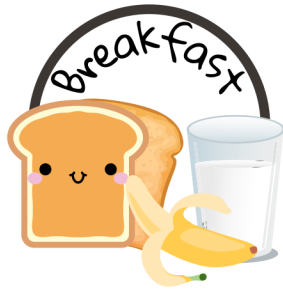


Vegan menu calculated in carbohydrates



- 2 slices of whole wheat bread ±60g of carbs
- Almond butter
- 1 banana
- 1 Cup of original soy beverage



- 1 apple ±20g of carbs
- Roasted chickpea / pumpkin seed mix



- Quinoa salad (1 cup): vegetable, avocado and edamame (1/2 cup) ±60g of carbs
- 1 vegetable juice
- Tofu coconut dessert



- 6 multigrain crackers ±20g of carbs
- 2 tbsp of hummus



- Tofu stir-fry with veggies and 1 cup of whole wheat pasta ±60g of carbs
- Chia and berry pudding



- 1/2 cup of oatmeal ±30g of carbs
- 1 cup of unsweetened oat drink