

Try this Complete Vegan Meal Plan

B Health

BREAKFAST



Chocolate banana smoothie with plant-based milk



Idlis or buckwheat dosa



Wheat vermicelli upma

MID-MORNING



Nuts like almonds, pistachios, walnuts



Seeds like sunflower, pumpkin seeds



Fruits like apple, banana

LUNCH



1 cup of raw veggies



Brown rice with legumes curry



Barley khichdi with loads of vegetables



Fortified yoghurt

EVENING BOOST



2-3 whole wheat steamed mushroom and spinach momos



Almond bread with nut butter



Green tea/
Plant milk

DINNER



Mixed grain roti with roasted vegetables and tofu gravy



Coconut lentil soup



Fried rice with vegetables

Food Guide For Vegetarians

Yicheng Fang



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