Vegan January 2027 tracker

One row a day. Write what you ate, or plan ahead. Use the note line for wins, new foods and labels to check.

Date	Breakfast	Lunch	Dinner	Note
Fri 1				
Sat 2				
Sun 3				
Mon 4				
Tue 5				
Wed 6				
Thu 7				
Fri 8				
Sat 9				
Sun 10				
Mon 11				
Tue 12				
Wed 13				
Thu 14				
Fri 15				
Sat 16				

Not sure a pack is vegan? PlatePal scans the barcode and flags animal ingredients in seconds. Free.

Scan the code with your phone camera, or visit tryplatepal.com

PlatePal printable. A screening guide, not medical or nutrition advice. Recipes change: always read the label. Free to print and copy for personal, classroom and community use.

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Second half. Keep a note of the meals you want to make again in February.

Date	Breakfast	Lunch	Dinner	Note
Sun 17				
Mon 18				
Tue 19				
Wed 20				
Thu 21				
Fri 22				
Sat 23				
Sun 24				
Mon 25				
Tue 26				
Wed 27				
Thu 28				
Fri 29				
Sat 30				
Sun 31				

Meals to make again

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