



Vegan diet plan for weight gain :

Breakfast : Try adding granola to oatmeal + Drizzle a nut butter of choice over oatmeal + Cut up and spread avocado onto a piece of wholegrain toast.

Meals (Lunch/Dinner) :

- Incorporate avocados into your dishes or on the side. Slice them up and drizzle some hot sauce over top, add into a salsa, smoothie or a sandwich.
- Incorporate roasted potatoes and yams into your meal or on the side. Drizzle with some olive oil and seasonings before serving.
- Create sauces and dressings using oils and nut butters.
- Aim to have a protein source in every meal: be it tofu, edamame, tempeh, or soy dairy product.
- Drizzle a little virgin olive oil over rice, steamed vegetables, or a salad.

Snacks :

- Always keep calorie-dense snacks on hand, like some homemade granola bars packed with nuts and dried fruits.
- Dip fresh fruit such as apples, bananas or pears into a nut butter of choice.
- Try a handful of unsweetened dried fruits such as apricots, figs, dates, apples etc. They are calorically dense while still providing vitamins, minerals and fibre.