

Here is an example of a vegan meal plan that provides approximately 2500 calories per day:

**\*\*Breakfast (450 calories):\*\***

- \* Overnight oats with almond milk, chia seeds, sliced banana, and maple syrup
- \* A medium-sized smoothie made with frozen berries, spinach, almond milk, and a scoop of plant-based protein powder

**\*\*Morning Snack (150 calories):\*\***

- \* A handful of raw almonds
- \* A small apple

**\*\*Lunch (600 calories):\*\***

- \* Quinoa and black bean salad with avocado, cherry tomatoes, and a lime-tahini dressing
- \* A side of steamed vegetables

**\*\*Afternoon Snack (150 calories):\*\***

- \* A handful of carrot sticks with hummus
- \* A small pear

**\*\*Dinner (900 calories):\*\***

- \* Roasted sweet potatoes with sautéed greens and a peanut-based sauce
- \* Brown rice pilaf with mushrooms, onions, and herbs

**\*\*Evening Snack (150 calories):\*\***

- \* A small bowl of mixed fruit with a drizzle of honey or maple syrup

It's important to note that this is just one example of a vegan meal plan, and there are many other ways to get the necessary nutrients on a vegan diet. It's also important to make sure that you are getting enough calories, protein, and other nutrients to meet your individual needs. If you have any specific dietary requirements or concerns, it may be helpful to consult with a registered dietitian or healthcare provider.