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SAMPLE DIET PLAN- VEGAN

**Structure of meal plan:**

Breakfast- *meal replacement shake or bar*

Snack- *100 calorie or less*

Lunch- *protein, vegetable, starch*

Snack- *100 calorie or less*

Dinner- *protein, vegetable, starch*

**Day 1:**

Breakfast- *shake/bar of your choice*

Snack- *1 medium apple with skin*

Lunch- *1.5 c of tofu, 2-3 cups of kale, ½ c farro*

Snack- *1 cup of blueberries*

Dinner- *1 large portabella mushroom on PITA bread, 6 spears of asparagus, ½ c cooked quinoa*

**Day 2:**

Breakfast- *shake/bar of your choice*

Sneak- *2 medium kiwis*

Lunch- 1 *green apple and 1/4 c walnuts on a bed of greens with 1 tbsp of olive oil and vinegar of your choice (no limit on amount of vinegar), toasted PITA*

Snack- *13 whole almonds*

Dinner- *½ avocado, 1 c black beans and 1 c sliced tomato over ½ c cooked brown rice*

**Day 3:**

Breakfast- *shake/bar of your choice*

Sneak- *½ apple with 1 tsp of nut butter*

Lunch-*lettuce, avocado and tomato sandwich with vegan cheese crumble on PITA bread*

Snack- *3 tbsp of hummus with vegetable sticks of choice (1 c)*

Dinner- 5 oz *veggie burger, 1 c sweet potato, 1 c green beans*

**Day 4:**

Breakfast- *shake/bar of your choice*

Snack- *1 cup raspberries*

Lunch- *salad with 1 cup chick peas and 1 tbsp of olive oil and lemon (no limit on amount of lemon)*

Snack- *25 unsalted pistachios*

Dinner- *1 c cooked whole-wheat pasta with 1 c tofu, 1 tbsp olive oil and ½ c mushrooms with marsala spice*

**Day 5:**

Breakfast- *shake/bar of your choice*

Snack- *3 tbsp all natural granola*

Lunch- *1 c low sodium, low fat vegetable soup, 10 natural blue corn tortilla chips*

Snack- *2 c unbuttered popcorn*

Dinner- *1 c butternut squash with tomato sauce with 1 c tofu crumble*