

No Brainer Lunch & Dinner

1 VEG OUT
Start with about 2 cups of low starch veggies



Salad



Veg Soup

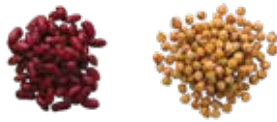


Roasted



Raw

2 GO PRO
Include 1 serving of protein



$\frac{3}{4}$ Cup Any Beans/
1 $\frac{1}{2}$ Cup Peas



1 Cup Organic Tofu
or Edamame

Vegan Combos

- 1 cup green peas + 1 tbs sesame seeds
- $\frac{1}{2}$ cup quinoa + $\frac{1}{2}$ cup lentils
- $\frac{2}{3}$ cup millet + 1 tbs pumpkin seeds

- 1 cup sorghum + 1 tbs pumpkin seeds
- $\frac{1}{2}$ cup quinoa + 2 tbs sunflower seeds
- $\frac{3}{4}$ cup edamame + 1 tbs watermelon seeds

3 FATTEN UP
Add up to 2 servings of healthy fats



$\frac{1}{2}$ Tbs
Oil



1 Tbs
Nuts



$\frac{1}{4}$
Avocado



1 Tbs
Dressing

4 POWER UP
Add power up



Broccoli
Sprouts



Sauerkraut



Spice
Blend



Nutritional
Yeast

Putting It All Together:



+



+



+



=



Veg Base

1 Protein

Up to 2 Fats

Extra Credit:
Add any power up

Complete
Meal