

Balanced Vegan Diet Program

Balanced Vegan Diet Plan Breakdown

Morning Morning (7:00-8:00 AM):

- Lemon water or soaked chia water
- 4-5 soaked almonds + 1 walnut

Breakfast Breakfast (8:30-9:30 AM):

Option 1: Oats porridge with plant milk, flaxseeds, banana, nuts, berries

Option 2: Besan chilla + peanut chutney + fruit

Mid-Morning Snack Mid-Morning Snack (11:00 AM):

- Coconut water or lemonade
- Roasted chana or trail mix

Lunch Lunch (1:00-2:00 PM):

- Brown rice/quinoa/millet + Moong dal/Chole + 1 chapati
- Stir-fried veggies + raw salad + coconut curd

Evening Snack Evening Snack (4:00-5:00 PM):

Option 1: Green smoothie (spinach, banana, flax)

Option 2: Hummus + veggie sticks

Dinner Dinner (7:30-8:30 PM):

- Stir-fry tofu/chickpea salad or veggie khichdi
- Lentil/miso soup + grilled mushrooms

Before Bed Before Bed:

- Golden plant milk + 1 date or fig

Weekly Must-Have Nutrients for Vegans

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Protein: Lentils, tofu, tempeh, chickpeas, quinoa

B12: Fortified plant milk, nutritional yeast, supplements

Iron: Spinach, rajma, sesame seeds, jaggery

Calcium: Ragi, tofu, sesame, fortified drinks

Omega-3: Flaxseeds, walnuts, chia, hemp seeds

Zinc: Pumpkin seeds, cashews, whole grains

Vitamin D: Sunlight, fortified drinks, supplements

Tips to Make It Work

- Combine iron-rich foods with vitamin C (e.g., lemon on dal)
- Soak beans, nuts, and grains to reduce anti-nutrients
- Rotate protein sources for complete amino acid intake
- Use cast-iron cookware to boost iron
- Stay hydrated: 2.5-3L water/day
- Take a daily B12 supplement (essential)

Ideal For

- Working professionals
- Students
- People transitioning to veganism
- Those looking to reduce inflammation & improve gut health