



Vegan weight loss diet plan :

Breakfast: A basic bowl of oatmeal (without the butter or added milk) or a [smoothie](#) made with creamy silken tofu, soy milk and fresh fruit work well. Honey is used to sweeten our smoothie recipe, but swap it for [agave nectar](#).

Snack: Fresh fruit, veggies, nuts, whole grain pretzels and rice cakes are simple mid-meal snacks -- same as for everyone.

Lunch: Veggies are a vegan's best friend so try a large salad. Add some beans for extra nutrients and hunger-fighting protein. Another easy option is a [grilled "cheese"](#) sandwich made with soy cheese, tomato, arugula and spicy red onion.

Dinner: Try Garden Stir Fry with Seitan served with brown rice or [quinoa](#) (pronounced "keen-wa"), a protein-packed whole grain that we love.