

Veganluk One-Day Meal Sample

Breakfast: Immuno superfood shake or oatmeal

A refreshing shake or oatmeal rich in antioxidants, chlorophyll, fiber, and adaptogens, perfect for boosting metabolism, balancing hormones, and strengthening the immune system.

Ingredients:

Greens (for shake), fig, berries (sour cherry, raspberry), ashwagandha powder, Ceylon cinnamon, goji berries, filtered water, and organic rice or oat milk.

Lunch: VEGANLUK macrobiotic bowl

A balanced meal with quinoa, legumes, root and green vegetables, enriched with dulse seaweed, microbiotically beneficial, and full of minerals.

Ingredients:

Quinoa, red lentils, zucchini, dulse seaweed, hummus, broccoli, cumin.

Snack: protein shake

For muscle building, mental and physical boost, and satiety.

Ingredients:

Pumpkin protein powder, chia seeds, golden maca powder, lion's mane powder, organic carob, banana, organic rice or oat milk.

Consume slowly, as a snack or support between physical/mental activity.

Dinner: VEGANLUK with microgreens and chickpeas

An easily digestible dinner that supports cell regeneration and liver detox, packed with fiber, protein, and enzymes.

Ingredients: Arugula, spinach, edamame, chickpeas, broccoli microgreens, sunflower and pumpkin seeds, dressing of pure tamari sauce with lemon and cold-pressed olive oil.