

Webinar 9 Handout:
SAMPLE DAY VEGAN MENU

Here is an example of a one day meal plan for a vegan client. You can use it as a foundation for customizing a meal plan by substituting items (see portion guide for ideas) or simply as a sample day for a client to gain an understanding of a balanced vegan diet. Since vegans eat absolutely no animal products, special attention needs to be paid to ingredients, as dairy, eggs, honey and other animal products may be hidden in prepared foods.

Breakfast

Smoothie

- 1 small banana
- 1 cup almond milk
- 2 teaspoons almond butter
- 1 tablespoon hemp seeds, shelled
- ¼ avocado
- 1 cup ice

Snack

2 dried apricots
16 pecan halves

Lunch

Arugula Chickpea Salad

- Arugula
- ½ cup chickpeas
- Cucumbers, tomatoes, mushrooms, sprouts
- 2 tablespoons sunflower seeds
- 1 tablespoon balsamic vinaigrette

Snack

1 Granny smith apple
2 teaspoons peanut butter
¼ teaspoon cinnamon

Dinner

Tofu & Vegetable Stir-fry

- 4 ounces extra firm tofu
- Spinach, bok choy and mushrooms
- 2 teaspoons nutritional yeast

⅓ cup quinoa

1 cup seaweed salad

In general, men should increase the amount of protein by adding 2 ounces tofu, seitan or tempeh, or ¼ to ½ cup of legumes. As always for anyone who still has an HQ of 6 at the end of the meal, they should increase the veggie portion and then the protein if still hungry.

Nutritious Life Tip: Without any animal products in their diets, vegans are at risk for deficiencies in calcium, zinc, omega-3 fatty acids, and iron. All of these nutrients are available in vegan forms and it is absolutely possible to meet needs - it just may require a trip to the health food store and a little extra planning.