

VEGAN DIET

Recommended Food Options: Fruits, Vegetables, grains, nuts, seeds, tofu, bread.

Touch Me Not Food: Meat of any kind, sea Food of any kind, dairy and junk off.



Days	Breakfast	Lunch	Dinner
Monday	Bread with tofu.	Green vegetables with tofu	Vegetable in any form
Tuesday	Bread with Tofu	Veggies in any form and nuts	Grain soup and nuts
Wednesday	Fruits with nuts	Seeds and veggies	Tofu and veggies
Thursday	Fruit in any form	Tofu in any form and nuts	Grains and veggies
Friday	Fruits and nuts	Veggie bowl	Veggies and seeds
Saturday	Vegetables and seeds	Bread and seeds And nuts	Grain soup and nuts
Sunday	Beans and bread	Fruits in any way	Salad with tofu

