

VEGAN WEIGHT LOSS

DAILY SAMPLE 2.0

Breakfast: Pancakes



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Oat flour

Mashed up
banana

Unsweetened
soy milk

Baking
powder

Cinnamon

Peanut
butter

Raspberries

Lunch: Buddha bowl



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Tempeh "bacon"

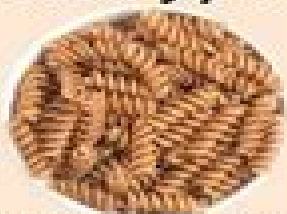
Kale

Carrot &
Cucumber

Red cabbage

Tahini sauce

Dinner: Creamy pasta



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Wholewheat pasta

Broccoli

Sauce: cashews/ nutritional yeast/
garlic/ lemon juice

@miguelthevegan

2015 Vegan Weight Loss Journal April May June

Jessica J Manson



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