

Simple Vegan Diet Guide

A clean and nutritious vegan diet plan focused on balanced meals, supplements, and healthy eating habits.

Meals

1. Breakfast: Berry Hemp Oat Bowl

Description: A nutrient-packed breakfast to energize your day.

Ingredients:

- 1 banana (mashed)
- 1 scoop of hemp seeds
- 1 pinch of sea salt
- Fresh strawberries (chopped)
- Frozen blueberries
- Toasted oats

Instructions:

1. Mash the banana in a bowl.
 2. Add hemp seeds, sea salt, chopped strawberries, and frozen blueberries.
 3. Top with toasted oats and mix everything together.
 4. Enjoy this refreshing and wholesome breakfast!
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2. Lunch & Dinner: Quinoa Grain Bowl

Description: A hearty, nutrient-dense one-pot meal.

Ingredients:

- Quinoa (as a base)
- Tomatoes (chopped or as a sauce)
- Spinach and kale (raw or lightly chopped)
- Mushrooms (chopped)
- Garlic (minced)
- Beans
- Peas
- Hemp seeds
- Pumpkin seeds

Instructions:

1. **Prepare Produce:** Wash all vegetables in a water and apple cider vinegar bath. Rinse thoroughly.
2. **Combine in Pot:** Add quinoa, tomatoes, spinach, kale, mushrooms, beans, peas, and garlic into a grain cooker or pot.
3. **Cook Together:** Add water or vegetable broth and cook until the quinoa is tender and vegetables are soft.
4. **Top and Serve:** Sprinkle with hemp and pumpkin seeds for crunch and nutrition.

Pro Tip: Use the one-pot method to save time and minimize cleanup. Add spices or other vegetables for variety.

Supplements for a Balanced Diet

Ensure optimal health on a vegan diet with these supplements:

- **Vitamin B12:** Supports nerve function and energy.
 - **Vitamin D3:** Promotes bone health and immunity.
 - **Omega-3s:** Use algae-based DHA/EPA for brain and heart health.
 - **Vitamin C:** Enhances immune function and aids iron absorption.
 - **Iodine:** Essential for thyroid health if using non-iodized salt.
 - **Vitamin K2:** Works with Vitamin D for strong bones.
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Optional: THC for Mood Regulation

Purpose: THC may help regulate anxiety and mood when used responsibly.

Dosing Guidelines:

- Start 2 hours after waking.
- Stop 2 hours before bedtime.
- Dose every 2 hours as needed, preferably in edible form for better absorption.

Seasonal Use: Refer to the "Cannabis" guide for a seasonal approach to cannabis use.

Eating Guidelines

1. Time-Restricted Eating

- **Feeding Window:** Eat within a 6–8 hour window, ideally in the first half of the day.
 - **Why:** Supports digestion, energy levels, and sleep quality.
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2. Mindful Eating

- Eat small, spaced-out meals, approximately one per hour during the feeding window.
 - Chew thoroughly and savor each bite to enhance digestion and satiety.
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3. Hydration

- Stay hydrated with mineral water or herbal teas throughout the day.
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Conclusion

This guide emphasizes clean, balanced vegan eating through whole, nutrient-dense foods and mindful habits. By supplementing carefully, washing produce thoroughly, and aligning eating patterns with your body's natural rhythms, you can enhance your health, energy, and overall well-being.