

Dr. Ruth Heidrich's Daily Vegan Meal Plan

BREAKFAST:

Served in a LARGE bowl. All items are raw.

Lots of greens for the base: 3-4 leaves of Romaine, 1 stalk kale, 1 stalk of celery, 10 sprigs of parsley or cilantro. Slice and add 1 large carrot, ½ mango, 1 large banana, and half dozen large, seeded Globe grapes. Top off with 1 rounded Tbl of B12-fortified nutritional yeast, and 1-2 Tbl of blackstrap molasses.

Because I eat this after my daily workout, this is served late and I eat no midday meal.

SUPPER:

Lots of greens for the base: 3-4 broccoli florettes, 2-3 stalks of kale, 1 stalk of celery, ¼ unpeeled English cucumber, ¼ head of green or red cabbage, 1 large carrot, ½ red (or orange, green, or yellow) bell pepper, ½ large field tomato, half a head of garlic (about 6 cloves) Half of a yam or sweet potato, raw.

On top of the above ingredients, to 1-2 cups of prepared salsa (mild, medium or hot), add 1 Tbl of regular mustard, 1 Tbl of flax seed, freshly ground

DESSERT:

A base of blueberries (fresh or frozen, depending on availability and season) – ½ cup; ½ cup of a second fresh fruit (e.g. strawberries, bananas, grapes,); top with a small handful of walnuts, and 1 Tbl. blackstrap molasses.

SNACKS:

For those times when the hunger pangs strike, I eat carrot or celery sticks, grapes, dates, and in the evening, plain air-popped popcorn.