

## SUPER SIMPLE VEGAN MEAL PLAN

### *BREAKFAST*

Here are 5 quick, easy breakfast options. Have one per day, or the same one thing everyday. You won't die of boredom, I promise. As you get used to this stuff, you can tailor it to your liking. These are the simple base ideas. Start with them and use your imagination! (But NO animal ingredients.)

#### - OATMEAL:

- Microwave oatmeal is fine, just make sure it doesn't have milk in the ingredients. Any 'Creme' flavors probably will. Chop up a fresh banana or apple or strawberries to throw on top if you want.

#### - CEREAL W/ ALMOND MILK:

- Opt for some simple granola or flakes of some kind. Again, check the ingredients, no dairy, honey, etc. Chop up a fresh banana or strawberries or some raspberries or blueberries to throw in if you like.

#### - BAGEL WITH PEANUT BUTTER:

- Thomas brand bagels has many vegan styles (Everything bagel, plain bagel, etc.) ALSO: opt for a peanut butter with only several ingredients: Peanuts, some oil and salt. Don't buy it if it has sugar or mono- or diglycerides in the ingredients.

#### - APPLE or BANANA W/ PEANUT BUTTER:

- Simply slice up an apple or two, or a banana or two, and slap some peanut butter on the slices.

#### - FRUIT & VEGGIES SMOOTHIE:

- This can be whatever you want. I use as much fruits and veggies as I have, usually (carrots, kale, apples, strawberries, banana, orange, grapefruit, etc.) Because I'm looking for as many nutrients as I can get. But if flavor is your thing, a simple strawberry/banana/peanut butter smoothie should work. Start with 1/2 a cup of ice 3/4's to 1 cup of coconut water (or almond milk) and the fruits/veggies. Blend. Drink. Throw in plant based protein powder if you're trying to put on muscle.

### *LUNCH*

Here are 5 quick, easy lunch options. Same as with breakfast, have one per day, or the same one thing everyday. As you get used to this stuff, you can tailor it to your liking. These are the simple base ideas. Start with them and use your imagination! (But NO animal ingredients.)

#### - PEANUT BUTTER & AGAVE SANDWICH:

- Choose a bread that has no animal ingredients. This can be tricky, you have to make sure. If Dave's Killer Bread is available near you, but it. It's great and never has animal ingredients. If you prefer, slice up a banana and put it on the sandwich.

#### - SALAD w/ BALSAMIC VINEGRETTE or RED WINE VINEGAR and OLIVE OIL:

- Simply chopped veggies. Pick your favorite 'green': Lettuce/Kale/Spinach/Arugula and chop red onion, red or green pepper (or both), tomato (if you like) and whatever else you like (carrots, broccoli, olives, etc.) I like to put garbanzo beans and/or quinoa in mine. For the dressing, just mix red wine vinegar and olive oil 1:1 and salt and pepper to taste (or buy some balsamic dressing (just make sure no animal ingredients)).

#### - VEGGIE STIR-FRY:

- Make white or brown rice separately. Chop and sauté veggies that you like (Bell peppers/onions/carrots/water chestnuts/green beans/cauliflower/broccoli/etc.) Salt and Pepper and either Bragg's Amino Acids (a good soy sauce alternative) or a stir-fry sauce (AS ALWAYS: make sure NO animal ingredients). Top the rice with the veggies.

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### LUNCH

#### - VEGGIE WRAP:

- Choose a tortilla or lavash bread that has no animal ingredients. This can be tricky, you have to make sure. Slice up bell peppers/carrots/cucumber/onions and put them and some hummus on the wrap with lettuce and salt and pepper (mustard if you like). I also add black olives/jalapeno peppers or pepperoncini/mushrooms if I have them and feel like it.

#### - BEAN, RICE, AND VEGGIE BURRITO:

- Use the rice you cooked for the stir fry or cook some minute rice (make sure NO animal ingredients) and rinse and heat a can of black beans in a small pot. Chop up onion/bell pepper and sauté. Put all ingredients in a tortilla (Again, make sure no animal ingredients) with some Sriracha or Chalula or other hot sauce.

