

Veg or Vegan Nutrition for Total Health & Happiness ©

Be aware

11. **Protein:**

- ◁ Be sure there is protein in each meal. Aim to reduce your dependence on dairy and eggs, if those are your main protein sources. For maximum nutrition, you also need legumes, nuts and seeds.
- ◁ Make note of foods you want to try out over the coming weeks and

◁ Drink infusions of nutritious dried herbs

Useful SV Links:

[Complete Protein Sample Menus for Vegetarian or V](#)