

Vegetarian Meal Plan

Meal plans that are carefully planned out. At the beginning of your vegetarian phase, plans are always very helpful. They function as your map and as your guide on what to eat and how much you can eat. Planned out plans build the foundation of a disciplined vegetarian diet.

People wish to lose weight not only for cosmetic reasons. Being overweight can invite a host of health issues – one of the most distressing of which is sleep apnea. It has been observed that more than half of sleep apnea patients are overweight. Moreover, a mere 10% reduction in weight can result in a 14 to 26% reduction of incidences of sleep apnea!

Tofu, teas, and beans are all allowed, too! Furthermore, most vegetarian meal plans are extremely economical. For example, you could create a 2000 calorie vegetarian meal plan for a portion of what it costs to build a non-vegetarian meal plan. Depending on the size of the crowd you are feeding, most vegetarian meals cost less than \$ 5. You can build a salad – complete with your preferred vegetables, nuts, and salad dressing – and you are set!

As funny as those quotes are, nothing could be further from the truth when it comes to the real definition of a full time veggie eater. Vegetarian stands for so much more. Not only a veggie meal lover someone who stands for something in life, it is someone who believes very strongly in a special diet.

Your first step in developing meals plans is to ensure you are going to have balanced nutrition. Now you need to get a copy of the USDA ‘food pyramid’. You can easily adapt this to a

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vegetarian diet. The only real change to the pyramid will be in the protein category which we will discuss in a little bit. Next using the pyramid as a guide either create some meals on your own or from a collection of vegetarians recipes.

Vegetarian food excludes animal meat and fish. Usually animal protein from egg and dairy sources are included in vegetarian meal planning. Everyone needs protein to stay healthy. Going vegetarian for a few meals a week is a great way to expand your meal repertoire and really get creative with fresh ingredients. Expanding your palate to include the different spices common in other countries will make each meal an adventure.

Not only will you notice a change in the way you feel, but you will also see a change in the way you look. Eating a vegetarian diet can help your skin be clearer, your hair grows faster, and you can lose inches off your waist-line. Here is a very simple vegetarian meal plan to help you get started making real changes to your lifestyle.

The vegan diet plan should include the three basic meals daily and the additional snack times in between. Not because you're into a vegan diet, you are allowed to skip meals. You just changed your meaty lifestyle into a leafy one. You're not trying to harm yourself here. The vegan diet plan should consist of breakfast, lunch and dinner. There should also be an allotted time for small meals at brunch and siesta time.

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