

# Vegan Balanced Plate



**vegetables, fruit**  
1 or 2 fists



**starch**  
1 handful

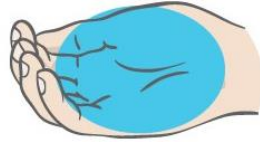


**protein**  
1 palm

*Vegans can get their protein from plant-based sources like nuts, seeds, soy milk, tofu, tempeh, veggie burgers, beans, lentils, peas, and even whole grains like quinoa.*



# Balanced Plate Example



**whole wheat bread**  
*1 handful*

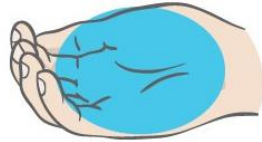


**lettuce, tomato, onions + apple**  
*1 or 2 fists*

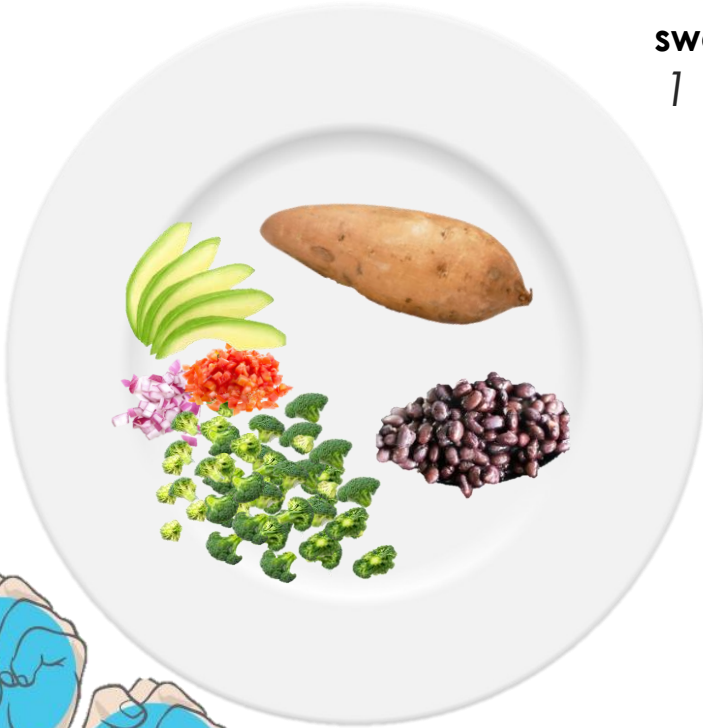


**chickpeas + hummus**  
*1 palm*

# Balanced Plate Example



**sweet potato**  
*1 handful*



**black beans**  
*1 palm*



**broccoli, onions, salsa, avocado**  
*1 or 2 fists*

# Balanced Plate Example



Sautéed Bok Choy

+



Sesame Teriyaki Tofu

+



Brown Rice

