

# Vegan Meal Plan for Weight Loss

Patient information	
Name:	
Age:	Gender:
Height:	Weight:
BMI:	Target weight:
Dietary preferences/allergies:	Other relevant medical information:

Daily Vegan Meal Plan for Weight Loss				
Day of the week	Breakfast	Snack	Lunch	Dinner
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Sample vegan diet meal plan			
Breakfast	Snack	Lunch	Dinner
Smoothie made with unsweetened almond milk, spinach, banana, and chia seeds	Fresh mixed vegetables with lemon juice and a handful of green onions	Quinoa salad with leafy greens, cherry tomatoes, cucumber, and avocado drizzled with extra virgin olive oil	Sourdough bread with a lentil and vegetable stew topped with fresh herbs
Whole wheat bread with nut butter and a sprinkle of pumpkin seeds		Side of sweet potato slices	Steamed broccoli with a drizzle of coconut oil

Goals
<b>Short term goals:</b>
<b>Long term goals:</b>
<b>Items to include in the shopping list:</b>
<b>Additional notes:</b>

Healthcare professional information	
<b>Name:</b>	<b>License ID number:</b>
<b>Contact information:</b>	
<b>Signature:</b>	<b>Date of consultation:</b>