My Plate: Vegan

For well-balanced meals, include a mix of macronutrients (carbohydrate, protein, fat) with a fruit or vegetable.

**Breakfast**

- Protein bar/shake, fruit with nuts or nut butter
- Soy yogurt topped with fruit and nuts
- Smoothie with fruit, soy milk, protein powder, nut butter or seeds
- Whole grain cereal with soy milk, banana slices, and nuts
- Scrambled tofu with sautéed vegetables and avocado, soy milk
- Oatmeal made with soy milk, protein powder, fruit, nuts or nut butter
- Half whole wheat bagel with nut butter and banana slides, 1/2 protein shake
- Breakfast burrito with tofu scramble, diced vegetables, black beans, guacamole and salsa wrapped in a whole wheat tortilla with plain soy yogurt
- Peanut butter & banana smoothie with soy milk (*Courtside Juice 2*)
- Tropical green smoothie with pineapple, banana, spinach, soy milk and added protein powder (*Courtside Juice 2*)

**Lunch & Dinner**

- Peanut butter and banana sandwich on whole grain bread, soy yogurt
- Stir-fry with tempeh, edamame, sautéed vegetables, brown rice or quinoa
- Whole wheat spaghetti, marinara sauce with soy crumbles, steamed broccoli, soy milk
- Tacos with soy crumbles, diced vegetables, guacamole, plain soy yogurt, whole wheat tortilla
- Lasagna with tofu, garlic hummus, mixed vegetables, nutritional yeast
- Tamari Marinated Kale Grain Bowl and a protein bar (*Union Market*)
- Chili–Chipotle Garden Vegetable with tofu from the salad bar, fruit on the side, (*Union Market*)
- Black Bean Hummus Wrap, apples with peanut butter on the side (*Union Market*)
- Curried Chickpea Wrap, apples, and nuts on the side (*Union Market*)
- Chipotle Sweet Potato Grain Bowl with tofu, edamame, and pumpkin seeds (*Union Market*)
- Seared Tofu, Sautéed Vegetables with Garlic Aioli, with soy yogurt (*Courtside Café*)
- Tofu Stir Fry & Light Plum Sauce with added soy crumbles (*Courtside Café*)
- Black Bean Quinoa Burger, soy yogurt, fruit (*Courtside Café*)

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Did you know?

Only 5% of OSU students get the recommended 5 or more servings of fruits and vegetables per day! *(NCHA, 2018)*