



Vegan Meal Plan

For each meal, try to combine at least one protein source, at least one carbohydrate source, and at least one fat source. Include vegetables in most of your meals. Several servings of fruit a day is also recommended.

Protein

- Tofu
- Black Beans
- White Beans
- Cranberry Beans
- Split Peas
- Pinto Beans
- Kidney Beans
- Navy Beans
- Lima Beans
- Chickpeas
- Tempeh
- Green Peas
- Broccoli
- Edamame
- Artichoke
- Spinach
- Quinoa
- Peanut Butter
- Almond Butter
- Nuts
- Soy Milk
- Almond Milk
- Chia Seeds
- Seitan (wheat gluten)
- Hummus
- Soy Protein Powder
- Vegan Protein Powder

Carbohydrates

- All Vegetables
- All Fruit
- Oatmeal
- Brown Rice
- Quinoa
- Sweet Potatoes
- Yams
- Wheat Bread
- Whole Grain Bread
- Ezekiel Bread
- Whole Wheat Pasta
- Beans
- Couscous
- Buckwheat
- Butternut Squash
- Beets

Fats

- Cooking Oil
- Chia Seeds
- Flaxseed
- Pumpkin Seeds
- Sunflower Seeds
- Almonds
- Peanuts
- Walnuts
- Pine Nuts
- Hazelnuts
- Pecans
- Brazil Nuts
- Pistachios
- Cashews
- Coconut
- Chestnuts
- Acorns
- Macadamia Nuts
- Kola Nuts
- Avocados
- Dark Chocolate
- Peanut Butter
- Almond Butter
- Cashew Butter
- Coconut Oil
- Olives