

Vegan Nutrition Plan Menu

Pre Workout: Banana + green tea or water

Breakfast

-1/4-1/2 cup of organic oatmeal add cinnamon and raisins,

-1/4 cup of blueberries, strawberries or other desired fruit

-Can have coffee (organic/no sugar) and

OR

-**Shake** (almond/coconut milk and vegetarian protein powder + banana + almond or natural organic peanut butter)

Snack

Apple with 1 “tablespoon” natural peanut butter/ **or**

-Veggie protein shake with almond/ **or** coconut milk

OR

-1 piece of grapefruit/orange with 8-10 whole almonds and *Lara Vegan* food bar

Lunch

-(Salad) 2 cups of a dark leafy green vegetables

-1/2 cups of chickpeas

-use extra virgin olive oil and vinegar for dressing

OR

-Veggie burger on Ezekiel (bread) sesame seed bun/with lettuce, tomato, and onion - can use vegenaise “mayo” as dressing.

Snack

-Protein Shakes

-Almond based yogurt

Dinner



½ cup Black beans and sautéed veggies with 1/2 cup brown rice **or** stir-fried tofu with Japanese udon noodles sautéed with veggies

Beverages

-Drink at least 100oz. of water over the course of the day or half your bodyweight in ounces is essential.

-You should also drink your green tea daily 1 dropper full in 16 oz of water.

Condiments

-Nothing with sugar (so no any ketchup, or regular salad dressings).

-Make your own dressing with 100% cold pressed extra virgin olive oil, mixed with vinegar and herbs.

Oils

-100% extra virgin olive,

-Coconut oil

-Avocado oil

Supplements Recommended

-Multi-Vitamin-(with iron if female)

-Omega-3 fatty acids- from flax oil

-Vegan/vegetarian protein powders (Pea/Rice Protein Powder)

-BCAA if necessary

