

Vegan diet plan

Meal 1 (Breakfast):

- Two boiled eggs
- Whole wheat toast with avocado spread
- A piece of fruit (e.g., apple, banana)

Meal 2 (Mid-Morning Snack):

- Greek yogurt with mixed berries
- Handful of almonds

Meal 3 (Lunch):

- Grilled chicken breast
- Mixed green salad with cherry tomatoes, cucumbers, and a vinaigrette dressing
- Quinoa or brown rice

Meal 4 (Afternoon Snack):

- Sliced turkey breast with whole wheat crackers
- A small handful of grapes

Meal 5 (Dinner):

- Baked salmon fillet
- Steamed vegetables (e.g., broccoli, carrots)
- Sweet potato or quinoa

Meal 6 (Evening Snack):

- Cottage cheese with sliced cucumbers
- Herbal tea or a glass of warm milk (optional)

Notes:

- Remember to drink plenty of water throughout the day.

- Adjust portion sizes according to your individual calorie and macronutrient needs.
- Choose lean protein sources like chicken breast, turkey, and fish.
- Include a variety of vegetables, whole grains, and healthy fats in your meals.
- You can experiment with different cooking methods such as grilling, baking, or steaming.
- Consider incorporating healthy spices and herbs to add flavor to your meals.

Please note that this is a generalized non-vegetarian diet plan, and it's always a good idea to consult with a registered dietitian or healthcare professional to create a personalized plan tailored to your specific needs and goals.