### DINNER

Here are 5 quick, easy dinner options. Have one per day, or the same one thing everyday. As you get used to this stuff, you can tailor it to your liking. These are the simple base ideas. Start with them and use your imagination! (But NO animal ingredients.)

#### - PASTA w/ VEGGIES:

- Virtually all boxed or bagged, store bought pasta is vegan. Homemade pasta will commonly have egg in it. But the stuff at the grocery store? 99% of the time is safe. So boil it like you usually would, and while it's boiling, chop up some mushrooms/bell peppers/black olives/onions or any assortment of veggies you like. Saute them for around 6-8 minutes on 70% heat, then turn down the heat to 25% or 30% and pour the sauce in with the veggies. Let them heat, stirring occasionally, for about 5 minutes or so. Now, the sauce becomes tricky. You have to really read the ingredients, because many jars of pasta sauce will have meat, dairy, eggs, or even fish in them. So, start with the simple marinara sauce, check the label, and go from there.

#### - VEGGIE STIR-FRY:

- Make white or brown rice separately. Chop and sauté veggies that you like (Bell peppers/onions/carrots/water chestnuts/green beans/cauliflower/broccoli/etc.) Salt and Pepper and either Bragg's Amino Acids (a good soy sauce alternative) or a stir-fry sauce (AS ALWAYS: make sure NO animal ingredients). Top the rice with the veggies.

#### - BEAN, RICE, AND VEGGIE BURRITO:

- Use the rice you cooked for the stir fry or cook some minute rice (make sure NO animal ingredients) and rinse and heat a can of black beans in a small pot. Chop up onion/bell pepper and sauté. Put all ingredients in a tortilla (Again, make sure no animal ingredients) with some Sriracha or Chalula or other hot sauce.

#### - VEGGIE BURGER w/ ALL THE FIXIN'S:

- Check the freezer section at the grocery store. Many veggie burger patties will have egg in them (as a binding agent), so check that they're actually vegan, not just vegetarian. Cook them according to directions, usually medium heat for around 3-5 minutes per side. While they're cooking, saute chopped veggies (Bell peppers/onions/mushrooms). When done, put the patty (or two) on a plate, no bun, and top it with the sauteed veggies. I also add pickle slices, jalapenos, lettuce, and mustard and hot sauce (ketchup is fine, but it's super sugary...you don't need it).

#### - TACO SALAD:

- Rinse and heat a can of black beans on the stove at around 30%-40% for around 10 minutes or so. Meanwhile, chop up lettuce/bell peppers/onions/tomato/black olives/jalapenos or pepperoncini. Cook some rice on the stove or use minute rice (making sure there's no animal ingredients in the package). Once the beans and rice are done, throw some in a bowl with the chopped veggies and top it with crumbled tortilla chips and some salsa.

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### *SNACKS*

It's important to eat every 3-4 hours, even just a little bit, to keep your metabolism going and give your body fuel. So, in between meals, try these snack ideas.

#### - FRUIT. ANY FRUIT:

- Choose any fruit you like, and have one or two. Apples, bananas, pears, oranges, grapefruit, grapes, berries, kiwi, mango, papaya, or any combination of them all. Don't put sugar or anything crazy on it, just eat them plain or with some peanut butter.

#### - NUTS. ANY NUTS:

- Obviously, some nuts have more fat than other, but for a small snack, it doesn't really matter much. Grab a few handfuls of peanuts, almonds, walnuts, pumpkin seeds, cashews. But, NOT Planters nuts, they have gelatin in them. As always, check the ingredients, there shouldn't be any other than nuts and maybe salt or oil.

#### - SNACK BARS/PROTEIN BARS:

- Almost all Clif bars are vegan, and many, many other store bought bars are as well. Read your labels! Pick one you like, and keep some handy as between meal snacks.

#### - VEGGIES and HUMMUS:

- Chop some carrots/bell peppers/cucumber and grab some hummus (read the label! NO animal ingredients).