	
Rice syrup						Vinegars	
						Chilli sauce/paste	

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## GRAINS

Rice: long/short/medium grain  
white/brown/wild  
Basmati/Yasmin/Arborio/Parboiled  
Quinoa  
Amaranth  
Oats  
Barley  
Millet  
Buckwheat  
Spelt  
Corn  
Polenta  
Bulgur  
Farro  
Cous Cous

## BREAD, CEREALS, SNACKS

Bread  
Pita bread  
Tortillas  
Seitan  
Granola  
Cereals  
Cornflakes  
  
DRINKS  
Water  
Sparkling water  
Tea:  
Black/Green  
White/Herbal  
Coffee

## FLOURS & STARCHES

All purpose flour  
Bread (strong) flour  
Rye flour  
Spelt flour  
Wholewheat flour  
Cornflour  
Chickpea flour  
Arowroot flour  
Tapioca  
Potato starch  
Rice flour  
Buckwheat flour  
Gluten free flour  
Millet flour  
Oat flour  
Semolina  
Corn starch

## HERBS & SPICES

Sage  
Marjoram  
Rosemary  
Turmeric  
Star Anise  
Cardamom  
Bay leaf  
Pepper (corns, white, black)  
Ginger (fresh, powdered)  
Salt (Sea, Himalayan, Kosher)  
Allspice, Pumpkin spice  
Caraway  
Piment d'Espelete  
Parsley  
  
Provansal herbs  
Chilli (flakes, peppers,  
powder)  
Paprika (hot, mild,  
smoked)  
Garlic (fresh, powdered)  
Mustard  
Cayenne  
Cloves  
Cinnamon  
Cumin  
Fennel  
Nutmeg  
Saffron  
Coriander  
Vanilla

# WINTER (December, January February, March

## VEGETABLES

Endive  
Beetroot  
Black radish  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Cellery  
Cherry tomatoes  
Collard greens  
Eggplant  
Fennel

Garlic  
Jerusalem artichoke  
Kale  
Leek  
Lentils  
Lettuce  
Turnip  
Olives  
Onion  
Parsnip  
Pumpkin  
Sweet potatoes  
Squash

## FRUITS

Apple  
Avocado  
Bananas  
Clementines  
Dates  
Grapefruit  
Kiwi  
Lemon  
Lime  
Mandarines  
Oranges  
Pears  
Persimmon (Kaki)

Pineapple  
Pomegranate  
Pommelo  
Tangerines

## MY NOTES

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# SPRING (March, April, May, June)

VEGETABLES		FRUITS	MY NOTES
Asparagus	Lettuce	Apple	
Arugula	Onion	Apricot	
Broccoli	Peas	Avocado	
Cabbage	Radicchio	Bananas	
Carrots	Radishes	Cherries	
Cauliflower	Spinach	Honeydew	
Cellery	Spring onion	Jackfruit	
Collard greens	Swiss chard	Lime	
Fennel	Turnip	Lychee	
Garlic	Watercress	Mango	
Green beans	Yellow beans	Pineapple	
Leek		Rhubarb	
		Strawberries	

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# SUMMER (June, July, August, September)

## VEGETABLES

Beet	Lettuce
Bell peppers	Lima beans
Cabbage	Okra
Corn	Onion
Cucumbers	Peas
Eggplant	Potatoes
Endive	Radicchio
Fava beans	Radish
Fennel	Radishes
Garlic	Shallots
Green beans	Spinach
Green soy beans (Edamame)	Summer squash
Jalapeno peppers	Tomatoes
	Yellow beans
	Zucchini

## FRUITS

Apple	Mango
Apricot	Nectarine
Black currants	Papaya
Blackberry	Passion fruit
Blueberry	Peach
Cantaloupe	Pear
Cherries	Pineapple
Coconut	Plum
Currant	Raspberry
Figs	Star fruit
Gooseberry	Strawberries
Grapes	Watermelon
Guava	
Honeydes	
Kiwi	

## MY NOTES

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# AUTUMN (September, October, November, December)

## VEGETABLES

Beet	Lettuce
Bell peppers	Lima beans
Cabbage	Okra
Corn	Onion
Cucumbers	Peas
Eggplant	Potatoes
Endive	Radicchio
Fava beans	Radish
Fennel	Radishes
Garlic	Shallots
Green beans	Spinach
Green soy beans (Edamame)	Summer squash
Jalapeno peppers	Tomatoes
	Yellow beans
	Zucchini

## FRUITS

Apple	Mango
Apricot	Nectarine
Black currants	Papaya
Blackberry	Passion fruit
Blueberry	Peach
Cantaloupe	Pear
Cherries	Pineapple
Coconut	Plum
Currant	Raspberry
Figs	Star fruit
Gooseberry	Strawberries
Grapes	Watermelon
Guava	
Honeydes	
Kiwi	

## MY NOTES

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# WEEKLY MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
DRINKS SNACKS							
DESSERTS							

# SHOPPING LIST

VEGGIES  
BEANS & LEGUMES

FRUITS  
fresh/frozen/dried

NON DAIRY  
milk/yoghurt  
spreads/cheese

CANNED/FROZEN  
GOODS

GRAINS  
FLOURS  
BREAD

HERBS/SPICES  
CONDIMENTS

DRINKS

OILS  
BAKING  
SWEETENERS

OTHER NICE THINGS I NEED

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**MONTH**

**INCOME**

**items**

**planned  
expenses**

**spent**

**difference**

**TOTAL**

# RECIPE

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serves:

time:

written by:

ingredients:

method:

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# Yearly Vegan Meal Planner for 2019

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*Let's stay in touch!*



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For further questions, please contact me at [mari@nutsandwalnuts.com](mailto:mari@nutsandwalnuts.com)

Yearly Vegan Meal Planner from Nuts and Walnuts, Plant-based Food and Stories