

# WomenCode

🗋 What are good breakfast options?

🗋 Some good breakfast options include rice crackers with avocado, hummus, or a slice of turkey breast; apple with natural peanut butter; goji berries and almonds. Another option could be a protein-rich food with breakfast, such as eggs, a vegan protein shake, or smoked salmon.

🗋 What are breakfast options for a pregnant lady?

🗋 For a pregnant lady, some suitable breakfast options could include a protein-rich smoothie with fruits like fig, coconut, or dark berries, quinoa flakes with pumpkin seeds, and goji berries. Another great choice is oatmeal with cashews, goji berries, and cinnamon. It's important to have a balanced breakfast with nutrients essential for pregnancy.

🗋 Are there any vegan options you can suggest?

🗋 Some vegan breakfast options could include a protein-rich smoothie with fruits like fig, coconut, or dark berries, quinoa flakes with pumpkin seeds, and goji berries. Another great choice is oatmeal with cashews, goji berries, and cinnamon. Additionally, for vegan options, you can consider rice crackers with avocado, hummus, or a slice of turkey breast; apple with natural peanut butter; goji berries and almonds.

🗋 Do you know what vegan means?

🗋 Yes, I know what vegan means. Being vegan entails abstaining from the use of animal products, particularly in diet, and choosing plant-based options instead. Examples of vegan foods include fruits, vegetables, grains, legumes, nuts, and seeds.

🗋 Do you realize that turkey breast is not vegan?

🗋 The provided context does not have the answer.

What is up?

