

21 DAYS

TO CHANGE YOUR LIFE

THE CORELIFE CHALLENGE

VEGETARIAN & VEGAN MEAL SUGGESTIONS

Avoiding 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, and healthy fats like avocado. No processed foods, sugar, soft drinks, grains, most dairy products, artificial sweeteners, vegetable oils, margarine or trans fats.

If you want to stick to a VEGETARIAN or VEGAN diet and participate in the CoreLife Challenge, your pantry will look like this:

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 ingredients home; produce & non-animal proteins like tofu & hummus.

Best CoreLife Eatery choices for Vegetarian & Vegan:



Ancient Grains & Greens



Mediterranean



Shiitake Tofu Vegetable Broth



Sriracha Ginger Tofu Vegetable Broth



Falafel & Hummus Power Plate



Tofu Power Plate

Home Meal Suggestions: BREAKFAST, LUNCH & DINNER (Mix it up during your CoreLife Challenge. Double your proteins on power-up days):

Steel cut oatmeal, topped with sliced banana and a teaspoon of almond butter or almond milk.

Tofu scramble w/ potatoes, tomatoes, onions & avocado.

Breakfast zesty smoothie with bananas, carrot juice, pineapple, turmeric, lemon & chia seeds. Add flax or matcha.

Yogurt with berries and nuts.

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.

Baked spaghetti squash (pulled w/ a fork to create a "noodle"), crumbled tofu, sautéed mushrooms & green beans. Top w/ tomato sauce or olive oil, garlic and Italian seasonings.

Broth bowl or cup of broth with tofu. Add more greens & vegetables to create a heartier soup.