

**Breakfast:**

**Tofu Scramble:** 2 T Olive oil; 1 onion, bell pepper; 1 block of Tofu; garlic powder, onion powder; salt and parsley. Cut tofu and cook like scrambled eggs.

**Fruit Smoothie:** 1 cup unsweetened soy or almond milk, 1 banana, ½ cup frozen fruit (strawberries, peaches, etc). Puree in blender until smooth. Add ice to thicken.

**Dinner:**

**Chopped potatoes,** green & red peppers, mushrooms, 4 caps of olive oil, cook covered until potatoes are soft.

**Stir fry brown rice,** vegetables and corn on the cob

**Black bean burger** on flax seed tortilla with lettuce and vegan cheese, stir fry potatoes with carrots onions and bell peppers and black eye peas

**Black bean soup:** canned black beans, vegetable broth, garlic, onion, 1 jar of salsa, cilantro

**Snacks:**

**Microwave popcorn** with sea salt

**Black bean corn salsa:** can of black beans, corn, Rotel tomatoes, ¼ cup of vinegar, chopped onions, spices-onion, garlic, pepper, cumin powder

**Potato chips:** Thinly sliced potatoes. Toss in olive oil and seasoning salt. Or use sweet potatoes. Toss in olive oil and paprika. 400 degrees about 15 - 20 min.

**Dining out:**

**Chipotle** vegan burrito – sofritas

**Chinese Restaurants:** brown rice and steamed mixed vegetables