Eric Masvidal's Vegan Diet Chart for September, Week 1

Diet and Health Goals

- Weight loss
- Lower risk of diabetes and other problems

Monday	Tuesday	Wednesday	Thursday
Breakfast - Overnight oats made with rolled oats, almond milk, chia seeds, and topped with fresh berries and sliced almonds. Lunch - Quinoa salad with mixed vegetables (bell peppers, cherry tomatoes, cucumber, and spinach), topped with a lemon-tahini dressing. Dinner - Chickpea and vegetable stir-fry with brown rice. Exercise - 30 minutes of brisk walking or jogging.	Breakfast - Smoothie with spinach, banana, frozen berries, almond milk, and a scoop of vegan protein powder. Lunch - Sweet potato and black bean bowl with avocado, salsa, and cilantro. Dinner - Lentil soup with a side of steamed broccoli. Exercise - 20 minutes of bodyweight exercises (e.g., squats, lunges, push-ups).	Breakfast - Avocado toast on whole grain bread, topped with cherry tomatoes and a sprinkle of nutritional yeast. Lunch - Quinoa stuffed bell peppers with black beans, corn, and salsa. Dinner - Vegan curry with chickpeas, vegetables, and basmati rice.	Breakfast - Vegan protein pancakes topped with sliced banana and a drizzle of maple syrup. Lunch - Quinoa and black bean bowl with salsa, avocado, and lettuce. Dinner - Baked sweet potatoes with black bean and corn salsa.

Friday	Saturday	Sunday
[to be discussed with dietitian]	[to be discussed with dietitian]	[to be discussed with dietitian]