



## **Balance 2020 Vegan**

### **Breakfast**

Granola, yogurt and berries

A smoothie - use your blender, vitamix or nutribullet and blend up ½ and apple ½ carrot, ½ peeled lemon, sprig of broccoli or celery to taste

Fresh juice

1 juice feel free to make enough for 2 days or lunch too

4 carrots, 1 apple, 1 lemon, piece of ginger

Seasonal veggies through your juices.

Smoothie ideas

<https://metro.co.uk/2016/06/02/15-amazing-vegan-smoothies-to-kickstart-your-morning-5915031/>

Juice recipes

<https://juicerecipes.com/>

### **Lunch**

Make a huge salad, greens and grated veggies, leave it in the fridge and add some into every lunch and dinner.

Legumes are safer for a compromised gut if they are cooked in a pressure cooker, this means the lectins are broken down. This is a protein that can sneak into the gut lining. Soak your legumes well 2 days before, then boil them thoroughly to help the digestion process.

Soups and salads for lunch or healthy crackers and hummous

Go here for great recipes if you do not have your own

<https://www.vegansociety.com/resources/recipes/soup>

For quick snack use sourbough bread and dips like hummous, tomatoes, vegan cheeses

Fruit and berries to snack on with coconut yoghurt

Recipes for quick snacks

<https://www.vegansociety.com/resources/recipes/quick-and-easy>

## **Dinners**

Every night soak some legumes that you can use for your dinner.

Make sure you have a large selection of veg in your fridge and veg rack so that you have a variety to eat raw and turn into soups and stews.

Mung beans, Lentils of all types, black eyed beans, bulgar wheat are all easy to digest and quick to absorb the water over night.

You can use sea salt, nutritional yeast, stock cubes, herbs and spices for give flavour.

Tins of tomatoes are always good for a base as is coconut milk.

Make enough for a couple of nights, and keep in fridge or freezer, success is always about being organised.

Make sure you are not going to be hungry, that you have tons of veggies and water or herbal teas and enjoy.