

Healthy Alternative Vegan Meals!

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Menu

	Non-Vegan	Vegan Alternative
Breakfast	Lucky Charms cereal and whole milk.	Nature's Path Organic Cereal and Silk Soy milk
Lunch	French fries and a beef burger with cheese + Coca Cola	Baked Banana chips and a vegan burger (mashed beans, tofu, and lentils)+ fresh lemonade
Dinner	Chicken alfredo pasta with chicken soup	Butternut squash pasta with tofu and tomato sauce + vegetable soup (w/ pineapple)
Snack	Slice of cake + ice-cream	Frozen yogurt + peanut butter and celery

Breakfast

Lucky Charms cereal contain gelatin in the marshmallows that is extracted from various animals. A great alternative cereal would be the Nature's Path Organic Heritage Flakes cereal. Whole milk is a dairy product and can be switched out with Silk Soy milk (6g protein). Not only can the alternative be a great vegan free option, it can decrease the risk of cancer!



Lunch

Deep fried fries and a beef burger w/ cheese only screams high cholesterol and junk! The french fries can be switched with baked banana chips, easily made by spreading a bit of olive oil on a pan and putting slices of bananas on top. It should be baked for an hour in 250 fahrenheit and flipped around and baked another 45 minutes. For the vegan burger, bake some fresh beans and mash them together with tofu and lentils. Shape the mashed ingredients into a patty and grill it using a bit of peanut oil on the pan. Place it on top of a whole grain bun. For the drink, add water and fresh lemon juice and add a bit of sugar as a sweetener for the lemonade.



Dinner

Creamy chicken alfredo pasta with a warm chicken soup a few hours before bed sounds appetizing, but dairy can make your stomach upset and can be a huge problem if you're lactose-intolerant. Meat also doesn't make you feel energized, so waking up the next morning is a huge hassle. Grab a butternut squash and cut it into strips to your preference of noodle size and throw it in with a can of tomato sauce (Bertolli Organic Tomato and Basil Sauce). If you want to take extra time, make your own tomato sauce by adding some olive oil, diced garlic, crushed tomatoes, and choice of spice and mix it together. As for the veggie soup, cut up carrots, broccoli, and add some onions; if you spice up the "veggie" soup by adding a few chunks of pineapple, that'll make it smell good and taste sweet!



Snacks

Snack can be healthy and not a bunch of junk food, before you go on a run or get ready to study, grab a snack to get energized. Nothing beats a frozen yogurt on a sunny day, so go out and buy Silk Cultured Soy Milk and add vanilla extract with your choice of fruit. Blend it all together and leave it in the freezer until it's frozen and take it out anytime you'd like for a healthy delicious snack. If you don't want to take the extra time to make food, buy some celery and a jar of Crazy Richard's All Natural Creamy Peanut Butter. Dip and eat away!



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7 SECONDS AGO



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Sources

- Google Images
- My memorized recipes and my dad.