

Vegan

OPTION 1

	DAY 1	DAY 2	DAY 3
Morning	BREAKFAST (OPTIONAL) <u>Tofu Scramble</u>	<u>Warm Apple Berry Quinoa Porridge</u>	<u>Chia Seed Pudding</u> with strawberries and blueberries
	SNACK Apples, oranges, grapefruit, strawberries, or blueberries		
Afternoon	LUNCH <u>Mason Jar Salad</u> with chickpeas or shelled edamame	<u>Mason Jar Salad</u> with cooked tofu or tempeh	<u>Mason Jar Salad</u> with hemp seeds or chia seeds
	SNACK Apples, oranges, grapefruit, strawberries, or blueberries		
Evening	DINNER <u>Easy Spicy Quinoa Wrap</u> and <u>Marinated Tomatoes</u>	<u>Marinara Sauce</u> , roasted tempeh, zucchini, peppers and onions, and side salad	<u>Lemon Ginger Lentil Soup</u> with greens and <u>Tried and True Salad</u>

Beverages

40 to 60 oz. of water each day.

Other:

Coffee, tea, sparkling water

High Activity Day

Add these foods to a meal or snack only on days when you are more active.

Activity Fuels:

almonds, avocado, chia Seeds, cottage cheese, eggs, hemp seeds, quinoa, sweet potato, walnuts