

VEGETARIAN & VEGAN MEAL SUGGESTIONS GUIDE

Helpful Tips

Avoid meat & most (or all) animal products depending on how strict. There are lots of variations as some diets may include dairy or eggs, while Vegans avoid all animal products including dairy & honey. The focus is on eating a nutrient rich diet from non-animal sources. Lots of vegetables, legumes, fruits, nuts, seeds, whole grains (rice, quinoa, millet, gluten free steel cut oats), herbs, spices & healthy fats like avocado. No processed foods, sugar, soft drinks, grains, most dairy products, artificial sweeteners, vegetable oils, margarine or trans fats.

What To Put In Your Pantry

Broccoli, cauliflower, kale, peppers, onions, carrots, tomatoes, spinach, arugula, Swiss chard, collard greens. Tofu, lentils, beans, hemp seeds, chia seeds, edamame, green peas, quinoa, nut butter. Apples, bananas, oranges, pears, avocados, strawberries, blueberries. Potatoes, sweet potatoes, yams, turnips. Nuts & seeds (sunflower & pumpkin). Extra virgin olive oil, coconut oil, avocado oil.

Everything at CoreLife is scratch-made, so think of bringing home produce & non-animal proteins like tofu & hummus.

Best CoreLife Eatery Vegetarian & Vegan Choices



Sriracha Ginger Tofu & Ancient Grains



Mediterranean



Build Your Own*

* We can always make any bowl to fit your dietary & nutritional needs. Substitute any animal protein with tofu or humus.

Home Meal Suggestions

*Double your proteins on power-up days!

Breakfast

- Steel cut oatmeal, topped with sliced banana & a teaspoon of almond butter or almond milk.
- Tofu scramble with potatoes, tomatoes, onions & avocado.
- Breakfast zesty smoothie with bananas, carrot juice, pineapple, turmeric, lemon & chia seeds. Add flax or matcha.

- Yogurt with berries & nuts.

Lunch

- Mixed green bowls with tofu, hummus or falafel. Lots of colorful veggies. Lime & olive oil.
- Taco bowl of avocado, tomatoes, pinto beans, spicy radishes, crisp jicama, cherry tomatoes, sweet bell pepper & avocado. Cilantro, cumin, lime & olive oil.

Dinner

- Baked spaghetti squash (pulled with a fork to create a noodle), crumbled tofu, sautéed mushrooms & green beans. Top with tomato sauce or olive oil, garlic & Italian seasonings.
- Broth bowl or cup of broth with tofu. Add more greens & veggies to create a heartier soup.