

VEGAN WEIGHT LOSS

DAILY SAMPLE 2.0

Breakfast: Pancakes



+



+



+



+



+



+



Oat flour

Mashed up
banana

Unsweetened
soy milk

Baking
powder

Cinnamon

Peanut
butter

Raspberries

Lunch: Buddha bowl



+



+



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+



Tempeh "bacon"

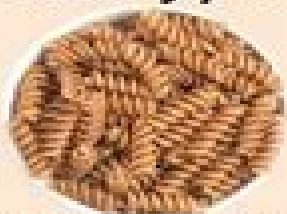
Kale

Carrot &
Cucumber

Red cabbage

Tahini sauce

Dinner: Creamy pasta



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Wholewheat pasta

Broccoli

Sauce: cashews/ nutritional yeast/
garlic/ lemon juice

@miguelthevegan

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J Rink



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