

TWINS VEGAN NUTRITION PLAN

(This is exactly what your trainers (The twins Margarita and Natalia) eat daily)

Drink 1 gallon of water a day, specially after your meals and snacks to feel more full.

BREAKFAST

1/2 cup oats

1/2 cup almond milk and 1/2 water

Either 1 cups of berries (strawberries, blueberries, blackberries)

3 drops of liquid stevia

Once cooked add:

1 scoop of protein powder (orgain)

1tbsp Chia seeds

OR

Tofu scramble

6oz of tofu with unlimited vegetables and 1/2 cup of sweet potato.

SNACK

1 serving of fruit (apple, berries,etc) w/ 2 tbsp almond butter

Or green smoothie

LUNCH

Protein source: 1/2 cup of garbanzo or check list of protein sources

Complex carbohydrate source: 1/2 cup sweet potato or 1/2 cup quinoa

Unlimited vegetables or salad

SNACK

Hummus with veggies (carrots or celery or red peppers)

Or

1/4 cup almonds (20 pieces) or cashews or sunflower seeds

DINNER

Protein source (1/2 cup)

Vegetables (unlimited)

- Protein sources: tempeh, seitan, soybean, black/ pinto beans, chickpeas, tofu
- Complex carbohydrates: sweet potato, quinoa and brown rice
- Vegetables: broccoli, spinach, zucchini, cucumber, peppers, mushrooms, carrots, celery, etc.